



Programmanr. 1
14-12-2014 - 15:40

200m vrije slag

Mix Minioren 3 en 4
Resultaten

| rang naam | vereniging | inschrijftijd | tijd | 50m | 100m | 150m | 200m |
|---|-------------|---------------|-----------|----------------|-------|---------|-----------------|
| Meisjes Minioren 3 en 4, Meisjes | | | | | | | |
| 1. Naomi Vellinga | Wetterwille | 3:17.75 | 200500504 | 3:15.30 | 41.40 | 1:31.44 | 2:24.23 3:15.30 |
| 2. Dynah Hassing | De Forel | NT | 200500756 | 3:31.21 | 46.91 | 1:42.68 | 2:37.05 3:31.21 |
| 3. Ambersophie Bakker | Wetterwille | 3:59.00 | 200500206 | 3:49.51 | 49.62 | 1:51.19 | 2:51.79 3:49.51 |

Programmanr. 2
14-12-2014 - 15:45

400m vrije slag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1

Resultaten

| rang naam | vereniging | inschrijftijd | tijd |
|--|---------------------|---------------------|---------------------|
| Meisjes Minioren 5 Junioren 1, Meisjes | | | |
| 1. Anna Tinga | De Forel | 6:11.48 | 200302734 |
| 50m: 38.76 38.76 | 150m: 2:05.44 44.39 | 250m: 3:36.19 45.28 | 350m: 5:09.47 47.68 |
| 100m: 1:21.05 42.29 | 200m: 2:50.91 45.47 | 300m: 4:21.79 45.60 | 400m: 5:56.19 46.72 |
| 2. Sigrid Hoogland | De Forel | 6:12.06 | 200301976 |
| 50m: 40.75 40.75 | 150m: 2:15.40 48.39 | 250m: 3:53.11 49.11 | 350m: 5:31.29 48.81 |
| 100m: 1:27.01 46.26 | 200m: 3:04.00 48.60 | 300m: 4:42.48 49.37 | 400m: 6:16.60 45.31 |
| 3. Merle Stavorinus | Zpd | 6:39.80 | 200400138 |
| 50m: 43.40 43.40 | 150m: 2:23.46 50.78 | 250m: 4:04.09 49.97 | 350m: 5:42.96 48.78 |
| 100m: 1:32.68 49.28 | 200m: 3:14.12 50.66 | 300m: 4:54.18 50.09 | 400m: 6:27.55 44.59 |
| DIS Chantal van Willegen | De Forel | 6:01.83 | 200302422 |
| <i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i> | | | |
| 50m: | 150m: 250m: | 350m: | 400m: |
| 100m: | 200m: 300m: | 400m: | |
| AFGEM Eva Damsma | De Forel | NT | 200302486 |

Jongens Minioren 5 en 6, Jongens

| | | | |
|---------------------|---------------------|---------------------|---------------------|
| 1. Frederik Adema | de Granaet | 5:42.61 | 200300253 |
| 50m: 35.22 35.22 | 150m: 2:00.12 43.06 | 250m: 3:28.10 44.16 | 350m: 4:57.41 43.66 |
| 100m: 1:17.06 41.84 | 200m: 2:43.94 43.82 | 300m: 4:13.75 45.65 | 400m: 5:37.78 40.37 |
| 2. Quint van Haren | De Forel | 6:02.38 | 200400215 |
| 50m: 33.59 33.59 | 150m: 2:11.39 46.21 | 250m: 3:45.76 47.42 | 350m: 5:19.20 46.64 |
| 100m: 1:25.18 51.59 | 200m: 2:58.34 46.95 | 300m: 4:32.56 46.80 | 400m: 6:06.96 47.76 |
| 3. Damyán Vellinga | Wetterwille | 6:18.67 | 200301917 |
| 50m: 37.53 37.53 | 150m: 2:12.62 48.71 | 250m: 3:52.46 49.94 | 350m: 5:31.18 48.47 |
| 100m: 1:23.91 46.38 | 200m: 3:02.52 49.90 | 300m: 4:42.71 50.25 | 400m: 6:14.86 43.68 |
| 4. Denny Kat | De Forel | 7:22.77 | 200401947 |
| 50m: 44.94 44.94 | 150m: 2:30.63 54.73 | 250m: 4:18.15 53.62 | 350m: 6:06.41 53.73 |
| 100m: 1:35.90 50.96 | 200m: 3:24.53 53.90 | 300m: 5:12.68 54.53 | 400m: 6:51.92 45.51 |
| 5. Wouter Zijlstra | De Forel | 7:24.79 | 200401545 |
| 50m: 46.04 46.04 | 150m: 2:31.18 53.40 | 250m: 4:19.18 54.60 | 350m: 6:05.25 53.29 |
| 100m: 1:37.78 51.74 | 200m: 3:24.58 53.40 | 300m: 5:11.96 52.78 | 400m: 6:53.68 48.43 |

Programmanr. 3
14-12-2014 - 16:01

800m vrije slag

Junioren 1 en 2
Resultaten

| rang naam | vereniging | inschrijftijd | tijd |
|---|-----------------------|-----------------------|------------------------|
| Meisjes Junioren 2 en 3, Meisjes | | | |
| 1. Nynke Zandstra | Wetterwille | 11:06.97 | 200202044 |
| 100m: 1:16.94 1:16.94 | 300m: 4:05.78 1:25.34 | 500m: 6:54.57 1:26.34 | 700m: 9:43.85 1:25.01 |
| 200m: 2:40.44 1:23.50 | 400m: 5:28.23 1:22.45 | 600m: 8:18.84 1:24.27 | 800m: 11:05.15 1:21.30 |
| 2. Manon Post | Zignea | 11:50.70 | 200101824 |
| 100m: 1:17.10 1:17.10 | 300m: 4:04.70 1:24.21 | 500m: 6:56.03 1:26.00 | 700m: 9:47.74 1:25.82 |
| 200m: 2:40.49 1:23.39 | 400m: 5:30.03 1:25.33 | 600m: 8:21.92 1:25.89 | 800m: 11:10.70 1:22.96 |
| 3. Laura Schevel | Wetterwille | 12:35.19 | 200201688 |
| 100m: 1:24.10 1:24.10 | 300m: 4:28.12 1:32.97 | 500m: 7:35.19 1:33.09 | 700m: 10:43.12 1:33.98 |
| 200m: 2:55.15 1:31.05 | 400m: 6:02.10 1:33.98 | 600m: 9:09.14 1:33.95 | 800m: 12:13.34 1:30.22 |



Programmanr. 3, Meisjes, 800m vrije slag, Meisjes Junioren 2 en 3

| rang | naam | vereniging | inschrijftijd | tijd | | | | | | |
|------|--|---------------|---------------|---------------|-----------------|---------------|----------------|----------------|---------|---------|
| 4. | Linda Meinders | Zignea | 12:08.57 | 200100644 | 12:14.07 | | | | | |
| | 100m: 1:20.37 | 200m: 1:32.44 | 300m: 4:27.26 | 400m: 6:02.92 | 500m: 7:37.69 | 600m: 9:12.93 | 700m: 10:46.39 | 800m: 12:14.07 | 1:33.46 | 1:27.68 |
| 5. | Martine Kamminga | Zpd | 12:40.54 | 200201172 | 12:25.68 | | | | | |
| | 100m: 1:23.97 | 200m: 2:55.43 | 300m: 4:34.82 | 400m: 6:12.18 | 500m: 7:49.38 | 600m: 9:25.22 | 700m: 1:37.20 | 800m: 12:25.68 | 1:35.84 | 1:35.84 |
| 6. | Lisanne Rinzema | Wetterwille | 13:03.03 | 200204294 | 12:42.35 | | | | | |
| | 100m: 1:28.00 | 200m: 3:04.75 | 300m: 4:42.36 | 400m: 6:21.12 | 500m: 7:59.40 | 600m: 9:37.12 | 700m: 1:38.28 | 800m: 12:42.35 | 1:37.72 | 1:34.59 |
| DIS | Liya Jansen | Wetterwille | 13:03.74 | 200201502 | | | | | | |
| | <i>AF - De aangegeven afstand niet uitgezwommen.</i> | | | | | | | | | |
| | 100m: | | 300m: | | 500m: | | 700m: | | 800m: | |
| | 200m: | | 400m: | | 600m: | | 800m: | | | |

Jongens Junioren 1 en 2, Jongens

| | | | | | | | | | | |
|----|------------------|---------------|---------------|---------------|-----------------|---------------|---------------|----------------|---------|---------|
| 1. | Jelmar Koopman | De Forel | 9:31.11 | 200100249 | 9:14.84 | | | | | |
| | 100m: 1:04.08 | 200m: 2:14.24 | 300m: 3:25.34 | 400m: 4:36.84 | 500m: 5:48.52 | 600m: 6:58.78 | 700m: 8:07.75 | 800m: 9:14.84 | 1:08.97 | 1:07.09 |
| 2. | Dushan de Bruijn | De Forel | 10:39.82 | 200201273 | 10:36.69 | | | | | |
| | 100m: 1:13.47 | 200m: 2:32.62 | 300m: 3:54.02 | 400m: 5:15.02 | 500m: 6:36.51 | 600m: 7:58.94 | 700m: 1:21.49 | 800m: 10:36.69 | 1:21.68 | 1:16.07 |

Programmanr. 4
14-12-2014 - 16:28

1500m vrije slag

Mix Senioren Open
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | | | | | | | | | | | | | | |
|------|------------------|---------------|---------------|---------------|-----------------|---------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------|---------|---------|
| 1. | Danielle Hofstra | De Forel | NT | 200102016 | 24:19.01 | | | | | | | | | | | | | |
| | 100m: 1:23.25 | 200m: 2:57.99 | 300m: 4:34.06 | 400m: 6:11.54 | 500m: 7:49.79 | 600m: 9:28.06 | 700m: 11:07.18 | 800m: 12:47.36 | 900m: 14:27.99 | 1000m: 16:08.42 | 1100m: 17:51.13 | 1200m: 19:33.89 | 1300m: 21:15.48 | 1400m: 22:51.93 | 1500m: 24:19.01 | 1:41.59 | 1:36.45 | 1:27.08 |

Meisjes Jeugd 1 en 2, Meisjes

| | | | | | | | | | | | | | | | | | | | |
|----|-------------------|---------------|---------------|---------------|-----------------|---------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------|---------|---------|---------|
| 1. | Tiffany Leerdam | De Forel | NT | 200006200 | 20:39.16 | | | | | | | | | | | | | | |
| | 100m: 1:15.26 | 200m: 2:37.63 | 300m: 3:59.91 | 400m: 5:24.19 | 500m: 6:48.16 | 600m: 8:12.41 | 700m: 9:35.44 | 800m: 10:58.59 | 900m: 12:20.87 | 1000m: 13:44.41 | 1100m: 15:07.44 | 1200m: 16:31.66 | 1300m: 17:56.44 | 1400m: 19:20.59 | 1500m: 20:39.16 | 1:24.78 | 1:24.15 | 1:18.57 | |
| 2. | Jeske Moerenhout | De Forel | NT | 200000390 | 22:06.59 | | | | | | | | | | | | | | |
| | 100m: 1:17.81 | 200m: 2:42.42 | 300m: 4:08.31 | 400m: 5:35.99 | 500m: 7:05.09 | 600m: 8:36.09 | 700m: 10:06.07 | 800m: 11:35.84 | 900m: 13:06.92 | 1000m: 14:38.09 | 1100m: 16:09.28 | 1200m: 17:40.14 | 1300m: 19:10.71 | 1400m: 20:39.81 | 1500m: 22:06.59 | 1:31.08 | 1:31.17 | 1:31.19 | 1:30.86 |
| 3. | Alyah de Bruijn | De Forel | 23:04.40 | 200004308 | 23:04.89 | | | | | | | | | | | | | | |
| | 100m: 1:20.61 | 200m: 2:51.00 | 300m: 4:23.97 | 400m: 5:57.72 | 500m: 7:31.71 | 600m: 9:04.40 | 700m: 10:40.63 | 800m: 12:13.02 | 900m: 13:47.57 | 1000m: 15:23.65 | 1100m: 16:58.17 | 1200m: 18:32.20 | 1300m: 20:06.56 | 1400m: 21:39.44 | 1500m: 23:04.89 | 1:34.55 | 1:36.08 | 1:34.52 | 1:34.03 |
| 4. | Nena Veenstra | Zcnf'34 | NT | 200003682 | 23:54.10 | | | | | | | | | | | | | | |
| | 100m: 1:26.81 | 200m: 3:01.56 | 300m: 4:37.10 | 400m: 6:13.03 | 500m: 7:49.45 | 600m: 9:25.45 | 700m: 11:02.56 | 800m: 12:38.99 | 900m: 14:15.87 | 1000m: 15:52.10 | 1100m: 17:31.31 | 1200m: 19:08.06 | 1300m: 20:45.31 | 1400m: 22:21.99 | 1500m: 23:54.10 | 1:36.88 | 1:36.68 | 1:32.11 | 1:36.75 |
| 5. | Anita Venema | Zpd | NT | 200001260 | 25:19.97 | | | | | | | | | | | | | | |
| | 100m: 1:24.63 | 200m: 3:02.41 | 300m: 4:44.15 | 400m: 6:26.88 | 500m: 8:10.25 | 600m: 9:55.28 | 700m: 11:39.81 | 800m: 13:23.22 | 900m: 15:06.76 | 1000m: 16:51.44 | 1100m: 18:34.79 | 1200m: 20:17.76 | 1300m: 22:00.38 | 1400m: 23:41.43 | 1500m: 25:19.97 | 1:43.54 | 1:44.68 | 1:43.35 | 1:42.97 |
| 6. | Marijke Poortinga | Zpd | NT | 199902340 | 25:50.15 | | | | | | | | | | | | | | |
| | 100m: 1:25.66 | 200m: 3:00.80 | 300m: 4:35.75 | 400m: 6:12.77 | 500m: 8:04.79 | 600m: 9:58.51 | 700m: 11:51.21 | 800m: 13:37.01 | 900m: 15:22.15 | 1000m: 17:10.44 | 1100m: 18:58.59 | 1200m: 20:46.56 | 1300m: 22:31.27 | 1400m: 25:50.15 | 1500m: 25:50.15 | 1:45.14 | 1:48.29 | 1:48.15 | 1:47.97 |



Programmanr. 4, 1500m vrije slag

Dames Senioren Open, Dames

| | | | | |
|-----------------------|------------------------|-------------------------|-------------------------|-----------------|
| 1. Nynke Vlietstra | Wetterwille | 21:49.54 | 198907110 | 21:33.18 |
| 100m: 1:15.46 1:15.46 | 500m: 6:59.16 1:27.87 | 900m: 12:53.01 1:29.31 | 1300m: 18:43.56 1:27.48 | |
| 200m: 2:38.58 1:23.12 | 600m: 8:27.01 1:27.85 | 1000m: 14:21.30 1:28.29 | 1400m: 20:10.52 1:26.96 | |
| 300m: 4:04.62 1:26.04 | 700m: 9:55.31 1:28.30 | 1100m: 15:49.11 1:27.81 | 1500m: 21:33.18 1:22.66 | |
| 400m: 5:31.29 1:26.67 | 800m: 11:23.70 1:28.39 | 1200m: 17:16.08 1:26.97 | | |
| 2. Karin Meinders | Zignea | 21:33.78 | 199800758 | 22:10.04 |
| 100m: 1:32.46 1:32.46 | 500m: 7:18.11 1:29.33 | 900m: 13:16.64 1:29.89 | 1300m: 19:16.71 1:28.93 | |
| 200m: 2:51.00 1:18.54 | 600m: 8:47.21 1:29.10 | 1000m: 14:47.50 1:30.86 | 1400m: 20:44.76 1:28.05 | |
| 300m: 4:20.43 1:16.33 | 700m: 10:17.14 1:29.93 | 1100m: 16:17.78 1:30.28 | 1500m: 22:10.04 1:25.28 | |
| 400m: 5:48.78 1:28.35 | 800m: 11:46.75 1:29.61 | 1200m: 17:47.78 1:30.00 | | |
| AFGEM Johanna de Boer | Zpd | 19:52.53 | 199403944 | |

Jongens Junioren 1 en 2, Jongens

| | | | | |
|-----------------------|------------------------|-------------------------|-------------------------|-----------------|
| 1. Makai van Haren | De Forel | NT | 200200627 | 19:03.30 |
| 100m: 1:12.02 1:12.02 | 500m: 6:18.84 1:17.12 | 900m: 11:26.72 1:16.53 | 1300m: 16:32.84 1:16.05 | |
| 200m: 2:27.97 1:15.95 | 600m: 7:37.12 1:18.28 | 1000m: 12:42.87 1:16.15 | 1400m: 17:50.94 1:18.10 | |
| 300m: 3:44.30 1:16.33 | 700m: 8:54.16 1:17.04 | 1100m: 13:59.94 1:17.07 | 1500m: 19:03.30 1:12.36 | |
| 400m: 5:01.72 1:17.42 | 800m: 10:10.19 1:16.03 | 1200m: 15:16.79 1:16.85 | | |

Jongens Junioren 3 en 4, Jongens

| | | | | |
|----------------------------|------------------------|-------------------------|-------------------------|-----------------|
| 1. Getjo Gachtrjan | Wetterwille | 18:25.99 | 200005445 | 18:05.78 |
| 100m: 1:04.29 1:04.29 | 500m: 5:57.15 1:13.06 | 900m: 10:52.17 1:12.94 | 1300m: 15:46.41 1:13.24 | |
| 200m: 2:17.66 1:13.37 | 600m: 7:11.88 1:14.73 | 1000m: 12:07.22 1:15.05 | 1400m: 16:59.18 1:12.77 | |
| 300m: 3:29.42 1:11.76 | 700m: 8:23.72 1:11.84 | 1100m: 13:19.06 1:11.84 | 1500m: 18:05.78 1:06.60 | |
| 400m: 4:44.09 1:14.67 | 800m: 9:39.23 1:15.51 | 1200m: 14:33.17 1:14.11 | | |
| 2. Sjoerd Vonk | Wetterwille | 19:32.46 | 200004241 | 19:46.97 |
| 100m: 1:08.25 1:08.25 | 500m: 6:24.08 1:20.68 | 900m: 11:50.50 1:21.74 | 1300m: 17:16.15 1:21.37 | |
| 200m: 2:25.53 1:17.28 | 600m: 7:45.33 1:21.25 | 1000m: 13:11.83 1:21.33 | 1400m: 18:35.68 1:19.53 | |
| 300m: 3:44.28 1:18.75 | 700m: 9:06.78 1:21.45 | 1100m: 14:33.86 1:22.03 | 1500m: 19:46.97 1:11.29 | |
| 400m: 5:03.40 1:19.12 | 800m: 10:28.76 1:21.98 | 1200m: 15:54.78 1:20.92 | | |
| 3. Timo de Vries | De Forel | NT | 199900407 | 19:55.52 |
| 100m: 1:09.28 1:09.28 | 500m: 6:24.34 1:20.52 | 900m: 11:48.24 1:19.86 | 1300m: 17:15.24 1:21.76 | |
| 200m: 2:25.84 1:16.56 | 600m: 7:45.77 1:21.43 | 1000m: 13:09.67 1:21.43 | 1400m: 18:37.30 1:22.06 | |
| 300m: 3:44.05 1:18.21 | 700m: 9:07.05 1:21.28 | 1100m: 14:31.39 1:21.72 | 1500m: 19:55.52 1:18.22 | |
| 400m: 5:03.82 1:19.77 | 800m: 10:28.38 1:21.33 | 1200m: 15:53.48 1:22.09 | | |
| 4. Noah Vincent Stavorinus | Zpd | 23:01.77 | 200000359 | 22:29.59 |
| 100m: 1:11.95 1:11.95 | 500m: 7:01.23 1:30.50 | 900m: 13:13.50 1:34.18 | 1300m: 19:29.07 1:32.37 | |
| 200m: 2:35.13 1:23.18 | 600m: 8:33.39 1:32.16 | 1000m: 14:48.67 1:35.17 | 1400m: 21:00.32 1:31.25 | |
| 300m: 4:01.74 1:26.61 | 700m: 10:05.99 1:32.60 | 1100m: 16:21.62 1:32.95 | 1500m: 22:29.59 1:29.27 | |
| 400m: 5:30.73 1:28.99 | 800m: 11:39.32 1:33.33 | 1200m: 17:56.70 1:35.08 | | |
| 5. Koen Koopman | Zignea | NT | 200005183 | 25:12.04 |
| 100m: 1:32.43 1:32.43 | 500m: 8:18.47 1:41.97 | 900m: 15:11.46 1:42.12 | 1300m: 21:59.81 1:41.97 | |
| 200m: 3:13.06 1:40.63 | 600m: 10:01.75 1:43.28 | 1000m: 16:54.51 1:43.05 | 1400m: 23:40.06 1:40.25 | |
| 300m: 4:55.15 1:42.09 | 700m: 11:45.43 1:43.68 | 1100m: 18:36.44 1:41.93 | 1500m: 25:12.04 1:31.98 | |
| 400m: 6:36.50 1:41.35 | 800m: 13:29.34 1:43.91 | 1200m: 20:17.84 1:41.40 | | |

Heren Senioren Open, Heren

| | | | | |
|-----------------------|------------------------|-------------------------|-------------------------|-----------------|
| 1. Matthijs Jansen | Wetterwille | 20:14.51 | 199602379 | 20:56.16 |
| 100m: 1:12.51 1:12.51 | 500m: 6:38.64 1:24.56 | 900m: 12:22.17 1:25.94 | 1300m: 18:07.16 1:25.90 | |
| 200m: 2:32.20 1:19.69 | 600m: 8:04.26 1:25.62 | 1000m: 13:48.29 1:26.12 | 1400m: 19:33.33 1:26.17 | |
| 300m: 3:52.64 1:20.44 | 700m: 9:29.98 1:25.72 | 1100m: 15:15.29 1:27.00 | 1500m: 20:56.16 1:22.83 | |
| 400m: 5:14.08 1:21.44 | 800m: 10:56.23 1:26.25 | 1200m: 16:41.26 1:25.97 | | |

Programmanr. 5
14-12-2014 - 17:39

200m wisselslag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
Resultaten

| rang naam | vereniging | inschrijftijd | tijd | 50m | 100m | 150m | 200m |
|---|------------|---------------|-----------|----------------|-------|------|---------|
| Meisjes Minioren 5 Junioren 1, Meisjes | | | | | | | |
| 1. Chantal van Willegen | De Forel | 3:00.39 | 200302422 | 3:01.58 | 39.51 | | 3:01.58 |
| 2. Anna Tinga | De Forel | 3:13.14 | 200302734 | 3:08.35 | 41.70 | | 3:08.35 |
| 3. Sigrid Hoogland | De Forel | 3:12.11 | 200301976 | 3:10.63 | 46.87 | | 3:10.63 |
| 4. Merle Stavorinus | Zpd | 3:19.38 | 200400138 | 3:18.27 | 44.44 | | 3:18.27 |
| AFGEM Eva Damsma | De Forel | NT | 200302486 | | | | |



Programmanr. 5, 200m wisselslag

Jongens Minioren 5 en 6, Jongens

| | | | | | | |
|----------------------|-------------|---------|-----------|----------------|---------|---------|
| 1. Frederik Adema | de Granaet | 2:54.12 | 200300253 | 2:56.62 | 40.18 | 2:56.62 |
| 2. Quint van Haren | De Forel | 3:09.46 | 200400215 | 3:05.94 | 44.22 | 3:05.94 |
| 3. Damyan Vellinga | Wetterwille | 3:20.89 | 200301917 | 3:16.69 | 46.26 | 3:16.69 |
| 4. Meindert Dekkinga | Zignea | 3:43.12 | 200400377 | 3:20.05 | 48.26 | 3:20.05 |
| 5. Wouter Zijlstra | De Forel | 3:55.18 | 200401545 | 3:42.90 | 52.50 | 3:42.90 |
| DIS Denny Kat | De Forel | NT | 200401947 | | 1:00.38 | |

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

Programmanr. 6
14-12-2014 - 17:49

200m wisselslag

Junioren 1 en 2
Resultaten

| rang naam | vereniging | inschrijftijd | tijd | 50m | 100m | 150m | 200m |
|---|-------------|---------------|-----------|----------------|-------|------|---------|
| Meisjes Junioren 2 en 3, Meisjes | | | | | | | |
| 1. Nynke Zandstra | Wetterwille | 2:56.82 | 200202044 | 2:59.46 | 39.06 | | 2:59.46 |
| 2. Lianne Rinzema | Wetterwille | 3:15.69 | 200204294 | 3:10.34 | 42.48 | | 3:10.34 |
| 3. Danielle Hofstra | De Forel | 3:03.82 | 200102016 | 3:10.97 | 40.94 | | 3:10.97 |
| 4. Martine Kamminga | Zpd | 3:14.05 | 200201172 | 3:15.87 | 51.25 | | 3:15.87 |
| 5. Dian Post | Zignea | NT | 200200748 | 3:18.42 | 48.21 | | 3:18.42 |
| 6. Laura Schevel | Wetterwille | 3:22.26 | 200201688 | 3:23.44 | 48.82 | | 3:23.44 |
| AFGEM Liya Jansen | Wetterwille | 3:13.41 | 200201502 | | | | |

Jongens Junioren 1 en 2, Jongens

| | | | | | | | |
|---------------------|----------|---------|-----------|----------------|-------|--|---------|
| 1. Jelmar Koopman | De Forel | 2:27.55 | 200100249 | 2:28.96 | 32.72 | | 2:28.96 |
| 2. Makai van Haren | De Forel | 2:37.74 | 200200627 | 2:42.13 | 36.04 | | 2:42.13 |
| 3. Dushan de Bruijn | De Forel | 2:44.24 | 200201273 | 2:44.01 | 36.98 | | 2:44.01 |