

Limietwedstrijd Heerenveen



HZ&PC Heerenveen

Heerenveen 25-4-2015

limietwedstrijd - zaterdag 25 april 2015 om 17:00u (25 m)

Aanvangstijd juryvergadering: 16:30u

1. 200m rugslag -

8 - 10 jaar

1. Myrthe Natzijsl (ZC Borger, 200400076)	02:36.78
50m 00:37.41 37,41 100m 01:16.88 39,47 150m 01:57.20 40,32	
2. Anna van Eeken (HZ&PC Heerenveen, 200401414)	03:19.98
50m 00:47.07 47,07 100m 01:38.41 51,34 150m 02:31.88 53,47	
3. Marlies Berends (HZ&PC Heerenveen, 200402194)	03:20.67
50m 00:47.63 47,63 100m 01:39.83 52,20 150m 02:32.44 52,61	
4. Bart Faber (Zcnf'34, 200400423)	03:21.64
50m 00:48.36 48,36 100m 01:40.23 51,87 150m 02:33.39 53,16	
5. Charley Zethoven (HZ&PC Heerenveen, 200500868)	03:22.56
50m 00:48.26 48,26 100m 01:41.56 53,30 150m 02:35.16 53,60	
6. Risanne Gjaltema (Zpd, 200400472)	03:23.73
50m 00:46.97 46,97 100m 01:39.67 52,70 150m 02:33.94 54,27	
7. Amarinske Meijer (HZ&PC Heerenveen, 200600282)	03:30.49
50m 00:51.28 51,28 100m 01:43.96 52,68 150m 02:39.75 55,79	
8. Luna Vroegh (Zcnf'34, 200600590)	03:31.92
50m 00:49.79 49,79 100m 01:43.62 53,83 150m 02:39.05 55,43	
9. Jildou Twijnstra (Zcnf'34, 200502612)	03:39.26
100m 01:51.98 111,98 150m 02:50.05 58,07	
10. Anouk Hoekstra (HZ&PC Heerenveen, 200402758)	03:42.96
50m 00:52.75 52,75 100m 01:49.91 57,16 150m 02:45.53 55,62	

2. 100m vlinderslag - Heren

vanaf 11 jaar (Senioren Open)

1. Marc de Vries (HZ&PC Heerenveen, 199500381)	01:05.25(+75)
50m 00:30.18 30,18	
2. Karel Lubberts (HZ&PC Heerenveen, 199805419)	01:07.51(+73)
50m 00:30.43 30,43	
3. René Beetsma (HZ&PC Heerenveen, 196900069)	01:07.86(+73)
50m 00:31.04 31,04	
4. Auke Jan Ytsma (Orca, 199900905)	01:07.92(+76)
50m 00:31.17 31,17	
5. Robin Wolbers (MZ&PC De Reest, 198503051)	01:08.61
50m 00:31.20 31,20	
6. Hugo Jan Bosscher (Orca, 200000185)	01:11.38(+68)
50m 00:32.89 32,89	
7. Jelmer Meijer (HZ&PC Heerenveen, 199900177)	01:12.45(+65)
50m 00:32.78 32,78	
8. Marc Hoogeveen (Aqua 68, 200101585)	01:14.66(+67)
50m 00:33.58 33,58	
9. Christian Muthert (De Pinquin, 200100139)	01:17.31(+89)

	50m 00:35.94 35,94	
10.	Wesley Kuiper (Orca, 200100889) 50m 00:35.72 35,72	01:18.65
11.	Bart Wuijster (MZ&PC De Reest, 199604891) 50m 00:37.27 37,27	01:23.10(+95)
12.	Robin de Jong (SG. Bolsward-Workum, 200101165) 50m 00:40.05 40,05	01:25.21(+73)
13.	Jurre Broekstra (F.Z.C.'54, 200201483) 50m 00:39.78 39,78	01:26.96(+75)
14.	Eibert Sytsma (SG. Bolsward-Workum, 200102443) 50m 00:37.66 37,66	01:28.52(+75)
15.	Swen Bosma (HZ&PC Heerenveen, 200300641) 50m 00:44.92 44,92	01:39.96(+71)
16.	Marco Korporaal (Zpd, 200003893) 50m 00:43.84 43,84	01:40.48
3.	100m vlinderslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1.	Carolien Baarda (Orca, 199704060) 50m 00:32.98 32,98	01:12.27
2.	Rixt-Nynke Baron (F.Z.C.'54, 199601896) 50m 00:33.69 33,69	01:13.62(+68)
3.	Annemiek Meulenbeld (Orca, 199506230) 50m 00:34.28 34,28	01:14.70(+57)
4.	Gwen Sieswerda (F.Z.C.'54, 199802342) 50m 00:35.92 35,92	01:15.78
5.	Froukje Osinga (Orca, 200003090) 50m 00:36.12 36,12	01:17.04(+77)
6.	Suze Kuipers (Orca, 200301714) 50m 00:36.81 36,81	01:20.37
7.	Ilna Venema (Aqua 68, 200200050) 50m 00:37.18 37,18	01:20.73(+71)
8.	Dionne Salomons (ZC Borger, 200200504) 50m 00:35.23 35,23	01:21.66(+82)
9.	Rosalie Baarda (Orca, 199903460) 50m 00:37.76 37,76	01:22.22(+81)
10.	Masha Polushkina (TriVia, 200203064) 50m 00:36.06 36,06	01:22.47(+84)
11.	Mirthe Visser (Orca, 200002340) 50m 00:37.55 37,55	01:22.82(+75)
12.	Laura Noord (De Wellerobben, 200202568) 50m 00:38.35 38,35	01:23.27(+80)
13.	Sanne Abma (HZ&PC Heerenveen, 200200590) 50m 00:37.74 37,74	01:25.08(+73)
14.	Karlijn Schipper (TriVia, 200201544) 50m 00:38.44 38,44	01:25.37(+92)
15.	Chantal Tiesinga (TriVia, 200302452) 50m 00:41.08 41,08	01:28.66(+73)
16.	Emma Sies (TriVia, 200300732) 50m 00:40.28 40,28	01:29.26(+70)

17. Sarissa Bakker (TriVia, 199903918)		01:32.64
50m 00:38.31 38,31		
18. Femke van de Geer (SG. Bolsward-Workum, 200200400)		01:33.57(+94)
50m 00:42.08 42,08		
19. Laura van der Velde (F.Z.C.'54, 200300630)		01:35.41(+77)
50m 00:41.83 41,83		
20. Tinka Kingma (De Vikings, 200103176)		01:38.89(+72)
50m 00:43.63 43,63		
21. Ilse Wals (ZC Borger, 200303502)		01:41.26(+79)
50m 00:47.90 47,90		
22. Rozemarijn van der Brugge (SG. Bolsward-Workum, 200104320)		01:41.38
50m 00:47.13 47,13		
23. Silke Koehoorn (HZ&PC Heerenveen, 200300968)		01:47.76(+59)
50m 00:48.38 48,38		
24. Anja Postma (SG. Bolsward-Workum, 200001656)		01:53.96(+83)
50m 00:48.01 48,01		
4. 200m vrije slag - Heren		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Dennis Bos (HZ&PC Heerenveen, 199201965)		02:00.28(+68)
50m 00:25.79 25,79 100m 00:55.28 29,49 150m 01:27.49 32,21		
2. Remco Dijkstra (HZ&PC Heerenveen, 200100789)		02:16.22(+73)
50m 00:30.00 30,00 100m 01:04.94 34,94 150m 01:41.32 36,38		
3. Bram van Spronsen (MZ&PC De Reest, 199603571)		02:16.51(+87)
50m 00:30.72 30,72 100m 01:04.85 34,13 150m 01:40.66 35,81		
4. Jacko Korporaal (Zpd, 199802247)		02:17.46
50m 00:30.47 30,47 100m 01:04.79 34,32 150m 01:41.13 36,34		
5. Rico Vroom (TriVia, 199802363)		02:23.52(+78)
50m 00:32.12 32,12 100m 01:08.49 36,37 150m 01:45.61 37,12		
6. Olaf Jan Bosscher (Orca, 200200037)		02:27.86(+64)
50m 00:34.20 34,20 100m 01:11.82 37,62 150m 01:50.51 38,69		
7. Dave Everts (Aqua 68, 200202613)		02:34.55(+87)
50m 00:33.93 33,93 100m 01:13.40 39,47 150m 01:54.86 41,46		
8. Thijs Hoekstra (HZ&PC Heerenveen, 200000495)		02:38.36(+78)
50m 00:34.65 34,65 100m 01:14.64 39,99 150m 01:56.89 42,25		
9. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)		03:03.25(+51)
50m 00:41.23 41,23 100m 01:29.34 48,11 150m 02:18.70 49,36		
10. Quinten Bragt (Zcnf'34, 200303905)		03:21.75(+74)
50m 00:43.36 43,36 100m 01:35.51 52,15 150m 02:29.90 54,39		
11. Mick de Jong (Zcnf'34, 200303035)		03:26.30
50m 00:46.68 46,68 100m 01:39.37 52,69 150m 02:32.98 53,61		
5. 200m vrije slag - Dames		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Angelique Boersma (De Vikings, 198001586)		02:15.84(+72)
50m 00:31.12 31,12 100m 01:05.81 34,69 150m 01:41.08 35,27		
2. Johanna de Boer (Zpd, 199403944)		02:22.43(+75)
50m 00:32.46 32,46 100m 01:08.12 35,66 150m 01:45.12 37,00		
3. Marije Sweering (Neptunia '24, 200101228)		02:25.34(+75)
50m 00:33.33 33,33 100m 01:11.23 37,90 150m 01:48.97 37,74		
4. Romy Jalving (HZ&PC Heerenveen, 200000616)		02:26.88
50m 00:33.36 33,36 100m 01:10.63 37,27 150m 01:49.04 38,41		

5. Margriet Bieze (De Pinquin, 199900508)				02:27.05(+68)		
50m	00:33.81	33,81	100m 01:10.93	37,12	150m 01:49.24	38,31
6. Lisanne Boets (ZPC Stadskanaal, 200200346)				02:31.15(+84)		
50m	00:33.57	33,57	100m 01:11.73	38,16	150m 01:51.47	39,74
7. Anne-fleur Jonker (Aqua 68, 200101348)				02:31.59(+87)		
50m	00:33.84	33,84	100m 01:12.20	38,36	150m 01:51.67	39,47
8. Marthe Lubberts (HZ&PC Heerenveen, 200000846)				02:32.32(+66)		
50m	00:34.45	34,45	100m 01:13.84	39,39	150m 01:54.25	40,41
9. Noa Sanders (ZC Borger, 200002542)				02:33.34(+87)		
50m	00:34.11	34,11	100m 01:13.68	39,57	150m 01:53.76	40,08
10. Christine Berenschot (SG. Bolsward-Workum, 199901684)				02:34.02(+64)		
50m	00:34.14	34,14	100m 01:13.16	39,02	150m 01:53.65	40,49
11. Vera Vanderheyden (TriVia, 200103416)				02:35.43(+88)		
50m	00:35.41	35,41	100m 01:14.23	38,82	150m 01:55.39	41,16
12. Lot Burgstra (TriVia, 200103294)				02:35.73(+71)		
50m	00:35.74	35,74	100m 01:14.86	39,12	150m 01:55.60	40,74
13. Ilse Hoogveen (Aqua 68, 200301140)				02:36.67(+84)		
50m	00:36.93	36,93	100m 01:16.47	39,54	150m 01:56.31	39,84
14. Ilse Weggemans (Zcnf'34, 199902150)				02:36.80(+94)		
50m	00:35.88	35,88	100m 01:16.61	40,73	150m 01:58.08	41,47
15. Anouk Bak (TriVia, 200101854)				02:37.99(+72)		
50m	00:35.36	35,36	100m 01:14.88	39,52	150m 01:55.90	41,02
16. Gerda Woldendorp (De Vikings, 200300418)				02:38.32		
50m	00:37.03	37,03	100m 01:17.55	40,52	150m 01:59.55	42,00
17. Alessia Sluis (MZ&PC De Reest, 200300896)				02:38.85		
50m	00:35.86	35,86	100m 01:16.19	40,33	150m 01:58.09	41,90
18. Evelien de Jong (Neptunia '24, 199805316)				02:39.95(+61)		
50m	00:37.19	37,19	100m 01:18.36	41,17	150m 02:01.38	43,02
19. Esmee van Peer (TriVia, 200201114)				02:40.95(+57)		
50m	00:36.21	36,21	100m 01:17.81	41,60	150m 02:00.85	43,04
20. Tove Beltman (Orca, 200301618)				02:43.18		
50m	00:38.36	38,36	100m 01:20.45	42,09	150m 02:03.47	43,02
21. Alicia van der Gaast (TriVia, 200205036)				02:44.25(+78)		
50m	00:35.74	35,74	100m 01:16.45	40,71	150m 02:00.49	44,04
22. Anneke vd Laan (Orca, 200201154)				02:44.45(+81)		
50m	00:36.70	36,70	100m 01:19.50	42,80	150m 02:03.18	43,68
23. Sanne Hoving (HZ&PC Heerenveen, 200003332) [S9]				02:46.49		
50m	00:39.27	39,27	100m 01:22.55	43,28	150m 02:06.19	43,64
24. Nena Veenstra (Zcnf'34, 200003682)				02:47.48(+72)		
50m	00:38.40	38,40	100m 01:20.61	42,21	150m 02:04.41	43,80
25. Nikki Kamphuis (MZ&PC De Reest, 199802376)				02:53.98(+87)		
50m	00:36.85	36,85	100m 02:06.75	89,90		
26. Roos de Jong (Zcnf'34, 200302948)				02:54.41(+71)		
50m	00:40.10	40,10	100m 01:25.07	44,97	150m 02:10.42	45,35
27. Ilayda Kaciran (TriVia, 200302860)				02:57.99		
50m	00:36.50	36,50	100m 01:21.31	44,81	150m 02:09.96	48,65
28. Sarah Berghuis (TriVia, 200302626)				03:02.34(+52)		
50m	00:40.57	40,57	100m 01:27.70	47,13	150m 02:15.69	47,99

6. 200m vrije slag -

8 - 10 jaar

1. Hessel Broekstra (De Vikings, 200400253)	50m 00:37.18 37,18	100m 01:18.98 41,80	150m 02:01.46 42,48	02:40.38(+77)
2. Noa Teuben (De Vikings, 200500254)	50m 00:36.01 36,01	100m 01:17.22 41,21	150m 01:59.99 42,77	02:41.90
3. Merle Stavorinus (Zpd, 200400138)	50m 00:37.59 37,59	100m 01:21.53 43,94	150m 02:07.48 45,95	02:51.25(+56)
4. David da Silva Miranda (De Vikings, 200500019)	50m 00:39.53 39,53	100m 01:24.45 44,92	150m 02:10.01 45,56	02:52.51(+106)
5. Lois Jalving (HZ&PC Heerenveen, 200400280)	50m 00:40.40 40,40	100m 01:26.20 45,80	150m 02:14.15 47,95	02:58.58
6. Arianne Meijer (HZ&PC Heerenveen, 200500304)	50m 00:40.05 40,05	100m 01:27.04 46,99	150m 02:15.84 48,80	03:00.10(+57)
7. Sander Heinsius (HZ&PC Heerenveen, 200400013)	50m 00:41.21 41,21	100m 01:28.03 46,82	150m 02:17.39 49,36	03:02.29
8. Marlies Berends (HZ&PC Heerenveen, 200402194)	50m 00:43.26 43,26	100m 01:31.53 48,27	150m 02:19.99 48,46	03:06.26
9. Amber Boomsma (HZ&PC Heerenveen, 200401416)	50m 00:40.39 40,39	100m 01:29.91 49,52	150m 02:20.59 50,68	03:07.14(+92)
10. Elvira bij de Weg (SG. Bolsward-Workum, 200400100)	50m 00:39.92 39,92	100m 01:29.06 49,14	150m 02:19.36 50,30	03:07.77(+118)
11. Risanne Gjaltema (Zpd, 200400472)	50m 00:41.23 41,23	100m 01:31.47 50,24	150m 02:22.82 51,35	03:12.08(+63)
12. Charley Zethoven (HZ&PC Heerenveen, 200500868)	50m 00:44.02 44,02	100m 01:36.29 52,27	150m 02:29.14 52,85	03:19.32(+61)
13. Rianne Beuker (De Vikings, 200402560)	50m 00:43.11 43,11	100m 01:36.92 53,81	150m 02:33.06 56,14	03:25.10
14. Myrte van Mook (HZ&PC Heerenveen, 200600610)	50m 00:48.08 48,08	100m 01:43.09 55,01	150m 02:38.20 55,11	03:29.12
15. Amarinske Meijer (HZ&PC Heerenveen, 200600282)	50m 00:46.06 46,06	100m 01:41.00 54,94	150m 02:36.10 55,10	03:29.36(+71)
16. Anouk Hoekstra (HZ&PC Heerenveen, 200402758)	50m 00:46.56 46,56	100m 01:42.03 55,47	150m 02:39.73 57,70	03:31.39
17. Joline Meijer (HZ&PC Heerenveen, 200402760)	50m 00:44.20 44,20	100m 01:39.12 54,92	150m 02:37.14 58,02	03:32.36(+57)
18. Marlinde Meijer (HZ&PC Heerenveen, 200501420)	50m 00:48.98 48,98	100m 01:45.38 56,40	150m 02:40.36 54,98	03:32.51
19. Romana Jonker (HZ&PC Heerenveen, 200403016)	50m 00:46.46 46,46	100m 01:43.63 57,17	150m 02:40.98 57,35	03:35.59
7. 100m rugslag - Heren <i>vanaf 11 jaar (Senioren Open)</i>				
1. Hugo Jan Bosscher (Orca, 200000185)	50m 00:33.55 33,55			01:07.99
2. René Beetsma (HZ&PC Heerenveen, 196900069)	50m 00:33.87 33,87			01:09.37
3. Erwin Heinsius (HZ&PC Heerenveen, 199900695)	50m 00:34.33 34,33			01:10.80
4. Thomas Hamstra (Orca, 200001693)	50m 00:34.62 34,62			01:11.00

5. Jasper Zuidema (SG. Bolsward-Workum, 200004409) 50m 00:35.06 35,06	01:11.65
6. Max Pathuis (ZPC Stadskanaal, 200000979) 50m 00:35.71 35,71	01:13.97
7. Wesley Kuiper (Orca, 200100889) 50m 00:37.18 37,18	01:14.72
8. Maarten Bonnema (TriVia, 199800047) 50m 00:36.60 36,60	01:16.00
9. Marc de Jonge (Aqua 68, 200101917) 50m 00:37.21 37,21	01:16.96
10. Darren Sieswerda (F.Z.C.'54, 200001763) 50m 00:37.38 37,38	01:17.25
11. Mike Fuhler (ZC Borger, 200201983) 50m 00:38.19 38,19	01:17.50
12. Mees Niemeijer (Dz&Pc, 200201275) 50m 00:37.45 37,45	01:18.05
13. Christian Muthert (De Pinquin, 200100139) 50m 00:39.02 39,02	01:19.85
14. Gijs Wesselo (Zcnf'34, 200000991) 50m 00:38.70 38,70	01:21.05
15. Tim Versteegen (Dbd, 200200085) 50m 00:44.33 44,33	01:29.27
16. Mick de Jong (Zcnf'34, 200303035) 50m 00:50.11 50,11	01:43.88
DIS. Remco Hanenburg (F.Z.C.'54, 199905039) 50m 00:38.52 38,52	00:00.00
DIS. Jesse van de Geer (SG. Bolsward-Workum, 200300431) 50m 00:42.02 42,02	00:00.00
DIS. Quinten Bragt (Zcnf'34, 200303905) 50m 00:48.07 48,07	00:00.00
8. 100m rugslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1. Saranda Hofstra (ZC Borger, 199700526) 50m 00:33.49 33,49	01:09.16
2. Heline Koning (SG. Bolsward-Workum, 200000422) 50m 00:33.92 33,92	01:10.42
3. Irene Dotinga (Neptunia '24, 199603516) 50m 00:36.31 36,31	01:16.07
4. Lianne van Wier (HZ&PC Heerenveen, 200200438) 50m 00:38.40 38,40	01:17.13
5. Ylsa Dijkstra (SG. Bolsward-Workum, 200200728) 50m 00:37.77 37,77	01:17.41
6. Corien van der Gaast (SG. Bolsward-Workum, 199800258) 50m 00:38.14 38,14	01:17.96
7. Lotte Grovenstein (F.Z.C.'54, 200102964) 50m 00:38.09 38,09	01:18.41
8. Jildou Speerstra (SG. Bolsward-Workum, 199903990) 50m 00:37.30 37,30	01:19.19
9. Arianne de Vries (Aqua 68, 200100728) 50m 00:39.02 39,02	01:19.21

10. Leonie van Wier (HZ&PC Heerenveen, 200200436)				01:20.11
	50m	00:39.22	39,22	
11. Willeke Willems (Aqua 68, 199600232)				01:22.32
	50m	00:39.71	39,71	
12. Hannah Warris (Aqua 68, 200102486)				01:22.66
	50m	00:39.98	39,98	
13. Noa Bos (TriVia, 200202546)				01:23.35
	50m	00:40.34	40,34	
14. Tanja Buwalda (SG. Bolsward-Workum, 200000424)				01:24.65
	50m	00:40.72	40,72	
15. Liza Scheenstra (F.Z.C.'54, 200104276)				01:25.39
	50m	00:41.79	41,79	
16. Joske Sanders (ZC Borger, 200200634)				01:25.63
	50m	00:42.01	42,01	
17. Jolien Schipper (TriVia, 200201832)				01:27.39
	50m	00:42.33	42,33	
18. Myrthe Idema (TriVia, 200303240)				01:27.95
	50m	00:42.72	42,72	
19. Lotte Dijkstra (Orca, 200201152)				01:28.42
	50m	00:44.01	44,01	
20. Eline Pathuis (ZPC Stadskanaal, 200300408)				01:28.78
	50m	00:42.68	42,68	
21. Anneke vd Laan (Orca, 200201154)				01:28.89
	50m	00:43.55	43,55	
22. Martine van Dijk (MZ&PC De Reest, 199406686)				01:28.94
	50m	00:44.23	44,23	
23. Chantal Outhuijse (De Vikings, 200300420)				01:32.72
	50m	00:45.89	45,89	
24. Linde Buitkamp (Zcnf'34, 199906408)				01:34.15
	50m	00:44.13	44,13	
25. Silke Koehoorn (HZ&PC Heerenveen, 200300968)				01:38.73
	50m	00:47.80	47,80	
26. Jissy Kingma (De Vikings, 200300776)				01:41.14
	50m	00:50.65	50,65	
DIS. Kirsten Bakker (MZ&PC De Reest, 200203876)				00:00.00
	50m	00:48.56	48,56	
9. 200m schoolslag - Heren				
vanaf 11 jaar (Senioren Open)				
1. Justin Visser (HZ&PC Heerenveen, 200100337)				03:07.07(+67)
	50m	00:41.13	41,13	
	100m	01:29.47	48,34	
	150m	02:18.57	49,10	
2. Olaf Jan Bosscher (Orca, 200200037)				03:12.88(+72)
	50m	00:43.91	43,91	
	100m	01:34.24	50,33	
	150m	02:23.92	49,68	
3. Borek Buursma (HZ&PC Heerenveen, 200200747)				03:13.17
	50m	00:43.37	43,37	
	100m	01:32.69	49,32	
	150m	02:23.49	50,80	
4. Mike Fuhler (ZC Borger, 200201983)				03:14.17(+83)
	50m	00:43.25	43,25	
	100m	01:31.88	48,63	
	150m	02:23.20	51,32	
5. Lars Arends (TriVia, 200204101)				03:19.24(+61)
	50m	00:44.25	44,25	
	100m	01:34.92	50,67	
	150m	02:27.41	52,49	
6. Marco Korporaal (Zpd, 200003893)				03:26.49(+83)

	50m 00:44.91 44,91	100m 01:41.71 56,80	150m 02:34.64 52,93	
7. Ivor Feunekes (ZC Borger, 200300265)	50m 00:49.81 49,81	100m 01:44.40 54,59	150m 02:41.14 56,74	03:35.21(+65)
8. Kevin Postma (Zcnf'34, 200302913)	50m 00:49.09 49,09	100m 01:47.89 58,80	150m 02:49.27 61,38	03:49.05(+68)
10. 200m schoolslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>				
1. Noël Iris Hettinga (Neptunia '24, 200002536)	50m 00:42.39 42,39	100m 01:30.94 48,55	150m 02:16.85 45,91	03:02.24(+53)
2. Liesette Bruinsma (HZ&PC Heerenveen, 200004346) [SB12]	50m 00:41.70 41,70	100m 01:28.54 46,84	150m 02:16.91 48,37	03:04.19(+58)
3. Maren Feunekes (ZC Borger, 200000996)	50m 00:40.79 40,79	100m 01:27.65 46,86	150m 02:17.15 49,50	03:06.64
4. Elriecke Buurlage (Zcnf'34, 200100524)	50m 00:42.03 42,03	100m 01:30.42 48,39	150m 02:20.22 49,80	03:10.27(+63)
5. Luna van den Ende (De Vikings, 200201518)	50m 00:44.92 44,92	100m 01:34.26 49,34	150m 02:24.94 50,68	03:15.16(+54)
6. Doreen Ott (TriVia, 199901994)	50m 00:43.63 43,63	100m 01:33.50 49,87	150m 02:24.75 51,25	03:16.60(+89)
7. Daphne Outhuijse (De Vikings, 200003582)	50m 00:43.45 43,45	100m 01:33.25 49,80	150m 02:26.19 52,94	03:16.91
8. Esmee van Peer (TriVia, 200201114)	50m 00:44.39 44,39	100m 01:35.46 51,07	150m 02:27.47 52,01	03:18.06(+56)
9. Marijne van der Veen (Orca, 200300960)	50m 00:44.48 44,48	100m 01:35.21 50,73	150m 02:28.59 53,38	03:19.92
10. Olena Dijkstra (TriVia, 200202624)	50m 00:43.63 43,63	100m 01:35.72 52,09	150m 02:29.38 53,66	03:21.00(+85)
11. Myrthe Winkels (TriVia, 200300212)	50m 00:48.91 48,91	100m 01:42.00 53,09	150m 02:35.10 53,10	03:26.16
12. Kirsten Schlepers (MZ&PC De Reest, 200101286)	50m 00:48.69 48,69	100m 01:42.48 53,79	150m 02:37.63 55,15	03:31.46(+102)
13. Tove Beltman (Orca, 200301618)	50m 00:48.08 48,08	100m 01:41.12 53,04	150m 02:37.26 56,14	03:31.54(+85)
14. Esmée Schlepers (MZ&PC De Reest, 199902080)	50m 00:49.27 49,27	100m 01:43.27 54,00	150m 02:38.50 55,23	03:34.21(+69)
15. Sarina Beuker (De Vikings, 200303454)	50m 00:50.54 50,54	100m 01:47.23 56,69	150m 02:43.16 55,93	03:37.37
16. Amber Bosma (De Vikings, 200203710)	50m 00:50.95 50,95	100m 01:47.72 56,77	150m 02:44.59 56,87	03:38.43(+107)
17. Trasi de Groot (De Wellerobben, 200103766)	50m 00:46.19 46,19	100m 01:43.01 56,82	150m 02:40.76 57,75	03:39.96(+87)
18. Emma Renes (HZ&PC Heerenveen, 200302474)	50m 00:54.46 54,46	100m 01:53.54 59,08	150m 02:50.24 56,70	03:55.33
11. 100m vlinderslag - <i>8 - 10 jaar</i>				
1. Arianne Meijer (HZ&PC Heerenveen, 200500304)	50m 00:45.54 45,54			01:44.08(+54)
2. Ruben van Veenen (Zcnf'34, 200400425)	50m 00:47.41 47,41			01:44.81(+72)

3. Sander Heinsius (HZ&PC Heerenveen, 200400013)					01:48.39
50m	00:49.63	49,63			
4. Anna van Eeken (HZ&PC Heerenveen, 200401414)					01:52.23(+75)
50m	00:53.30	53,30			
5. Lois Jalving (HZ&PC Heerenveen, 200400280)					01:53.18
50m	00:51.60	51,60			
6. Amarinske Meijer (HZ&PC Heerenveen, 200600282)					01:56.28
50m	00:54.22	54,22			
7. Charley Zethoven (HZ&PC Heerenveen, 200500868)					01:59.44(+51)
50m	00:51.91	51,91			
8. Joline Meijer (HZ&PC Heerenveen, 200402760)					02:05.32(+57)
50m	00:54.93	54,93			
12. 400m vrije slag - Heren					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Auke Jan Ytsma (Orca, 199900905)					04:42.12(+70)
50m	00:32.26	32,26	150m 01:44.65	36,57	250m 02:56.72
100m	01:08.08	08,35,82	200m 02:20.95	36,30	300m 03:32.40
350m	04:08.12	35,72			
2. Jelmer Meijer (HZ&PC Heerenveen, 199900177)					04:57.23(+68)
50m	00:31.77	31,77	150m 01:45.02	36,76	250m 02:59.32
100m	01:08.26	36,49	200m 02:21.97	36,95	300m 03:37.33
350m	04:17.07	39,74			
3. Rik Stahlie (TriVia, 200201915)					05:14.24
50m	00:34.51	34,51	150m 01:54.60	40,24	250m 03:16.02
100m	01:14.36	39,85	200m 02:35.35	40,75	300m 03:55.97
350m	04:36.15	40,18			
4. Jarno Remmelts (Aqua 68, 200101081)					05:19.06(+81)
50m	00:34.60	34,60	150m 01:55.46	41,18	250m 03:17.45
100m	01:14.28	39,68	200m 02:36.20	40,74	300m 03:57.56
350m	04:39.06	41,50			
5. Swen Bosma (HZ&PC Heerenveen, 200300641)					06:29.83(+67)
50m	00:43.72	43,72	150m 02:22.20	49,74	250m 04:04.24
100m	01:32.46	48,74	200m 03:12.88	50,68	300m 04:55.00
350m	05:45.71	50,71			
6. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)					06:33.88(+69)
50m	00:44.72	44,72	150m 02:27.83	51,39	250m 04:10.41
100m	01:36.44	51,72	200m 03:19.20	51,37	300m 05:02.60
350m	05:51.69	49,09			
13. 400m vrije slag - Dames					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Dionne Salomons (ZC Borger, 200200504)					05:02.67(+72)
50m	00:33.96	33,96	150m 01:51.34	39,09	250m 03:10.04
100m	01:12.25	38,29	200m 02:30.97	39,63	300m 03:49.33
350m	04:26.89	37,56			
2. Leonie van Wier (HZ&PC Heerenveen, 200200436)					05:11.35
50m	00:35.22	35,22	150m 01:54.44	40,02	250m 03:15.42
100m	01:14.42	39,20	200m 02:34.58	40,14	300m 03:55.72
350m	04:33.43	37,71			
3. Britt Gerdes (ZC Borger, 200201636)					05:12.83
50m	00:34.95	34,95	150m 01:53.88	40,04	250m 03:14.47
100m	01:13.84	38,89	200m 02:34.57	40,69	300m 03:55.46
350m	04:35.05	39,59			
4. Eika Siesling (SG. Bolsward-Workum, 200100566)					05:28.10(+73)
50m	00:35.10	35,10	150m 01:57.65	42,11	250m 03:22.18
100m	01:15.54	40,44	200m 02:40.19	42,54	300m 04:04.99
350m	04:46.84	41,85			
5. Nienke Versteegen (Dbd, 200004548)					05:29.87(+68)
50m	00:37.60	37,60	150m 02:02.17	42,64	250m 03:27.06
100m	01:19.53	41,93	200m 02:44.36	42,19	300m 04:09.42
350m	04:51.24	41,82			
6. Alessia Sluis (MZ&PC De Reest, 200300896)					05:30.54
50m	00:37.48	37,48	150m 02:02.66	43,23	250m 03:26.74
100m	01:19.43	41,95	200m 02:44.12	41,46	300m 04:09.57
350m	04:51.24	41,67			
7. Sanne Abma (HZ&PC Heerenveen, 200200590)					05:31.38(+73)

	50m 00:35.51 35,51	150m 01:59.84 42,96	250m 03:26.64 43,41	350m 04:50.28 41,73	
	100m 01:16.88 41,37	200m 02:43.23 43,39	300m 04:08.55 41,91		
8. Ilse Wals (ZC Borger, 200303502)					05:42.97(+88)
	50m 00:41.09 41,09	150m 02:08.71 44,24	250m 03:37.12 43,59	350m 05:04.25 42,57	
	100m 01:24.47 43,38	200m 02:53.53 44,82	300m 04:21.68 44,56		
9. Karlijn Schipper (TriVia, 200201544)					05:44.88(+93)
	50m 00:37.62 37,62	150m 02:05.35 44,85	250m 03:36.38 45,36	350m 05:05.51 43,73	
	100m 01:20.50 42,88	200m 02:51.02 45,67	300m 04:21.78 45,40		
10. Nena Veenstra (Zcnf'34, 200003682)					05:46.00(+65)
	50m 00:38.80 38,80	150m 02:04.20 43,52	250m 03:33.71 45,25	350m 05:03.14 44,70	
	100m 01:20.68 41,88	200m 02:48.46 44,26	300m 04:18.44 44,73		
11. Chantal Tiesinga (TriVia, 200302452)					05:46.59(+76)
	50m 00:40.05 40,05	150m 02:08.94 44,43	250m 03:37.62 44,23	350m 05:06.09 44,00	
	100m 01:24.51 44,46	200m 02:53.39 44,45	300m 04:22.09 44,47		
12. Tinka Kingma (De Vikings, 200103176)					05:46.84(+73)
	50m 00:38.01 38,01	150m 02:05.25 44,80	250m 03:34.63 44,36	350m 05:05.95 45,91	
	100m 01:20.45 42,44	200m 02:50.27 45,02	300m 04:20.04 45,41		
13. Myrthe Idema (TriVia, 200303240)					05:48.89
	50m 00:40.12 40,12	150m 02:08.95 45,18	250m 03:39.51 45,05	350m 05:07.73 43,56	
	100m 01:23.77 43,65	200m 02:54.46 45,51	300m 04:24.17 44,66		
14. Kim Hillen (MZ&PC De Reest, 200300364)					05:53.81(+69)
	50m 00:39.48 39,48	150m 02:09.78 45,79	250m 03:41.23 45,22	350m 05:11.72 45,04	
	100m 01:23.99 44,51	200m 02:56.01 46,23	300m 04:26.68 45,45		
15. Ingrid Versteegen (Dbd, 197300770)					05:55.77(+63)
	50m 00:39.80 39,80	150m 02:09.14 45,32	250m 03:39.36 45,25	350m 05:10.81 45,36	
	100m 01:23.82 44,02	200m 02:54.11 44,97	300m 04:25.45 46,09		
14. 200m schoolslag -					
8 - 10 jaar					
1. Myrthe Natzijl (ZC Borger, 200400076)					03:02.88
	50m 00:43.21 43,21	100m 01:29.81 46,60	150m 02:17.12 47,31		
2. Anna van Eeken (HZ&PC Heerenveen, 200401414)					03:32.77
	50m 00:48.99 48,99	100m 01:44.87 55,88	150m 02:39.80 54,93		
3. Arianne Meijer (HZ&PC Heerenveen, 200500304)					03:33.91
	50m 00:47.96 47,96	100m 01:43.52 55,56	150m 02:39.68 56,16		
4. Merle Stavorinus (Zpd, 200400138)					03:39.43(+78)
	50m 00:49.10 49,10	100m 01:45.09 55,99	150m 02:43.42 58,33		
5. Amber Boomsma (HZ&PC Heerenveen, 200401416)					03:45.11(+92)
	50m 00:50.07 50,07	100m 01:49.32 59,25	150m 02:48.44 59,12		
6. Romana Jonker (HZ&PC Heerenveen, 200403016)					03:49.78(+83)
	50m 00:52.40 52,40	100m 01:51.59 59,19	150m 02:51.61 60,02		
7. Marlies Berends (HZ&PC Heerenveen, 200402194)					03:55.34
	50m 00:52.82 52,82	100m 01:53.95 61,13	150m 02:54.66 60,71		
8. Marlinde Meijer (HZ&PC Heerenveen, 200501420)					04:05.89
	50m 00:58.11 58,11	100m 02:01.82 63,71	150m 03:03.20 61,38		
9. Jildou Twijnstra (Zcnf'34, 200502612)					04:06.51
	50m 00:59.90 59,90	100m 02:04.18 64,28	150m 03:07.78 63,60		
10. Myrte van Mook (HZ&PC Heerenveen, 200600610)					04:33.19(+70)
	50m 01:05.79 65,79	100m 02:16.32 70,53	150m 03:26.44 70,12		
11. Luna Vroegh (Zcnf'34, 200600590)					04:35.17
	50m 01:04.97 64,97	100m 02:16.55 71,58	150m 03:27.68 71,13		
15. 100m schoolslag - Heren					
vanaf 11 jaar (Senioren Open)					

1. Thomas Hamstra (Orca, 200001693) 50m 00:35.18 35,18	01:14.39(+73)
2. Karel Lubberts (HZ&PC Heerenveen, 199805419) 50m 00:37.40 37,40	01:19.41(+71)
3. Jasper Zuidema (SG. Bolsward-Workum, 200004409) 50m 00:41.33 41,33	01:25.37(+77)
4. Maarten Bonnema (TriVia, 199800047) 50m 00:40.77 40,77	01:26.02
5. Justin Visser (HZ&PC Heerenveen, 200100337) 50m 00:41.30 41,30	01:28.03(+66)
6. Borek Buursma (HZ&PC Heerenveen, 200200747) 50m 00:44.56 44,56	01:32.76(+85)
7. Gijs Wesselo (Zcnf'34, 200000991) 50m 00:44.35 44,35	01:34.70(+84)
8. Ivor Feunekes (ZC Borger, 200300265) 50m 00:49.85 49,85	01:43.03(+80)
9. Kevin Postma (Zcnf'34, 200302913) 50m 00:50.92 50,92	01:46.28
10. Henk-Jan Postma (SG. Bolsward-Workum, 200302307) 50m 00:55.38 55,38	01:59.73(+84)
11. Quinten Bragt (Zcnf'34, 200303905) 50m 00:57.16 57,16	02:00.04
12. Edwin Kooren (De Vikings, 197501277) [SB8] 50m 01:01.21 61,21	02:14.17
16. 100m schoolslag - Dames vanaf 11 jaar (Senioren Open)	
1. Marissa Lindemulder (Orca, 199306392) 50m 00:40.13 40,13	01:24.92(+85)
2. Lisanne Boets (ZPC Stadskanaal, 200200346) 50m 00:41.07 41,07	01:26.87(+87)
3. Marthe Lubberts (HZ&PC Heerenveen, 200000846) 50m 00:41.42 41,42	01:28.65
4. Irana Remmelts (Aqua 68, 200102486) 50m 00:42.12 42,12	01:28.78(+70)
5. Emma Sies (TriVia, 200300732) 50m 00:43.06 43,06	01:29.67(+79)
6. Femke van de Geer (SG. Bolsward-Workum, 200200400) 50m 00:42.72 42,72	01:30.88
7. Doreen Ott (TriVia, 199901994) 50m 00:42.80 42,80	01:31.10(+84)
8. Lot Burgstra (TriVia, 200103294) 50m 00:42.79 42,79	01:31.25(+54)
9. Laura Noord (De Wellerobben, 200202568) 50m 00:43.69 43,69	01:31.83(+80)
10. Masha Polushkina (TriVia, 200203064) 50m 00:44.63 44,63	01:33.69(+85)
11. Ilse Weggemans (Zcnf'34, 199902150) 50m 00:45.26 45,26	01:34.46(+93)
12. Arianne de Vries (Aqua 68, 200100728)	01:34.75(+70)

	50m 00:44.66 44,66			
13. Suze Kuipers (Orca, 200301714)	50m 00:44.96 44,96			01:35.25
14. Lotte van Hof (de Granaet, 200202640)	50m 00:46.31 46,31			01:37.39
15. Jolien Schipper (TriVia, 200201832)	50m 00:45.60 45,60			01:39.20(+92)
16. Myrthe Winkels (TriVia, 200300212)	50m 00:47.76 47,76			01:39.39(+68)
17. Anniek Kastermans (MZ&PC De Reest, 199903586)	50m 00:46.74 46,74			01:39.51(+93)
18. Linde Buitkamp (Zcnf'34, 199906408)	50m 00:48.16 48,16			01:41.26(+70)
19. Alice Stilma (Neptunia '24, 200302306)	50m 00:52.79 52,79			01:47.90
20. Elisa Kastermans (MZ&PC De Reest, 200202098)	50m 00:50.28 50,28			01:48.15(+83)
21. Anja Postma (SG. Bolsward-Workum, 200001656)	50m 00:51.86 51,86			01:48.70(+105)
22. Jissy Kingma (De Vikings, 200300776)	50m 00:55.07 55,07			01:53.80
DIS. Rosalie Baarda (Orca, 199903460)	50m 00:43.58 43,58			00:00.00(+60)
17. 200m wisselslag - Heren vanaf 11 jaar (Senioren Open)				
1. Dennis Bos (HZ&PC Heerenveen, 199201965)	50m 00:27.09 27,09	100m 01:02.35 35,26	150m 01:40.77 38,42	02:13.18(+66)
2. Rico Vroom (TriVia, 199802363)	50m 00:35.85 35,85	100m 01:15.62 39,77	150m 01:59.69 44,07	02:35.91(+76)
3. Max Pathuis (ZPC Stadskanaal, 200000979)	50m 00:35.31 35,31	100m 01:17.71 42,40	150m 02:08.21 50,50	02:43.86
4. Jan Berend Sipma (de Granaet, 200201443)	50m 00:39.77 39,77	100m 01:21.49 41,72	150m 02:13.74 52,25	02:52.17(+52)
5. Mees Niemeijer (Dz&Pc, 200201275)	50m 00:39.39 39,39	100m 01:22.05 42,66	150m 02:13.85 51,80	02:53.00(+54)
6. Rik Stahlie (TriVia, 200201915)	50m 00:40.71 40,71	100m 01:26.65 45,94	150m 02:18.85 52,20	02:56.78(+85)
7. Jurre Broekstra (F.Z.C.'54, 200201483)	50m 00:39.46 39,46	100m 01:26.25 46,79	150m 02:20.39 54,14	02:58.49(+65)
8. Thijs Hoekstra (HZ&PC Heerenveen, 200000495)	50m 00:40.19 40,19	100m 01:25.99 45,80	150m 02:19.41 53,42	02:59.64(+78)
9. Lars Arends (TriVia, 200204101)	50m 00:41.32 41,32	100m 01:26.28 44,96	150m 02:22.00 55,72	03:02.29(+42)
10. Remco Hanenburg (F.Z.C.'54, 199905039)	50m 00:40.72 40,72	100m 01:25.54 44,82	150m 02:22.06 56,52	03:03.38(+89)
11. Swen Bosma (HZ&PC Heerenveen, 200300641)	50m 00:48.61 48,61	100m 01:41.40 52,79	150m 02:37.63 56,23	03:24.04(+62)
12. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)	50m 00:50.74 50,74	100m 01:44.65 53,91	150m 02:43.37 58,72	03:26.37(+74)

13. Mick de Jong (Zcnf'34, 200303035)				03:57.83
50m	00:59.23	59,23	100m 01:56.39	57,16 150m 03:04.40
68,01				
DIS. Marco Korporaal (Zpd, 200003893)				00:00.00(+77)
50m	00:45.28	45,28	100m 01:33.84	48,56 150m 02:30.49
56,65				
18. 200m wisselslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Saranda Hofstra (ZC Borger, 199700526)				02:28.16(+71)
50m	00:30.72	30,72	100m 01:07.44	36,72 150m 01:52.77
45,33				
2. Carolien Baarda (Orca, 199704060)				02:36.12(+63)
50m	00:32.43	32,43	100m 01:12.02	39,59 150m 01:58.43
46,41				
3. Irene Dotinga (Neptunia '24, 199603516)				02:43.00(+71)
50m	00:35.48	35,48	100m 01:17.31	41,83 150m 02:04.99
47,68				
4. Mirthe Visser (Orca, 200002340)				02:50.24(+83)
50m	00:37.18	37,18	100m 01:18.60	41,42 150m 02:10.70
52,10				
5. Rosanna van Teijen (HZ&PC Heerenveen, 199803524)				02:50.90(+87)
50m	00:35.55	35,55	100m 01:19.33	43,78 150m 02:11.51
52,18				
6. Pascale Everts (Aqua 68, 200005510)				02:54.29(+84)
50m	00:38.67	38,67	100m 01:23.31	44,64 150m 02:14.13
50,82				
7. Laura van der Velde (F.Z.C.'54, 200300630)				02:55.77(+71)
50m	00:40.82	40,82	100m 01:23.79	42,97 150m 02:18.30
54,51				
8. Christine Berenschot (SG. Bolsward-Workum, 199901684)				02:56.84(+71)
50m	00:38.16	38,16	100m 01:21.38	43,22 150m 02:16.98
55,60				
9. Britt Gerdes (ZC Borger, 200201636)				02:57.54(+87)
50m	00:39.73	39,73	100m 01:23.48	43,75 150m 02:17.05
53,57				
10. Jildou Speerstra (SG. Bolsward-Workum, 199903990)				02:57.89(+84)
50m	00:41.13	41,13	100m 01:24.28	43,15 150m 02:17.20
52,92				
11. Irana Remmelts (Aqua 68, 200102486)				02:58.27(+77)
50m	00:39.31	39,31	100m 01:25.16	45,85 150m 02:15.89
50,73				
12. Nienke Versteegen (Dbd, 200004548)				02:59.52
50m	00:40.86	40,86	100m 01:27.06	46,20 150m 02:19.75
52,69				
13. Vera Vanderheyden (TriVia, 200103416)				03:02.39
50m	00:40.98	40,98	100m 01:29.86	48,88 150m 02:22.49
52,63				
14. Liza Scheenstra (F.Z.C.'54, 200104276)				03:03.09(+75)
50m	00:41.95	41,95	100m 01:28.43	46,48 150m 02:22.68
54,25				
15. Noa Bos (TriVia, 200202546)				03:03.26(+59)
50m	00:41.04	41,04	100m 01:27.22	46,18 150m 02:22.79
55,57				
16. Manon Post (ZPC Stadskanaal, 200302252)				03:09.83(+75)
50m	00:44.33	44,33	100m 01:30.89	46,56 150m 02:28.38
57,49				
17. Joske Sanders (ZC Borger, 200200634)				03:11.37(+67)
50m	00:43.12	43,12	100m 01:31.47	48,35 150m 02:29.79
58,32				
18. Sarissa Bakker (TriVia, 199903918)				03:11.44(+77)
50m	00:37.53	37,53	100m 01:25.85	48,32 150m 02:24.37
58,52				
19. Alicia van der Gaast (TriVia, 200205036)				03:12.07(+81)
50m	00:41.90	41,90	100m 01:32.20	50,30 150m 02:28.60
56,40				
20. Roos de Jong (Zcnf'34, 200302948)				03:13.53(+61)
50m	00:47.29	47,29	100m 01:38.44	51,15 150m 02:29.77
51,33				
21. Nikki Kamphuis (MZ&PC De Reest, 199802376)				03:13.90(+79)
50m	00:43.49	43,49	100m 01:34.04	50,55 150m 02:28.22
54,18				
22. Ilayda Kaciran (TriVia, 200302860)				03:18.38
50m	00:47.15	47,15	100m 01:37.25	50,10 150m 02:36.10
58,85				

23. Sanne Hoving (HZ&PC Heerenveen, 200003332) [S9]					03:23.62
50m	00:50.41	100m	01:40.02	150m	02:40.16
24. Sarina Beuker (De Vikings, 200303454)					03:24.66
50m	00:48.74	100m	01:45.56	150m	02:40.12
25. Chantal Outhuijse (De Vikings, 200300420)					03:29.46
50m	00:51.94	100m	01:42.96	150m	02:45.27
26. Amber Bosma (De Vikings, 200203710)					03:36.68
50m	00:55.51	100m	01:48.43	150m	02:47.90
19. 400m vrije slag -					
8 - 10 jaar					
1. Myrthe Natzijl (ZC Borger, 200400076)					05:07.58(+63)
50m	00:34.48	100m	01:52.97	250m	03:12.61
100m	01:13.31	200m	02:32.79	300m	03:51.91
2. Noa Teuben (De Vikings, 200500254)					05:45.61(+64)
50m	00:37.31	100m	02:03.83	250m	03:33.29
100m	01:19.82	200m	02:48.27	300m	04:18.51
3. Hessel Broekstra (De Vikings, 200400253)					05:47.05(+61)
50m	00:39.22	100m	02:06.81	250m	03:37.58
100m	01:22.36	200m	02:52.24	300m	04:21.49
4. Ruben van Veenen (Zcnf'34, 200400425)					05:59.03(+76)
50m	00:41.07	100m	02:15.40	250m	03:47.58
100m	01:27.19	200m	03:00.67	300m	04:28.24
5. David da Silva Miranda (De Vikings, 200500019)					05:59.06
50m	00:39.84	100m	02:10.30	250m	03:43.14
100m	01:23.51	200m	02:56.80	300m	04:28.89
6. Lois Jalving (HZ&PC Heerenveen, 200400280)					06:18.02(+87)
50m	00:41.79	100m	02:16.42	250m	03:53.27
100m	01:28.59	200m	03:04.66	300m	04:42.28
7. Bart Faber (Zcnf'34, 200400423)					06:31.87
50m	00:43.42	100m	02:22.59	250m	04:03.67
100m	01:32.85	200m	03:12.30	300m	04:54.30
8. Rianne Beuker (De Vikings, 200402560)					07:04.02
50m	00:45.99	100m	02:34.07	250m	04:23.83
100m	01:39.28	200m	03:28.86	300m	05:19.73
20. 200m rugslag - Heren					
vanaf 11 jaar (Senioren Open)					
1. Denny Olde Agterhuis (HZ&PC Heerenveen, 199801253)					02:16.58
50m	00:30.59	100m	01:05.63	150m	01:41.15
2. Mike Fuhler (ZC Borger, 200201983)					02:52.42
50m	00:40.63	100m	01:25.08	150m	02:09.91
21. 200m rugslag - Dames					
vanaf 11 jaar (Senioren Open)					
1. Marije Sweering (Neptunia '24, 200101228)					02:36.66
50m	00:37.67	100m	01:17.92	150m	01:58.73
2. Johanna de Boer (Zpd, 199403944)					02:39.92
50m	00:37.41	100m	01:17.97	150m	01:59.47
3. Noa Sanders (ZC Borger, 200002542)					02:44.87
50m	00:39.25	100m	01:21.70	150m	02:04.16
4. Anouk Bak (TriVia, 200101854)					02:50.15
50m	00:40.32	100m	01:22.41	150m	02:06.73
5. Elriecke Buurlage (Zcnf'34, 200100524)					02:50.25
50m	00:40.36	100m	01:24.19	150m	02:08.57

6. Elka Siesling (SG. Bolsward-Workum, 200100566)		02:51.55
50m 00:38.67 38,67	100m 01:22.27 43,60	150m 02:08.32 46,05
7. Olena Dijkstra (TriVia, 200202624)		02:52.09
50m 00:40.67 40,67	100m 01:26.17 45,50	150m 02:11.61 45,44
8. Lotte Grovenstein (F.Z.C.'54, 200102964)		02:52.24
50m 00:40.71 40,71	100m 01:23.68 42,97	150m 02:08.49 44,81
9. Ilona Venema (Aqua 68, 200200050)		02:52.38
50m 00:40.47 40,47	100m 01:24.06 43,59	150m 02:09.37 45,31
10. Ilse Hoogveen (Aqua 68, 200301140)		02:54.38
50m 00:43.36 43,36	100m 01:28.52 45,16	150m 02:13.14 44,62
11. Evelien de Jong (Neptunia '24, 199805316)		02:54.49
50m 00:41.67 41,67	100m 01:27.49 45,82	150m 02:13.75 46,26
12. Marijne van der Veen (Orca, 200300960)		02:54.68
50m 00:40.87 40,87	100m 01:25.82 44,95	150m 02:11.51 45,69
13. Tanja Buwalda (SG. Bolsward-Workum, 200000424)		02:55.60
50m 00:41.53 41,53	100m 01:25.96 44,43	150m 02:11.09 45,13
14. Gerda Woldendorp (De Vikings, 200300418)		02:57.30
50m 00:43.90 43,90	100m 01:29.93 46,03	150m 02:14.38 44,45
15. Hannah Warris (Aqua 68, 200102486)		02:57.66
50m 00:42.09 42,09	100m 01:27.75 45,66	150m 02:13.52 45,77
16. Esmee van Peer (TriVia, 200201114)		03:00.17
50m 00:43.91 43,91	100m 01:29.99 46,08	150m 02:15.83 45,84
17. Lotte Dijkstra (Orca, 200201152)		03:01.43
50m 00:44.63 44,63	100m 01:30.90 46,27	150m 02:16.97 46,07
18. Ilse van der Kooi (de Granaet, 200202150)		03:01.88
50m 00:43.06 43,06	100m 01:30.01 46,95	150m 02:16.98 46,97
19. Masha Polushkina (TriVia, 200203064)		03:03.86
50m 00:42.10 42,10	100m 01:28.48 46,38	150m 02:16.19 47,71
20. Esmée Schlepers (MZ&PC De Reest, 199902080)		03:08.97
50m 00:44.69 44,69	100m 01:32.77 48,08	150m 02:21.54 48,77
21. Myrthe Idema (TriVia, 200303240)		03:11.27
50m 00:46.10 46,10	100m 01:35.61 49,51	150m 02:24.35 48,74
DIS. Luna van den Ende (De Vikings, 200201518)		00:00.00
50m 00:42.06 42,06	100m 01:26.76 44,70	150m 02:11.97 45,21
22. 100m vrije slag - Heren		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Marc de Vries (HZ&PC Heerenveen, 199500381)		00:57.51(+76)
50m 00:27.50 27,50		
2. Robin Wolbers (MZ&PC De Reest, 198503051)		00:58.70
50m 00:27.99 27,99		
3. Thomas Hamstra (Orca, 200001693)		00:59.77(+74)
50m 00:28.67 28,67		
4. Jacko Korporaal (Zpd, 199802247)		01:00.56(+45)
50m 00:28.24 28,24		
5. Hugo Jan Bosscher (Orca, 200000185)		01:00.94(+59)
50m 00:29.34 29,34		
6. Max Pathuis (ZPC Stadskanaal, 200000979)		01:02.95(+71)
50m 00:30.00 30,00		
7. Marc de Jonge (Aqua 68, 200101917)		01:03.44(+70)

	50m 00:30.26 30,26	
8.	Jasper Zuidema (SG. Bolsward-Workum, 200004409) 50m 00:30.29 30,29	01:04.23
9.	Bart Wuijster (MZ&PC De Reest, 199604891) 50m 00:31.80 31,80	01:05.18(+82)
10.	Christian Muthert (De Pinquin, 200100139) 50m 00:31.86 31,86	01:06.58(+86)
11.	Wesley Kuiper (Orca, 200100889) 50m 00:32.74 32,74	01:06.80(+79)
12.	Olaf Jan Bosscher (Orca, 200200037) 50m 00:31.77 31,77	01:07.25(+73)
13.	Jan Berend Sipma (de Granaet, 200201443) 50m 00:32.15 32,15	01:07.39(+66)
14.	Dave Everts (Aqua 68, 200202613) 50m 00:32.32 32,32	01:07.53(+82)
15.	Gijs Wesselo (Zcnf'34, 200000991) 50m 00:31.59 31,59	01:07.62(+82)
16.	Eibert Sytsma (SG. Bolsward-Workum, 200102443) 50m 00:32.51 32,51	01:07.74(+73)
17.	Darren Sieswerda (F.Z.C.'54, 200001763) 50m 00:31.25 31,25	01:07.87(+71)
18.	Borek Buursma (HZ&PC Heerenveen, 200200747) 50m 00:32.70 32,70	01:07.99(+83)
19.	Remco Hanenburg (F.Z.C.'54, 199905039) 50m 00:33.22 33,22	01:09.53(+86)
20.	Rik Stahlie (TriVia, 200201915) 50m 00:33.57 33,57	01:10.46
21.	Justin Visser (HZ&PC Heerenveen, 200100337) 50m 00:33.70 33,70	01:11.31(+66)
22.	Jesse van de Geer (SG. Bolsward-Workum, 200300431) 50m 00:36.27 36,27	01:17.88(+85)
23.	Tim Versteegen (Dbd, 200200085) 50m 00:38.12 38,12	01:19.20
24.	Henk-Jan Postma (SG. Bolsward-Workum, 200302307) 50m 00:43.19 43,19	01:34.13
25.	Edwin Kooren (De Vikings, 197501277) [S8] 50m 00:47.17 47,17	01:46.09
23.	100m vrije slag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1.	Saranda Hofstra (ZC Borger, 199700526) 50m 00:28.65 28,65	00:58.93(+75)
2.	Angelique Boersma (De Vikings, 198001586) 50m 00:29.67 29,67	01:02.15
3.	Marissa Lindemulder (Orca, 199306392) 50m 00:30.06 30,06	01:02.91(+83)
4.	Lianne van Wier (HZ&PC Heerenveen, 200200438) 50m 00:30.19 30,19	01:03.03(+67)
5.	Rixt-Nynke Baron (F.Z.C.'54, 199601896) 50m 00:30.45 30,45	01:03.69(+76)

6. Gwen Sieswerda (F.Z.C.'54, 199802342) 50m 00:30.44 30,44	01:03.89(+74)
7. Helene Koning (SG. Bolsward-Workum, 200000422) 50m 00:31.04 31,04	01:04.81(+70)
8. Romy Jalving (HZ&PC Heerenveen, 200000616) 50m 00:32.49 32,49	01:07.67(+72)
9. Marthe Lubberts (HZ&PC Heerenveen, 200000846) 50m 00:32.99 32,99	01:07.98(+78)
10. Daphne Outhuijse (De Vikings, 200003582) 50m 00:32.58 32,58	01:08.06(+69)
11. Rosalie Baarda (Orca, 199903460) 50m 00:33.11 33,11	01:08.57(+63)
12. Anne-fleur Jonker (Aqua 68, 200101348) 50m 00:32.75 32,75	01:08.59(+87)
13. Froukje Osinga (Orca, 200003090) 50m 00:33.46 33,46	01:08.72(+76)
14. Rosanna van Teijen (HZ&PC Heerenveen, 199803524) 50m 00:31.69 31,69	01:08.86(+72)
15. Maren Feunekes (ZC Borger, 200000996) 50m 00:32.38 32,38	01:08.94(+80)
16. Britt Gerdes (ZC Borger, 200201636) 50m 00:33.97 33,97	01:09.31
17. Pascale Everts (Aqua 68, 200005510) 50m 00:32.87 32,87	01:09.46(+91)
18. Suze Kuipers (Orca, 200301714) 50m 00:33.50 33,50	01:09.54
19. Noël Iris Hettinga (Neptunia '24, 200002536) 50m 00:33.94 33,94	01:09.74(+88)
20. Noa Sanders (ZC Borger, 200002542) 50m 00:33.42 33,42	01:10.08(+83)
21. Margriet Bieze (De Pinquin, 199900508) 50m 00:32.17 32,17	01:10.17
22. Corien van der Gaast (SG. Bolsward-Workum, 199800258) 50m 00:33.15 33,15	01:10.56(+84)
23. Ilse Weggemans (Zcnf'34, 199902150) 50m 00:33.80 33,80	01:10.58(+90)
24. Karlijn Schipper (TriVia, 200201544) 50m 00:34.28 34,28	01:10.65(+88)
25. Lot Burgstra (TriVia, 200103294) 50m 00:33.89 33,89	01:10.79(+67)
26. Olena Dijkstra (TriVia, 200202624) 50m 00:33.32 33,32	01:11.35(+84)
27. Willeke Willems (Aqua 68, 199600232) 50m 00:33.49 33,49	01:11.57(+79)
28. Vera Vanderheyden (TriVia, 200103416) 50m 00:35.10 35,10	01:11.98(+87)
29. Tinka Kingma (De Vikings, 200103176) 50m 00:35.33 35,33	01:12.26(+61)
30. Emma Sies (TriVia, 200300732) 50m 00:34.72 34,72	01:12.65(+86)

31. Anneke vd Laan (Orca, 200201154)	01:13.05(+73)
50m 00:34.51 34,51	
32. Lotte van Hof (de Granaet, 200202640)	01:13.12(+88)
50m 00:34.63 34,63	
33. Doreen Ott (TriVia, 199901994)	01:13.64
50m 00:34.47 34,47	
34. Chantal Tiesinga (TriVia, 200302452)	01:14.16(+85)
50m 00:36.19 36,19	
35. Liza Scheenstra (F.Z.C.'54, 200104276)	01:14.63
50m 00:36.02 36,02	
36. Noa Bos (TriVia, 200202546)	01:15.05
50m 00:35.77 35,77	
37. Jolien Schipper (TriVia, 200201832)	01:15.10(+92)
50m 00:35.71 35,71	
38. Kim Hillen (MZ&PC De Reest, 200300364)	01:15.19(+77)
50m 00:36.04 36,04	
39. Ilse Wals (ZC Borger, 200303502)	01:15.48
50m 00:37.32 37,32	
40. Sanne Noord (Dz&Pc, 200101872)	01:15.58(+92)
50m 00:36.31 36,31	
41. Alicia van der Gaast (TriVia, 200205036)	01:16.61(+79)
50m 00:36.17 36,17	
42. Nena Veenstra (Zcnf'34, 200003682)	01:16.71(+83)
50m 00:37.15 37,15	
43. Ilayda Kaciran (TriVia, 200302860)	01:17.06(+88)
50m 00:36.95 36,95	
44. Tove Beltman (Orca, 200301618)	01:17.36(+64)
50m 00:37.53 37,53	
45. Joske Sanders (ZC Borger, 200200634)	01:17.43
50m 00:36.76 36,76	
46. Rozemarijn van der Brugge (SG. Bolsward-Workum, 200104320)	01:17.71(+75)
50m 00:37.29 37,29	
47. Trasi de Groot (De Wellerobben, 200103766)	01:17.72(+80)
50m 00:35.17 35,17	
48. Manon Post (ZPC Stadskanaal, 200302252)	01:18.75
50m 00:37.71 37,71	
49. Anniek Kastermans (MZ&PC De Reest, 199903586)	01:19.81(+88)
50m 00:38.76 38,76	
50. Kirsten Schlepers (MZ&PC De Reest, 200101286)	01:20.64(+50)
50m 00:38.53 38,53	
51. Lotte Dijkstra (Orca, 200201152)	01:21.60
50m 00:39.52 39,52	
52. Sarah Berghuis (TriVia, 200302626)	01:21.83(+45)
50m 00:38.94 38,94	
53. Silke Koehoorn (HZ&PC Heerenveen, 200300968)	01:22.43(+57)
50m 00:39.13 39,13	
54. Myrthe Winkels (TriVia, 200300212)	01:23.06
50m 00:39.67 39,67	

55. Alice Stilma (Neptunia '24, 200302306)						01:23.14					
50m	00:40.35	40,35									
56. Linde Buitkamp (Zcnf'34, 199906408)						01:23.53(+90)					
50m	00:40.13	40,13									
57. Kirsten Bakker (MZ&PC De Reest, 200203876)						01:23.86					
50m	00:40.39	40,39									
58. Martine van Dijk (MZ&PC De Reest, 199406686)						01:24.25(+71)					
50m	00:40.79	40,79									
59. Amber Bosma (De Vikings, 200203710)						01:26.94					
50m	00:41.05	41,05									
60. Eline Pathuis (ZPC Stadskanaal, 200300408)						01:28.10(+77)					
50m	00:41.08	41,08									
61. Elisa Kastermans (MZ&PC De Reest, 200202098)						01:32.10(+77)					
50m	00:42.91	42,91									
62. Jissy Kingma (De Vikings, 200300776)						01:36.64					
50m	00:47.19	47,19									
24. 400m wisselslag - Heren											
<i>vanaf 11 jaar (Senioren Open)</i>											
1. Marc Hoogeveen (Aqua 68, 200101585)						05:25.90(+83)					
50m	00:34.44	34,44	150m	01:56.47	40,38	250m	03:24.38	49,13	350m	04:52.20	37,01
100m	01:16.09	41,65	200m	02:35.25	38,78	300m	04:15.19	50,81			
2. Bram van Spronsen (MZ&PC De Reest, 199603571)										05:33.72(+91)	
50m	00:37.99	37,99	150m	02:03.50	42,18	250m	03:28.96	44,14	350m	04:54.55	39,63
100m	01:21.32	43,33	200m	02:44.82	41,32	300m	04:14.92	45,96			
3. Joel Pinkster (Aqua 68, 200000611)										05:49.56	
50m	00:32.05	32,05	150m	01:59.39	43,80	250m	03:34.60	51,98	350m	05:11.13	41,10
100m	01:15.59	43,54	200m	02:42.62	43,23	300m	04:30.03	55,43			
4. Remco Dijkstra (HZ&PC Heerenveen, 200100789)										05:50.25(+75)	
50m	00:34.97	34,97	150m	02:07.74	44,67	250m	03:43.42	52,56	350m	05:15.21	37,79
100m	01:23.07	48,10	200m	02:50.86	43,12	300m	04:37.42	54,00			
5. Robin de Jong (SG. Bolsward-Workum, 200101165)										06:20.42(+80)	
50m	00:41.79	41,79	150m	02:22.62	47,96	250m	04:02.94	52,46	350m	05:39.93	44,23
100m	01:34.66	52,87	200m	03:10.48	47,86	300m	04:55.70	52,76			
25. 400m wisselslag - Dames											
<i>vanaf 11 jaar (Senioren Open)</i>											
1. Annemiek Meulenbeld (Orca, 199506230)										05:53.10(+65)	
50m	00:35.43	35,43	150m	02:02.16	44,39	250m	03:39.64	53,13	350m	05:13.84	39,77
100m	01:17.77	42,34	200m	02:46.51	44,35	300m	04:34.07	54,43			
2. Liesette Bruinsma (HZ&PC Heerenveen, 200004346) [S12]										06:04.03(+75)	
50m	00:40.54	40,54	150m	02:18.34	50,50	250m	03:56.54	47,68	350m	05:26.54	40,36
100m	01:27.84	47,30	200m	03:08.86	50,52	300m	04:46.18	49,64			
3. Ylsa Dijkstra (SG. Bolsward-Workum, 200200728)										06:06.82	
50m	00:41.57	41,57	150m	02:19.28	43,45	250m	03:54.40	51,75	350m	05:29.25	41,85
100m	01:35.83	54,26	200m	03:02.65	43,37	300m	04:47.40	53,00			
4. Sanne Abma (HZ&PC Heerenveen, 200200590)										06:07.15(+72)	
50m	00:40.01	40,01	150m	02:14.87	45,60	250m	03:52.34	53,53	350m	05:27.86	42,70
100m	01:29.27	49,26	200m	02:58.81	43,94	300m	04:45.16	52,82			