

# 20111008 lac periode 1 deel 1



HZ&PC Heerenveen

Heerenveen 8-10-2011

## 20111008 lac periode 1 deel 1 - zaterdag 8 oktober 2011 (25 m)

### 1. 200m wisselslag - Dames

10 - 11 jaar (Minioren 5 en Junioren 1)

- |  |          |
|--|----------|
| 1. Irith Buursma (HZ&PC Heerenveen, 200001648) | 03:00.66 |
| 50m 00:39.72 39,72                             |          |
| 2. Anna Harbers (HZ&PC Heerenveen, 200001250)  | 03:10.23 |
| 50m 00:42.45 42,45                             |          |
| 3. Romy Jalving (HZ&PC Heerenveen, 200000616)  | 03:27.61 |
| 50m 00:49.92 49,92                             |          |

### 2. 200m wisselslag - Dames

12 - 13 jaar (Junioren 2 en 3)

- |  |          |
|--|----------|
| 1. Tamara Maassen (Aquapoldro, 9801270)              | 02:44.35 |
| 50m 00:36.38 36,38                                   |          |
| 2. Felicia Swets (Aquapoldro, 9801272)               | 02:44.67 |
| 50m 00:35.16 35,16                                   |          |
| 3. Blanca de Louw (Aquapoldro, 9801268)              | 02:44.97 |
| 50m 00:37.51 37,51                                   |          |
| 4. Maaïke Past (Aquapoldro, 9901598)                 | 02:50.98 |
| 50m 00:35.64 35,64                                   |          |
| 5. Dagmar Kruik (Zuiderzeezwemmers, 9800008)         | 03:00.23 |
| 50m 00:40.82 40,82                                   |          |
| 6. Sanne Ditzel (Aquapoldro, 9901092)                | 03:00.32 |
| 50m 00:42.51 42,51                                   |          |
| 7. Julia Keijzer (Zuiderzeezwemmers, 9804016)        | 03:02.29 |
| 50m 00:40.60 40,60                                   |          |
| 8. Suzan Heurneman (Aquapoldro, 9804874)             | 03:04.64 |
| 50m 00:42.02 42,02                                   |          |
| 9. Hanna van Keulen (Noord Veluwe, 9803050)          | 03:05.80 |
| 50m 00:43.89 43,89                                   |          |
| 10. Sofie Lamens (De Houtrib, 199800778)             | 03:11.60 |
| 50m 00:41.39 41,39                                   |          |
| 11. Sophie van Hunen (Aquapoldro, 9802152)           | 03:22.40 |
| 50m 00:48.84 48,84                                   |          |
| 12. Irene Hanse (Zuiderzeezwemmers, 9801496)         | 03:30.94 |
| 50m 00:55.47 55,47                                   |          |
| 13. Mayli Berenschot (Aquapoldro, 9904434)           | 03:34.02 |
| 50m 00:50.20 50,20                                   |          |
| DIS. Annemarie ten Have (Zuiderzeezwemmers, 9802662) | 03:18.48 |
| 50m 00:49.92 49,92                                   |          |
- 14 - 15 jaar (Jeugd 1 en 2)
- |   |          |
|---|----------|
| 1. Desiree Vedder (HZ&PC Heerenveen, 199600864) | 02:37.01 |
| 50m 00:34.00 34,00                              |          |
| 2. Leandra Vedder (HZ&PC Heerenveen, 199600866) | 02:37.70 |

50m 00:34.26 34,26	
3. Esther Kuhlman (Aquapoldro, 9601678) 50m 00:35.86 35,86	02:44.97
4. Aniek Bergsma (HZ&PC Heerenveen, 199601088) 50m 00:39.11 39,11	02:56.54
5. Milou Uitslag (Noord Veluwe, 9602654) 50m 00:39.06 39,06	02:58.08
6. Julia Zwertbroek (HZ&PC Heerenveen, 199600950) 50m 00:36.23 36,23	03:01.10
7. Chantal Mulders (Zuiderzeezwemmers, 9702166) 50m 00:44.05 44,05	03:04.87
8. Esmee Kleine (Noord Veluwe, 9604714) 50m 00:44.71 44,71	03:06.30
9. Annelies Geradts (Aquapoldro, 9705600) 50m 00:43.86 43,86	03:08.42
10. Merel Jansen (Aquapoldro, 9703496) 50m 00:46.04 46,04	03:09.82
11. Lara van de Beek (Aquapoldro, 9705854) 50m 00:44.13 44,13	03:13.13
12. Karin Slotboom (Zuiderzeezwemmers, 9600246) 50m 00:45.88 45,88	03:17.61
13. Maudy Ruiter (Zuiderzeezwemmers, 9600502) 50m 00:45.08 45,08	03:21.16
14. Jose Beltman (Noord Veluwe, 9704132) 50m 00:52.98 52,98	03:22.54
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>	
1. Wendan Poelstra (HZ&PC Heerenveen, 199102496) 50m 00:31.07 31,07	02:27.13
2. Aimée Groenveld (De Houtrib, 199503394) 50m 00:32.60 32,60	02:35.04
3. Hjordis Wagenaar (HZ&PC Heerenveen, 199502170) 50m 00:35.26 35,26	02:42.07
4. Myrthe Sijtsema (HZ&PC Heerenveen, 199502706) 50m 00:34.50 34,50	02:43.57
5. Nanda de Vries (HZ&PC Heerenveen, 199204328) 50m 00:34.51 34,51	02:43.85
6. Kelly de Jong (HZ&PC Heerenveen, 199501920) 50m 00:34.64 34,64	02:49.64
7. Marjolein Scholten (Noord Veluwe, 9300676) 50m 00:37.48 37,48	02:52.57
8. Irmgard van Weeghel (Noord Veluwe, 9204834) 50m 00:38.83 38,83	02:53.39
9. Mariska Gach (Zuiderzeezwemmers, 9501760) 50m 00:39.21 39,21	02:54.05
10. Lieveke van den Elshout (De Houtrib, 199407148) 50m 00:37.52 37,52	02:57.19
11. Isolde de Louw (Aquapoldro, 9503008) 50m 00:36.64 36,64	03:00.16
12. Melina van Unen (Noord Veluwe, 9404080)	03:03.02

	50m 00:41.32 41,32	
13.	Pernille Kruik (Zuiderzeezwemmers, 9501758) 50m 00:40.26 40,26	03:07.25
14.	Melissa de Vries (De Houtrib, 199305080) 50m 00:43.19 43,19	03:07.87
15.	Mascha Mannak (Aquapoldro, 9501270) 50m 00:45.89 45,89	03:26.07
16.	Betsie Klompmaker (De Hokseberg, 195900200) 50m 01:09.10 69,10	04:37.89
3.	200m wisselslag - Heren 10 - 11 jaar (Minioren 5 en 6)	
4.	200m wisselslag - Heren 12 - 13 jaar (Junioren 1 en 2)	
1.	Frank Roovers (De Houtrib, 199800219) 50m 00:32.53 32,53	02:26.68
2.	Denny Olde Agterhuis (HZ&PC Heerenveen, 199801253) 50m 00:35.32 35,32	02:41.26
3.	Carlo Ruiz (HZ&PC Heerenveen, 199802549) 50m 00:39.36 39,36	02:48.04
4.	Fabian Boer (De Houtrib, 199800509) 50m 00:36.30 36,30	02:49.95
5.	Jason Slijngard (De Houtrib, 199801265) 50m 00:38.70 38,70	02:51.82
6.	Mart Roks (Aquapoldro, 9801687) 50m 00:39.17 39,17	02:55.28
7.	Jelmer Meijer (HZ&PC Heerenveen, 199900177) 50m 00:42.23 42,23	03:01.99
8.	Vincent van Emous (Aquapoldro, 9802783) 50m 00:41.67 41,67	03:01.99
9.	Martin Limpers (Aquapoldro, 9801505) 50m 00:39.13 39,13	03:02.70
10.	Niek Heethaar (Aquapoldro, 9900999) 50m 00:40.36 40,36	03:03.27
11.	Dominique Dudink (De Houtrib, 199902291) 50m 00:41.95 41,95	03:05.14
12.	Daan Zwertbroek (HZ&PC Heerenveen, 199900463) 50m 00:43.76 43,76	03:07.64
DIS.	Jurrian Buitenhuis (Aquapoldro, 9901967) 50m 00:46.86 46,86	03:26.08
	14 - 15 jaar (Junioren 3 en 4)	
1.	Joshua van den Elzen (Aquapoldro, 9602423) 50m 00:30.65 30,65	02:24.41
2.	Allard Veenstra (HZ&PC Heerenveen, 199703453) 50m 00:32.45 32,45	02:31.33
3.	Mathijs Mulder (HZ&PC Heerenveen, 199700071) 50m 00:31.57 31,57	02:34.04
4.	Nick Koetsier (Noord Veluwe, 9704237) 50m 00:38.55 38,55	02:50.48
5.	Martin Wenderich (Aquapoldro, 9700961) 50m 00:39.57 39,57	02:52.10

6. Jelmar van Unen (Noord Veluwe, 9604747) 50m 00:46.70 46,70	03:08.98
7. Carlin Graham (De Houtrib, 199704241) 50m 00:44.00 44,00	03:12.67
DIS. Andries Swager (Zuiderzeezwemmers, 9700997) 50m 00:45.23 45,23	03:25.89
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Marco Uppelschoten (De Houtrib, 199500375) 50m 00:31.64 31,64	02:18.54
2. Thomas Meijer (Aquapoldro, 9402321) 50m 00:31.60 31,60	02:23.29
3. Daan de Jong (Noord Veluwe, 9400929) 50m 00:30.83 30,83	02:31.48
4. Sander Akkerman (HZ&PC Heerenveen, 199501527) 50m 00:31.30 31,30	02:35.40
5. Marc de Vries (HZ&PC Heerenveen, 199500381) 50m 00:34.40 34,40	02:41.54
6. Mike van de Streek (Noord Veluwe, 9500577) 50m 00:34.00 34,00	02:44.26
7. Hendry Beltman (Noord Veluwe, 9406259) 50m 00:38.08 38,08	03:03.63
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>	
1. Robbin Schuchmann (Aquapoldro, 9306833) 50m 00:30.70 30,70	02:18.45
2. Marvin Santana Sanz (De Houtrib, 199302657) 50m 00:30.38 30,38	02:25.46
3. Gerard Eghuizen (HZ&PC Heerenveen, 197400197) 50m 00:33.51 33,51	02:35.08
4. Chris Roovers (De Houtrib, 196901623) 50m 00:32.39 32,39	02:49.23
5. Otto Zeijpveld (Aquapoldro, 5800497) 50m 00:36.46 36,46	02:51.84
6. Marius Ros (Zcnf'34, 195900779) 50m 00:37.18 37,18	02:57.41
5. 200m vrije slag - Dames 8 - 9 jaar (Minioren 3 en 4)	
6. 200m vrije slag - Heren 8 - 9 jaar (Minioren 3 en 4)	
7. 400m vrije slag - Dames 10 - 11 jaar (Minioren 5 en Junioren 1)	
1. Irith Buursma (HZ&PC Heerenveen, 200001648) 100m 01:22.04 82,04    200m 02:53.89 91,85	05:57.70
2. Sanne Hoving (HZ&PC Heerenveen, 200003332) 100m 01:42.39 102,39    200m 03:31.89 109,50	07:12.54
8. 400m vrije slag - Heren 10 - 11 jaar (Minioren 5 en 6)	
9. 800m vrije slag - Dames 12 - 13 jaar (Junioren 2 en 3)	
1. Tamara Maassen (Aquapoldro, 9801270) 200m 02:33.93 153,93    400m 05:16.31 162,38	10:36.90

2. Blanca de Louw (Aquapoldro, 9801268)	11:09.45
200m 02:43.70 163,70 400m 05:34.02 170,32	
3. Felicia Swets (Aquapoldro, 9801272)	11:14.62
200m 02:41.85 161,85 400m 05:34.53 172,68	
4. Maaike Past (Aquapoldro, 9901598)	11:41.45
200m 02:48.87 168,87 400m 05:47.45 178,58	
5. Sanne Ditzel (Aquapoldro, 9901092)	11:51.06
200m 02:53.51 173,51 400m 05:53.45 179,94	
6. Hanna van Keulen (Noord Veluwe, 9803050)	11:57.96
200m 02:53.81 173,81 400m 05:56.54 182,73	
7. Dagmar Kruik (Zuiderzeezwemmers, 9800008)	12:03.11
200m 02:58.20 178,20 400m 06:04.26 186,06	
8. Suzan Heurneman (Aquapoldro, 9804874)	12:27.47
200m 03:03.37 183,37 400m 06:15.29 191,92	
9. Julia Keijzer (Zuiderzeezwemmers, 9804016)	12:27.83
200m 03:07.86 187,86 400m 06:19.42 191,56	
10. Sophie van Hunen (Aquapoldro, 9802152)	12:36.54
200m 03:01.57 181,57 400m 06:12.56 190,99	
11. Annemarie ten Have (Zuiderzeezwemmers, 9802662)	12:43.56
200m 03:03.98 183,98 400m 06:18.33 194,35	
12. Sofie Lamens (De Houtrib, 199800778)	12:46.17
200m 03:05.77 185,77 400m 06:21.61 195,84	
13. Mayli Berenschot (Aquapoldro, 9904434)	14:03.19
200m 03:21.81 201,81 400m 06:57.25 215,44	
14. Irene Hanse (Zuiderzeezwemmers, 9801496)	14:29.74
200m 03:35.80 215,80 400m 07:14.67 218,87	
<i>14 - 15 jaar (Jeugd 1 en 2)</i>	
1. Desiree Vedder (HZ&PC Heerenveen, 199600864)	10:16.72
200m 02:28.00 148,00 400m 05:06.04 158,04	
2. Esther Kuhlman (Aquapoldro, 9601678)	10:35.02
200m 02:32.70 152,70 400m 05:15.09 162,39	
3. Leandra Vedder (HZ&PC Heerenveen, 199600866)	10:44.08
200m 02:34.93 154,93 400m 05:20.45 165,52	
4. Esmee Kleine (Noord Veluwe, 9604714)	11:04.82
200m 02:40.10 160,10 400m 05:29.45 169,35	
5. Aniek Bergsma (HZ&PC Heerenveen, 199601088)	11:14.76
200m 02:45.00 165,00 400m 05:37.02 172,02	
6. Julia Zwertbroek (HZ&PC Heerenveen, 199600950)	11:15.94
200m 02:49.41 169,41 400m 05:43.32 173,91	
7. Milou Uitslag (Noord Veluwe, 9602654)	11:29.68
200m 02:49.24 169,24 400m 05:46.18 176,94	
8. Merel Jansen (Aquapoldro, 9703496)	12:03.70
200m 03:01.73 181,73 400m 06:08.13 186,40	
9. Chantal Mulders (Zuiderzeezwemmers, 9702166)	12:07.80
200m 02:54.89 174,89 400m 06:04.92 190,03	
10. Esther Gerritzen (De Houtrib, 199600958)	12:43.81
200m 03:03.88 183,88 400m 06:21.55 197,67	
11. Annelies Geradts (Aquapoldro, 9705600)	12:44.82
200m 03:04.00 184,00 400m 06:18.23 194,23	

12. Karin Slotboom (Zuiderzeezwemmers, 9600246)	12:51.66
200m 03:09.99 189,99 400m 06:29.76 199,77	
13. Lara van de Beek (Aquapoldro, 9705854)	12:52.29
200m 03:04.02 184,02 400m 06:19.54 195,52	
14. Maudy Ruiters (Zuiderzeezwemmers, 9600502)	13:18.68
200m 03:09.12 189,12 400m 06:33.01 203,89	
15. Jose Beltman (Noord Veluwe, 9704132)	14:01.75
200m 03:18.69 198,69 400m 06:54.30 215,61	
16. Tessa Heinsius (HZ&PC Heerenveen, 199703610)	14:04.80
200m 03:16.73 196,73 400m 06:53.95 217,22	
<i>vanaf 16 jaar (Senioren 1 en ouder)</i>	
1. Wendan Poelstra (HZ&PC Heerenveen, 199102496)	09:36.51
200m 02:21.32 141,32 400m 04:47.47 146,15	
2. Marjolein Maris (De Houtrib, 199400210)	09:59.02
200m 02:24.73 144,73 400m 04:54.73 150,00	
3. Aimée Groenveld (De Houtrib, 199503394)	10:16.72
200m 02:25.94 145,94 400m 04:58.10 152,16	
4. Hjordis Wagenaar (HZ&PC Heerenveen, 199502170)	10:29.24
200m 02:31.91 151,91 400m 05:13.21 161,30	
5. Nanda de Vries (HZ&PC Heerenveen, 199204328)	10:31.64
200m 02:28.57 148,57 400m 05:08.40 159,83	
6. Irmgard van Weeghel (Noord Veluwe, 9204834)	10:46.95
200m 02:34.86 154,86 400m 05:17.23 162,37	
7. Mariska Gach (Zuiderzeezwemmers, 9501760)	10:57.77
200m 02:39.74 159,74 400m 05:28.02 168,28	
8. Myrthe Sijtsema (HZ&PC Heerenveen, 199502706)	11:05.76
200m 02:39.73 159,73 400m 05:28.45 168,72	
9. Kelly de Jong (HZ&PC Heerenveen, 199501920)	11:08.68
200m 02:39.16 159,16 400m 05:31.29 172,13	
10. Lieveke van den Elshout (De Houtrib, 199407148)	11:16.39
200m 02:34.02 154,02 400m 05:35.39 181,37	
11. Isolde de Louw (Aquapoldro, 9503008)	11:21.78
200m 02:41.03 161,03 400m 05:33.83 172,80	
12. Melina van Unen (Noord Veluwe, 9404080)	11:29.74
200m 02:48.55 168,55 400m 05:46.72 178,17	
13. Melissa de Vries (De Houtrib, 199305080)	12:22.26
200m 02:54.61 174,61 400m 06:03.86 189,25	
14. Mascha Mannak (Aquapoldro, 9501270)	12:55.80
200m 03:05.60 185,60 400m 06:23.42 197,82	
15. Jessica Stolp (De Houtrib, 199406012)	13:18.32
200m 03:07.64 187,64 400m 06:31.00 203,36	
16. Pernille Kruik (Zuiderzeezwemmers, 9501758)	13:29.87
200m 03:14.21 194,21 400m 06:43.10 208,89	
17. Ineke Meijer (HZ&PC Heerenveen, 195200034)	13:54.20
300m 03:18.02 198,02 400m 06:52.07 214,05	
10. 800m vrije slag - Heren	
<i>12 - 13 jaar (Junioren 1 en 2)</i>	
1. Frank Roovers (De Houtrib, 199800219)	09:19.23
200m 02:13.95 133,95 400m 04:35.51 141,56	

2. Fabian Boer (De Houtrib, 199800509)	10:35.70
200m 02:34.86 154,86    400m 05:15.26 160,40	
3. Denny Olde Agterhuis (HZ&PC Heerenveen, 199801253)	10:51.29
200m 02:39.26 159,26    400m 05:27.95 168,69	
4. Jason Slijngard (De Houtrib, 199801265)	10:51.42
200m 02:35.60 155,60    400m 05:22.29 166,69	
5. Carlo Ruiz (HZ&PC Heerenveen, 199802549)	10:56.34
200m 02:39.31 159,31    400m 05:27.33 168,02	
6. Niek Heethaar (Aquapoldro, 9900999)	11:21.07
200m 02:45.82 165,82    400m 05:37.10 171,28	
7. Jelmer Meijer (HZ&PC Heerenveen, 199900177)	11:31.67
200m 02:47.73 167,73    400m 05:44.32 176,59	
8. Mart Roks (Aquapoldro, 9801687)	11:50.85
200m 02:51.18 171,18    400m 05:52.42 181,24	
9. Daan Zwertbroek (HZ&PC Heerenveen, 199900463)	11:56.86
200m 02:55.20 175,20    400m 05:59.02 183,82	
10. Erwin Heinsius (HZ&PC Heerenveen, 199900695)	11:58.26
200m 02:49.70 169,70    400m 05:55.53 185,83	
11. Vincent van Emous (Aquapoldro, 9802783)	12:02.89
200m 02:55.86 175,86    400m 05:58.95 183,09	
12. Rob van Wier (HZ&PC Heerenveen, 199900697)	12:03.57
200m 02:56.82 176,82    400m 06:04.16 187,34	
13. Martin Limpers (Aquapoldro, 9801505)	12:07.91
200m 02:59.47 179,47    400m 06:06.28 186,81	
14. Dominique Dudink (De Houtrib, 199902291)	12:57.95
200m 02:59.63 179,63    400m 06:18.66 199,03	
15. Jurrian Buienhuis (Aquapoldro, 9901967)	13:29.76
200m 03:14.64 194,64    400m 06:43.68 209,04	
<i>14 - 15 jaar (Junioren 3 en 4)</i>	
1. Frank de Graaf (Dwk, 199602671)	09:02.74
200m 02:09.54 129,54    400m 04:26.71 137,17	
2. Josha van den Elzen (Aquapoldro, 9602423)	09:25.46
200m 02:16.18 136,18    400m 04:39.63 143,45	
3. Erik Pape (Noord Veluwe, 9601669)	09:28.80
200m 02:16.51 136,51    400m 04:40.86 144,35	
4. Vincent Visser (SG. Bolsward-Workum, 199700395)	10:20.51
200m 02:32.36 152,36    400m 05:10.95 158,59	
5. Allard Veenstra (HZ&PC Heerenveen, 199703453)	10:23.42
200m 02:32.29 152,29    400m 05:12.60 160,31	
6. Mathijs Mulder (HZ&PC Heerenveen, 199700071)	10:35.91
200m 02:32.16 152,16    400m 05:13.84 161,68	
7. Martin Wenderich (Aquapoldro, 9700961)	11:20.51
200m 02:45.86 165,86    400m 05:43.39 177,53	
8. Nick Koetsier (Noord Veluwe, 9704237)	11:21.48
200m 02:44.26 164,26    400m 05:40.36 176,10	
9. Carlin Graham (De Houtrib, 199704241)	12:16.07
200m 02:56.31 176,31    400m 06:03.33 187,02	
10. Jelmar van Unen (Noord Veluwe, 9604747)	12:22.85
200m 02:57.14 177,14    400m 06:06.36 189,22	

11. Danny Santana Sanz (De Houtrib, 199700735)	13:47.80
200m 03:18.05 198,05 400m 06:49.87 211,82	
12. Andries Swager (Zuiderzeewimmers, 9700997)	14:55.39
200m 03:19.60 199,60 400m 07:09.13 229,53	
<i>16 - 17 jaar (Jeugd 1 en 2)</i>	
1. Marco Uppelschoten (De Houtrib, 199500375)	08:54.59
200m 02:09.82 129,82 400m 04:26.50 136,68	
2. Thomas Meijer (Aquapoldro, 9402321)	09:12.95
200m 02:10.87 130,87 400m 04:30.36 139,49	
3. Marc de Vries (HZ&PC Heerenveen, 199500381)	10:19.36
200m 02:28.89 148,89 400m 05:06.20 157,31	
4. Mike van de Streek (Noord Veluwe, 9500577)	10:21.13
200m 02:27.86 147,86 400m 05:04.65 156,79	
5. Sven de Brons (De Houtrib, 199400013)	11:45.86
200m 02:35.68 155,68 400m 05:35.98 180,30	
6. Hendry Beltman (Noord Veluwe, 9406259)	12:59.76
200m 02:56.70 176,70 400m 06:14.92 198,22	
<i>vanaf 18 jaar (Senioren 1 en ouder)</i>	
1. Robbin Schuchmann (Aquapoldro, 9306833)	09:26.34
200m 02:14.04 134,04 400m 04:39.74 145,70	
2. Marvin Santana Sanz (De Houtrib, 199302657)	09:44.82
200m 02:16.10 136,10 400m 04:46.00 149,90	
3. Marten de Groot (HZ&PC Heerenveen, 195800149)	09:49.98
200m 02:22.13 142,13 400m 04:50.48 148,35	
4. Marius Ros (Zcnf <sup>34</sup> , 195900779)	10:34.79
200m 02:33.81 153,81 400m 05:14.34 160,53	
5. Otto Zeijpveld (Aquapoldro, 5800497)	10:45.45
200m 02:36.26 156,26 400m 05:22.95 166,69	
6. Gerard Eghuizen (HZ&PC Heerenveen, 197400197)	11:24.64
200m 02:36.36 156,36 400m 05:29.70 173,34	
7. Chris Roovers (De Houtrib, 196901623)	11:39.20
200m 02:34.80 154,80 400m 05:33.33 178,53	
8. Adri Pasman (Zuiderzeewimmers, 6400573)	12:54.42
200m 03:05.11 185,11 400m 06:21.52 196,41	
9. Jan van der Heide (HZ&PC Heerenveen, 195100059)	14:08.74
200m 03:13.80 193,80 400m 06:49.77 215,97	