

minioren deel 5



HZ&PC Heerenveen

heerenveen 18-4-2015

MiniorenCircuit deel 5 - zaterdag 18 april 2015 om 16:45u (25 m)

Aanvangstijd juryvergadering: 16:15u

1. 100m vrije slag - Dames

7 - 8 jaar (Minioren 2 en 3)

- | | |
|---|----------|
| 1. Amarinske Meijer (HZ&PC Heerenveen, 200600282) | 01:31.53 |
| 50m 00:41.62 41,62 | |
| 2. Myrte van Mook (HZ&PC Heerenveen, 200600610) | 01:36.93 |
| 50m 00:45.09 45,09 | |
| 3. Irma Mooi (De Forel, 200600280) | 01:39.16 |
| 50m 00:47.25 47,25 | |
| 4. Luna Vroegh (Zcnf'34, 200600590) | 01:41.07 |
| 50m 00:46.36 46,36 | |
| 5. Janiek Minnema (Avena, 200700452) | 01:49.34 |
| 6. Anky Hester (SG. Bolsward-Workum, 200600488) | 01:52.54 |
| 50m 00:51.96 51,96 | |
| 7. Heleen Stilma (Neptunia '24, 200600916) | 01:55.53 |
| 50m 00:49.25 49,25 | |
| 8. Malika van Bezooijen (HZ&PC Heerenveen, 200700776) | 02:04.98 |
| 50m 00:58.51 58,51 | |

2. 100m schoolslag - Heren

7 - 9 jaar (Minioren 4 en later)

- | | |
|--|----------|
| 1. Domingo Kuipers (SG. Bolsward-Workum, 200501787) | 01:43.68 |
| 50m 00:48.10 48,10 | |
| 2. Frederik Molenkamp (Neptunia '24, 200500017) | 01:44.30 |
| 50m 00:51.89 51,89 | |
| 3. Hidde Boersma (SG. Bolsward-Workum, 200600067) | 01:54.60 |
| 50m 00:55.16 55,16 | |
| 4. Timo Dijkstra (SG. Bolsward-Workum, 200500243) | 01:55.36 |
| 50m 00:54.09 54,09 | |
| 5. Thomas v.d. Goot (SG. Bolsward-Workum, 200500241) | 01:58.28 |
| 50m 00:56.16 56,16 | |
| 6. Siete Bootsma (SG. Bolsward-Workum, 200600065) | 02:03.55 |
| 50m 01:02.38 62,38 | |
| 7. Colin Boelsma (De Forel, 200500103) | 02:08.97 |
| 50m 01:00.16 60,16 | |
| 8. Nick Wiersema (Zcnf'34, 200601149) | 02:18.82 |
| 50m 01:03.40 63,40 | |
| 9. Jetse Koopmans (Neptunia '24, 200601035) | 02:31.55 |
| 50m 01:10.17 70,17 | |
| DIS. Joppe van Beckhoven (Avena, 200502065) | 00:00.00 |
| DIS. Timo Pluim (De Forel, 200501363) | 00:00.00 |

3. 100m rugslag - Dames

<i>9 - 9 jaar (Minioren 4)</i>		
1. Charley Zethoven (HZ&PC Heerenveen, 200500868)	50m 00:43.67 43,67	01:30.57
2. Marte Hieke van der Kamp (SG. Bolsward-Workum, 200500218)	50m 00:45.41 45,41	01:34.91
3. Debbie Wray (SG. Bolsward-Workum, 200501314)	50m 00:47.49 47,49	01:38.53
4. Jildou Twijnstra (Zcnf'34, 200502612)	50m 00:47.92 47,92	01:39.84
5. Dynah Hassing (De Forel, 200500756)	50m 00:48.38 48,38	01:42.20
6. Rizlaane Aissa (Neptunia '24, 200501940)	50m 00:50.05 50,05	01:45.26
7. Marlinde Meijer (HZ&PC Heerenveen, 200501420)	50m 00:52.20 52,20	01:45.54
8. Anne-Baukje van der Wal (Avena, 200500976)	50m 00:53.24 53,24	01:46.50
9. Marjet Minnema (Avena, 200501328)	50m 00:52.71 52,71	01:46.77
10. Esther Stemerding (SG. Bolsward-Workum, 200500982)	50m 00:54.17 54,17	01:54.39
11. Cheyenne Glas (Avena, 200500974)	50m 00:59.55 59,55	01:58.93
12. Ryanne Feenstra (SG. Bolsward-Workum, 200501188)	50m 00:58.76 58,76	02:00.94
13. Joyce Toonstra (Neptunia '24, 200501298)	50m 00:59.06 59,06	02:02.31
DIS. Djurra Postma (SG. Bolsward-Workum, 200500402)		00:00.00
DIS. Anna Tolsma (SG. Bolsward-Workum, 200500800)		00:00.00
4. 50m vlinderslag - Heren		
<i>10 - 10 jaar (Minioren 5)</i>		
1. Quint van Haren (De Forel, 200400215)		00:40.11
2. Senna van den Hoed (De Forel, 200400609)		00:44.35
3. Sander Heinsius (HZ&PC Heerenveen, 200400013)		00:44.61
4. Ruben van Veenen (Zcnf'34, 200400425)		00:45.24
5. Duncan de Jong (SG. Bolsward-Workum, 200401879)		00:46.36
6. Wouter Zijlstra (De Forel, 200401545)		00:48.90
7. Joey Lammers (Avena, 200401453)		00:49.33
8. Haitze Wiersma (Neptunia '24, 200402017)		00:51.80
9. Gerben van den Berg (Avena, 200402029)		00:53.56
10. Bart Faber (Zcnf'34, 200400423)		00:53.91
11. Denny Kat (De Forel, 200401947)		00:54.18
5. 200m wisselslag - Dames		
<i>10 - 10 jaar (Minioren 5)</i>		
1. Anna van Eeken (HZ&PC Heerenveen, 200401414)	50m 00:50.63 50,63	03:24.09

2. Loïs Jalving (HZ&PC Heerenveen, 200400280) 50m 00:51.01 51,01	03:28.85
3. Elvira bij de Weg (SG. Bolsward-Workum, 200400100) 50m 00:50.21 50,21	03:29.09
4. Joline Meijer (HZ&PC Heerenveen, 200402760) 50m 00:49.80 49,80	03:36.00
5. Yara Ruiter (SG. Bolsward-Workum, 200401054) 50m 00:58.10 58,10	03:38.44
6. Frida Pafforaad (Avena, 200402098) 50m 00:53.95 53,95	03:41.63
7. Romana Jonker (HZ&PC Heerenveen, 200403016) 50m 00:51.54 51,54	03:46.26
8. Thyrcia Wattimena (Neptunia '24, 200403224) 50m 00:55.20 55,20	03:50.37
9. Anouk Hoekstra (HZ&PC Heerenveen, 200402758) 50m 00:54.04 54,04	03:51.18
10. Lisa van Zijverden (SG. Bolsward-Workum, 200402188) 50m 00:54.15 54,15	04:08.49
11. Kristin Vernes (Avena, 200401774) 50m 01:05.72 65,72	04:11.74
DIS. Marlies Berends (HZ&PC Heerenveen, 200402194)	00:00.00
DIS. Amber Boomsma (HZ&PC Heerenveen, 200401416)	00:00.00
DIS. Josine de Haan (SG. Bolsward-Workum, 200402458)	00:00.00
DIS. Britt Troelstra (SG. Bolsward-Workum, 200403368)	00:00.00
6. 100m schoolslag - Heren 11 - 11 jaar (Minioren 6)	
1. Jesse van de Geer (SG. Bolsward-Workum, 200300431) 50m 00:47.85 47,85	01:41.77
2. Swen Bosma (HZ&PC Heerenveen, 200300641) 50m 00:49.05 49,05	01:42.43
3. Jorian Darwinkel (HZ&PC Heerenveen, 200300565) 50m 00:50.06 50,06	01:44.91
4. Kevin Postma (Zcnf'34, 200302913) 50m 00:49.15 49,15	01:44.93
5. Jasper Tinga (SG. Bolsward-Workum, 200303087) 50m 00:51.11 51,11	01:46.42
6. Quinten Bragt (Zcnf'34, 200303905) 50m 00:52.11 52,11	01:52.49
7. Henk-Jan Postma (SG. Bolsward-Workum, 200302307) 50m 00:55.70 55,70	02:00.48
8. Mick de Jong (Zcnf'34, 200303035) 50m 00:57.41 57,41	02:01.70
9. Rik Bakker (De Forel, 200301143) 50m 01:03.22 63,22	02:15.23
10. Pieter Fischer (De Forel, 200301389) 50m 01:07.20 67,20	02:21.42
7. 200m vrije slag - Dames 11 - 12 jaar (Junioren 1 en 2)	
1. Sigrid Pafforaad (Avena, 200201130)	02:36.87

	50m 00:35.57 35,57	100m 01:16.28 40,71	
2. Chantal van Willegen (De Forel, 200302422)			02:37.02
	50m 00:35.60 35,60	100m 01:15.47 39,87	
3. Anouk Miedema (Avena, 200302736)			02:46.21
	50m 00:38.71 38,71	100m 01:22.78 44,07	
4. Roos de Jong (Zcnf'34, 200302948)			02:50.01
	50m 00:38.67 38,67	100m 01:22.83 44,16	
5. Alice Stilma (Neptunia '24, 200302306)			02:55.24
	50m 00:40.77 40,77	100m 01:26.49 45,72	
6. Silke Koehoorn (HZ&PC Heerenveen, 200300968)			02:58.03
	50m 00:39.47 39,47	100m 01:25.33 45,86	
7. Elsemieke Sijtsma (HZ&PC Heerenveen, 200300616)			03:15.94
	50m 00:44.11 44,11	100m 01:34.93 50,82	
8. Rianne Weening (Neptunia '24, 200302308)			03:36.18
	50m 00:45.72 45,72	100m 01:40.99 55,27	
9. Roos Molenkamp (Neptunia '24, 200200708)			03:48.70
	50m 00:50.59 50,59	100m 01:49.76 59,17	
10. Marleen de Kluizenaar (Neptunia '24, 200205202)			03:51.82
	50m 00:51.16 51,16	100m 01:50.90 59,74	
8. 200m vrije slag - Heren			
12 - 13 jaar (Junioren 1 en 2)			
1. Pascal Kok (Avena, 200203359)			02:29.38
	50m 00:34.03 34,03	100m 01:12.01 37,98	
2. Justin Visser (HZ&PC Heerenveen, 200100337)			02:30.15
	50m 00:33.11 33,11	100m 01:12.37 39,26	
3. Jesse Bos (Avena, 200104345)			02:35.84
	50m 00:35.14 35,14	100m 01:16.58 41,44	
4. Allard Sieperda (SG. Bolsward-Workum, 200101365)			02:38.44
	50m 00:35.47 35,47	100m 01:15.57 40,10	
5. Wouter Klasen (Neptunia '24, 200103905)			02:41.92
	50m 00:35.83 35,83	100m 01:18.67 42,84	
6. Eibert Sytsma (SG. Bolsward-Workum, 200102443)			02:42.98
	50m 00:35.57 35,57	100m 01:17.36 41,79	
7. Robin de Jong (SG. Bolsward-Workum, 200101165)			02:44.31
	50m 00:36.11 36,11	100m 01:19.00 42,89	
8. Quentin Ruiz (De Forel, 200100187)			02:44.76
	50m 00:36.53 36,53	100m 01:20.14 43,61	
9. Jesse Lammers (Avena, 200100685)			02:45.62
	50m 00:36.47 36,47	100m 01:18.52 42,05	
10. Daan v.d. Goot (SG. Bolsward-Workum, 200201487)			02:51.91
	50m 00:37.37 37,37	100m 01:22.03 44,66	
11. Kees Postma (Avena, 200104347)			02:56.58
	50m 00:39.57 39,57	100m 01:25.35 45,78	
12. Lorenzo Scholten (Neptunia '24, 200104623)			03:13.57
	50m 00:42.24 42,24	100m 01:31.44 49,20	
9. 100m rugslag - Dames			
7 - 8 jaar (Minioren 2 en 3)			
1. Amarinske Meijer (HZ&PC Heerenveen, 200600282)			01:41.19
	50m 00:47.65 47,65		

2. Luna Vroegh (Zcnf'34, 200600590)	01:45.81
50m 00:51.96 51,96	
3. Myrte van Mook (HZ&PC Heerenveen, 200600610)	01:46.29
50m 00:52.53 52,53	
4. Irma Mooi (De Forel, 200600280)	01:52.32
50m 00:55.09 55,09	
5. Janiek Minnema (Avena, 200700452)	02:04.78
50m 01:01.04 61,04	
6. Heleen Stilma (Neptunia '24, 200600916)	02:06.06
50m 01:02.02 62,02	
7. Malika van Bezooijen (HZ&PC Heerenveen, 200700776)	02:09.41
50m 01:01.18 61,18	
DIS. Anky Hester (SG. Bolsward-Workum, 200600488)	00:00.00
10. 50m vlinderslag - Heren	
7 - 9 jaar (Minioren 4 en later)	
1. Domingo Kuipers (SG. Bolsward-Workum, 200501787)	00:47.79
2. Colin Boelsma (De Forel, 200500103)	00:54.05
3. Hidde Boersma (SG. Bolsward-Workum, 200600067)	00:56.41
4. Siete Bootsma (SG. Bolsward-Workum, 200600065)	00:58.55
5. Frederik Molenkamp (Neptunia '24, 200500017)	00:59.47
6. Thomas v.d. Goot (SG. Bolsward-Workum, 200500241)	01:01.39
7. Joppe van Beckhoven (Avena, 200502065)	01:11.16
DIS. Jetse Koopmans (Neptunia '24, 200601035)	00:00.00
DIS. Timo Dijkstra (SG. Bolsward-Workum, 200500243)	00:00.00
11. 100m vrije slag - Dames	
9 - 9 jaar (Minioren 4)	
1. Charley Zethoven (HZ&PC Heerenveen, 200500868)	01:24.23
50m 00:39.31 39,31	
2. Marte Hieke van der Kamp (SG. Bolsward-Workum, 200500218)	01:26.89
50m 00:40.33 40,33	
3. Debbie Wray (SG. Bolsward-Workum, 200501314)	01:28.55
50m 00:42.58 42,58	
4. Dynah Hassing (De Forel, 200500756)	01:31.10
50m 00:43.00 43,00	
5. Jildou Twijnstra (Zcnf'34, 200502612)	01:33.39
50m 00:46.69 46,69	
6. Djurra Postma (SG. Bolsward-Workum, 200500402)	01:34.59
50m 00:44.17 44,17	
7. Marlinde Meijer (HZ&PC Heerenveen, 200501420)	01:36.49
50m 00:46.25 46,25	
8. Anne-Baukje van der Wal (Avena, 200500976)	01:37.14
50m 00:46.31 46,31	
9. Rizlaane Aissa (Neptunia '24, 200501940)	01:40.82
50m 00:47.60 47,60	
10. Cheyenne Glas (Avena, 200500974)	01:43.08
50m 00:48.43 48,43	
11. Marjet Minnema (Avena, 200501328)	01:47.60

	50m 00:51.08 51,08	
12. Esther Stemerding (SG. Bolsward-Workum, 200500982)	50m 00:53.36 53,36	01:49.52
13. Rianne Feenstra (SG. Bolsward-Workum, 200501188)	50m 00:53.77 53,77	01:51.74
14. Anna Tolsma (SG. Bolsward-Workum, 200500800)	50m 00:50.73 50,73	01:53.07
15. Joyce Toonstra (Neptunia '24, 200501298)	50m 00:52.37 52,37	01:56.43
12. 100m schoolslag - Heren		
10 - 10 jaar (Minioren 5)		
1. Quint van Haren (De Forel, 200400215)	50m 00:48.71 48,71	01:43.12
2. Wouter Zijlstra (De Forel, 200401545)	50m 00:50.68 50,68	01:44.97
3. Senna van den Hoed (De Forel, 200400609)	50m 00:51.73 51,73	01:45.31
4. Bart Faber (Zcnf'34, 200400423)	50m 00:51.03 51,03	01:45.85
5. Joey Lammers (Avena, 200401453)	50m 00:51.58 51,58	01:48.73
6. Sander Heinsius (HZ&PC Heerenveen, 200400013)	50m 00:51.79 51,79	01:49.05
7. Haitze Wiersma (Neptunia '24, 200402017)	50m 00:53.36 53,36	01:49.71
8. Denny Kat (De Forel, 200401947)	50m 00:53.13 53,13	01:52.48
9. Duncan de Jong (SG. Bolsward-Workum, 200401879)	50m 00:54.75 54,75	01:56.41
10. Sven v.d. Weide (Zcnf'34, 200403091)	50m 00:56.90 56,90	02:01.31
11. Gerben van den Berg (Avena, 200402029)	50m 01:00.38 60,38	02:06.07
12. Lucas de Jonge (HZ&PC Heerenveen, 200403223)	50m 00:59.89 59,89	02:10.45
DIS. Bart Langenberg (HZ&PC Heerenveen, 200403291)		00:00.00
DIS. Ruben van Veenen (Zcnf'34, 200400425)		00:00.00
13. 100m rugslag - Dames		
10 - 10 jaar (Minioren 5)		
1. Lois Jalving (HZ&PC Heerenveen, 200400280)	50m 00:47.02 47,02	01:34.73
2. Anna van Eeken (HZ&PC Heerenveen, 200401414)	50m 00:46.73 46,73	01:35.82
3. Amber Boomsma (HZ&PC Heerenveen, 200401416)	50m 00:46.73 46,73	01:35.98
4. Marlies Berends (HZ&PC Heerenveen, 200402194)	50m 00:48.69 48,69	01:37.51
5. Elvira bij de Weg (SG. Bolsward-Workum, 200400100)	50m 00:48.58 48,58	01:38.81

6. Yara Ruiter (SG. Bolsward-Workum, 200401054) 50m 00:47.25 47,25	01:39.30
7. Josine de Haan (SG. Bolsward-Workum, 200402458) 50m 00:49.47 49,47	01:40.69
8. Joline Meijer (HZ&PC Heerenveen, 200402760) 50m 00:50.84 50,84	01:44.74
9. Frida Pafforaad (Avena, 200402098) 50m 00:52.27 52,27	01:44.75
10. Romana Jonker (HZ&PC Heerenveen, 200403016) 50m 00:52.99 52,99	01:47.70
11. Anouk Hoekstra (HZ&PC Heerenveen, 200402758) 50m 00:53.19 53,19	01:48.24
12. Thyrcia Wattimena (Neptunia '24, 200403224) 50m 00:53.09 53,09	01:48.39
13. Britt Troelstra (SG. Bolsward-Workum, 200403368) 50m 00:55.35 55,35	01:54.75
14. Lisa van Zijverden (SG. Bolsward-Workum, 200402188) 50m 00:55.83 55,83	01:55.46
15. Kristin Vernes (Avena, 200401774) 50m 00:56.67 56,67	01:55.79
14. 200m wisselslag - Heren 11 - 11 jaar (Minioren 6)	
1. Swen Bosma (HZ&PC Heerenveen, 200300641) 50m 00:46.35 46,35	03:16.37
2. Jorian Darwinkel (HZ&PC Heerenveen, 200300565) 50m 00:46.91 46,91	03:20.17
3. Jasper Tinga (SG. Bolsward-Workum, 200303087) 50m 00:54.97 54,97	03:38.60
4. Mick de Jong (Zcnf'34, 200303035) 50m 00:57.14 57,14	03:57.47
DIS. Jesse van de Geer (SG. Bolsward-Workum, 200300431)	00:00.00
DIS. Henk-Jan Postma (SG. Bolsward-Workum, 200302307)	00:00.00
DIS. Kevin Postma (Zcnf'34, 200302913)	00:00.00
15. 200m vlinderslag - Dames 11 - 12 jaar (Junioren 1 en 2)	
1. Chantal van Willegen (De Forel, 200302422) 50m 00:39.28 39,28 100m 01:34.86 55,58	03:26.91
2. Sigrid Pafforaad (Avena, 200201130) 50m 00:42.33 42,33 100m 01:36.99 54,66	03:26.95
3. Anouk Miedema (Avena, 200302736) 50m 00:53.53 53,53 100m 01:56.68 63,15	04:05.59
4. Elsemieke Sijtsma (HZ&PC Heerenveen, 200300616) 50m 00:56.55 56,55 100m 02:05.79 69,24	04:25.17
DIS. Silke Koehoorn (HZ&PC Heerenveen, 200300968)	00:00.00
DIS. Roos Molenkamp (Neptunia '24, 200200708)	00:00.00
DIS. Alice Stilma (Neptunia '24, 200302306)	00:00.00
DIS. Rianne Weening (Neptunia '24, 200302308)	00:00.00

16. 200m vlinderslag - Heren

12 - 13 jaar (Junioren 1 en 2)

1. Jesse Bos (Avena, 200104345)	03:11.65
50m 00:40.21 40,21 100m 01:29.89 49,68	
2. Robin de Jong (SG. Bolsward-Workum, 200101165)	03:21.70
50m 00:43.81 43,81 100m 01:38.24 54,43	
3. Allard Sieperda (SG. Bolsward-Workum, 200101365)	03:31.16
50m 00:46.68 46,68 100m 01:40.82 54,14	
4. Quentin Ruiz (De Forel, 200100187)	03:33.79
50m 00:46.31 46,31 100m 01:42.84 56,53	
5. Eibert Sytsma (SG. Bolsward-Workum, 200102443)	03:41.54
50m 00:43.78 43,78 100m 01:39.03 55,25	
6. Daan v.d. Goot (SG. Bolsward-Workum, 200201487)	03:46.65
50m 00:48.86 48,86 100m 01:47.80 58,94	
7. Jesse Lammers (Avena, 200100685)	03:48.87
50m 00:47.97 47,97 100m 01:46.81 58,84	
8. Kees Postma (Avena, 200104347)	04:01.01
50m 00:50.50 50,50 100m 01:51.38 60,88	
DIS. Justin Visser (HZ&PC Heerenveen, 200100337)	00:00.00