

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 1  
3-10-2015 - 16:45

Meisjes, 4 x 200m vrije slag

Meisjes Junioren 3 en later  
Resultaten

| rang                                | vereniging | inschrijftijd | tijd |
|-------------------------------------|------------|---------------|------|
| <b>Programmanr. 2</b>               |            |               |      |
| <b>Meisjes, 4 x 100m vrije slag</b> |            |               |      |
| <b>Meisjes Junioren 3 en later</b>  |            |               |      |
| <b>Resultaten</b>                   |            |               |      |

| rang | vereniging                                       | inschrijftijd                        | tijd  |                               |
|------|--|--------------------------------------|---|-------------------------------|
| 1.   | HZ&PC Heerenveen 1<br>Lois Jalving<br>Sanne Abma | HZ&PC Heerenveen<br>04 1:18.24<br>02 | Leonie van Wier<br>Lianne van Wier<br>02 02         | 4:31.69<br><br><b>4:32.91</b> |
| 2.   | De Houtrib 1<br>Jetske Moot<br>Janneke Rutter    | De Houtrib<br>04 1:10.75<br>02       | Maaïke Issard<br>Hilde Jonkman<br>03 03             | 4:34.51<br><br><b>4:38.40</b> |
| 3.   | Octopus 1<br>Ilse Hallie<br>Myrthe Nooteboom     | Octopus<br>02 1:14.83<br>02          | Marylène van Zetten<br>Ellis van der Stege<br>03 03 | 5:26.23<br><br><b>5:25.73</b> |

Programmanr. 3  
3-10-2015 - 16:50

4 x 50m wisseMix Meisjes Junioren 1 e.l. en Jongens Minioren 6 e.l.

Resultaten

| rang | vereniging   | inschrijftijd                      | tijd  |                               |
|------|--|------------------------------------|---|-------------------------------|
| 1.   | De Houtrib 1<br>Jetske Moot<br>Thomas Burgmeijer     | De Houtrib<br>04 34.57<br>04       | Menno Otten<br>Annelieke Stegink<br>04 05   | 2:33.22<br><br><b>2:30.94</b> |
| 2.   | HZ&PC Heerenveen 1<br>Charley Zethoven<br>Bart Faber | HZ&PC Heerenveen<br>05 40.58<br>04 | Ariane Meijer<br>Meindert Dekkinga<br>05 04 | 2:50.00<br><br><b>2:45.79</b> |
| 3.   | Octopus 1<br>Milan van de Berg<br>Floortje van Duren | Octopus<br>06 57.97<br>04          | Marijn Bredenhoff<br>Maud Bouwman<br>04 04  | 3:14.89<br><br><b>3:18.45</b> |

Programmanr. 4  
3-10-2015 - 16:55

Dames, 100m schoolslag

Dames Senioren Open  
Resultaten

| rang  | naam              | vereniging       | inschrijftijd | tijd      | 50m            | 100m    |
|-------|-------------------|------------------|---------------|-----------|----------------|---------|
| 1.    | Ya'elle Lücht     | De Houtrib       | 1:18.84       | 200104628 | <b>1:18.58</b> | 1:18.58 |
| 2.    | Mendy de Rooi     | De Houtrib       | 1:26.06       | 199700780 | <b>1:22.50</b> | 1:22.50 |
| 3.    | Danielle de Boer  | HZ&PC Heerenveen | 1:28.17       | 199404736 | <b>1:22.73</b> | 1:22.73 |
| 4.    | Sharon Julius     | Octopus          | 1:21.95       | 199602664 | <b>1:22.96</b> | 1:22.96 |
| 5.    | Britt Schoonhoven | Octopus          | 1:23.78       | 199702468 | <b>1:28.14</b> | 1:28.14 |
| 6.    | Denise van Zetten | Octopus          | 1:27.29       | 199600932 | <b>1:29.87</b> | 1:29.87 |
| AFGEM | Marjolein Maris   | De Houtrib       | 1:17.89       | 199400210 |                |         |

Programmanr. 5  
3-10-2015 - 17:00

Heren, 400m vrije slag

Heren Senioren Open  
Resultaten

| rang  | naam                | vereniging       | inschrijftijd | tijd      | 100m           | 200m    | 300m | 400m    |
|-------|---------------------|------------------|---------------|-----------|----------------|---------|------|---------|
| 1.    | Jesse van Dijk      | De Houtrib       | 4:25.23       | 199903259 | <b>4:14.36</b> | 1:02.92 |      | 4:14.36 |
| 2.    | Vincent Visser      | HZ&PC Heerenveen | 4:22.12       | 199700395 | <b>4:19.04</b> | 1:01.18 |      | 4:19.04 |
| 3.    | Erik Pape           | Octopus          | 4:24.51       | 199601669 | <b>4:21.25</b> | 58.37   |      | 4:21.25 |
| 4.    | Casper Muselaers    | Octopus          | 4:18.34       | 199600399 | <b>4:28.30</b> | 1:01.71 |      | 4:28.30 |
| 5.    | Marc de Vries       | HZ&PC Heerenveen | 4:32.12       | 199500381 | <b>4:35.26</b> | 1:04.35 |      | 4:35.26 |
| 6.    | Marten de Groot     | HZ&PC Heerenveen | 4:30.73       | 195800149 | <b>4:37.86</b> | 1:05.97 |      | 4:37.86 |
| 7.    | Sjoerd Boertien     | De Houtrib       | 4:47.95       | 199000305 | <b>4:42.78</b> | 1:04.96 |      | 4:42.78 |
| 8.    | Marco Uppelschoten  | De Houtrib       | 4:03.73       | 199500375 | <b>4:43.03</b> | 1:05.36 |      | 4:43.03 |
| 9.    | Stan Ruessink       | Octopus          | 4:30.73       | 199700829 | <b>4:44.55</b> | 1:03.76 |      | 4:44.55 |
| 10.   | Jarmo van den Blink | De Houtrib       | 4:56.42       | 200100585 | <b>4:48.72</b> | 1:08.91 |      | 4:48.72 |
| AFGEM | Tom Barendse        | Octopus          | 4:30.01       | 199605731 |                |         |      |         |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 6  
3-10-2015 - 17:10

Dames, 100m rugslag

Dames Senioren 2 en later  
Resultaten

| rang  | naam                  | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|-------|-----------------------|------------------|---------------|-----------|----------------|-----|---------|
| 1.    | Eline van der Wal     | HZ&PC Heerenveen | 1:07.34       | 200100930 | <b>1:07.26</b> |     | 1:07.26 |
| 2.    | Danielle Bijsterbosch | Octopus          | 1:09.97       | 199900722 | <b>1:10.41</b> |     | 1:10.41 |
| 3.    | Christien Liemburg    | HZ&PC Heerenveen | 1:09.87       | 199903672 | <b>1:11.65</b> |     | 1:11.65 |
| 4.    | Carmen ter Weele      | Octopus          | 1:10.34       | 199800384 | <b>1:11.80</b> |     | 1:11.80 |
| 5.    | Kyana van der Vegt    | De Houtrib       | 1:13.28       | 199902612 | <b>1:14.34</b> |     | 1:14.34 |
| 6.    | Kirsten Opmeer        | Octopus          | 1:17.48       | 199800014 | <b>1:15.99</b> |     | 1:15.99 |
| AFGEM | Jinte Worsteling      | De Houtrib       | 1:07.52       | 199801844 |                |     |         |

Programmanr. 7  
3-10-2015 - 17:15

Jongens, 200m schoolslag

Jongens Jeugd 2 en later  
Resultaten

| rang | naam                 | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    | 150m | 200m    |
|------|----------------------|------------------|---------------|-----------|----------------|-----|---------|------|---------|
| 1.   | Daan Zwertbroek      | HZ&PC Heerenveen | 2:19.26       | 199900463 | <b>2:20.60</b> |     | 1:06.37 |      | 2:20.60 |
| 2.   | Martin Ruiten        | De Houtrib       | 2:30.38       | 200001309 | <b>2:29.58</b> |     | 1:08.76 |      | 2:29.58 |
| 3.   | Denny Olde Agterhuis | HZ&PC Heerenveen | 2:46.07       | 199801253 | <b>2:35.64</b> |     | 1:14.31 |      | 2:35.64 |
| 4.   | Erwin Heinsius       | HZ&PC Heerenveen | 2:47.08       | 199900695 | <b>2:35.70</b> |     | 1:14.70 |      | 2:35.70 |
| 5.   | Jarco van Ommen      | Octopus          | 2:40.98       | 199802153 | <b>2:36.86</b> |     | 1:13.28 |      | 2:36.86 |
| 6.   | Lars Ruessink        | Octopus          | 2:39.45       | 199800271 | <b>2:41.08</b> |     | 1:15.11 |      | 2:41.08 |
| 7.   | Fabian Boer          | De Houtrib       | 2:44.39       | 199800509 | <b>2:50.72</b> |     | 1:20.23 |      | 2:50.72 |

Programmanr. 8  
3-10-2015 - 17:20

Meisjes, 200m vrije slag

Meisjes Jeugd 2 en later  
Resultaten

| rang  | naam                 | vereniging       | inschrijftijd |           | tijd                | 50m | 100m    | 150m | 200m    |
|-------|----------------------|------------------|---------------|-----------|---------------------|-----|---------|------|---------|
| 1.    | Brigit van der Vegte | Octopus          | 2:21.55       | 200000714 | <b>2:15.02</b>      |     | 1:05.03 |      | 2:15.02 |
| 2.    | Renée Otten          | De Houtrib       | 2:21.20       | 200101858 | <b>2:19.95</b> FJ 1 |     | 1:07.91 |      | 2:19.95 |
| 3.    | Anna Harbers         | HZ&PC Heerenveen | 2:21.74       | 200001250 | <b>2:19.95</b> FJ 2 |     | 1:07.18 |      | 2:19.95 |
| 4.    | Femke Wiersma        | HZ&PC Heerenveen | 2:30.82       | 200103078 | <b>2:25.96</b>      |     | 1:09.37 |      | 2:25.96 |
| 5.    | Imke Moot            | De Houtrib       | 2:25.00       | 200103320 | <b>2:30.97</b>      |     | 1:11.15 |      | 2:30.97 |
| 6.    | Liesette Bruinsma    | HZ&PC Heerenveen | 2:32.72       | 200004346 | <b>2:33.14</b>      |     | 1:13.70 |      | 2:33.14 |
| 7.    | Nikita van der Stege | Octopus          | 2:48.48       | 200102966 | <b>2:41.11</b>      |     | 1:17.41 |      | 2:41.11 |
| 8.    | Lisa van Rijssen     | Octopus          | 2:59.20       | 200101186 | <b>2:54.60</b>      |     | 1:20.26 |      | 2:54.60 |
| 9.    | Ana van Dijk         | De Houtrib       | 3:04.13       | 200105402 | <b>2:56.63</b>      |     | 1:18.98 |      | 2:56.63 |
| 10.   | Rayna van Wezep      | De Houtrib       | 3:02.83       | 200105424 | <b>3:00.10</b>      |     | 1:26.74 |      | 3:00.10 |
| 11.   | Nina Honing          | De Houtrib       | 3:28.45       | 200203240 | <b>3:29.35</b>      |     | 1:37.88 |      | 3:29.35 |
| AFGEM | Shannon Agricola     | De Houtrib       | 3:06.50       | 200202872 |                     |     |         |      |         |

Programmanr. 9  
3-10-2015 - 17:30

Jongens, 100m schoolslag

Jongens Junioren 4 en later  
Resultaten

| rang | naam                  | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|------|-----------------------|------------------|---------------|-----------|----------------|-----|---------|
| 1.   | Jelle Opmeer          | Octopus          | 1:17.21       | 200100269 | <b>1:15.96</b> |     | 1:15.96 |
| 2.   | Stefan Waalkens       | De Houtrib       | 1:17.28       | 200100611 | <b>1:16.40</b> |     | 1:16.40 |
| 3.   | Remi van der Schee    | De Houtrib       | 1:18.45       | 200100583 | <b>1:16.92</b> |     | 1:16.92 |
| 4.   | Bastian Renshoff      | Octopus          | 1:20.36       | 200001261 | <b>1:19.31</b> |     | 1:19.31 |
| 5.   | Renger Bootsma        | Octopus          | 1:21.25       | 200002563 | <b>1:21.77</b> |     | 1:21.77 |
| 6.   | Jarmo van den Blink   | De Houtrib       | 1:23.67       | 200100585 | <b>1:23.29</b> |     | 1:23.29 |
| 7.   | Marnix van Bottenburg | Octopus          | 1:26.11       | 200100479 | <b>1:23.67</b> |     | 1:23.67 |
| 8.   | Bart Muselaers        | Octopus          | 1:24.80       | 200100865 | <b>1:24.21</b> |     | 1:24.21 |
| 9.   | Remco Dijkstra        | HZ&PC Heerenveen | 1:31.89       | 200100789 | <b>1:24.40</b> |     | 1:24.40 |
| 10.  | Joris Pape            | Octopus          | 1:33.08       | 200000609 | <b>1:27.33</b> |     | 1:27.33 |
| 11.  | Bert Jan Bredenhoff   | Octopus          | 1:29.25       | 200000471 | <b>1:28.56</b> |     | 1:28.56 |
| 12.  | Jochem Hallie         | Octopus          | 1:37.14       | 200000009 | <b>1:29.53</b> |     | 1:29.53 |
| 13.  | Lars van Hell         | Octopus          | 1:33.43       | 200100095 | <b>1:30.09</b> |     | 1:30.09 |
| 14.  | Andy Luijendijk       | De Houtrib       | 1:30.45       | 200104217 | <b>1:30.35</b> |     | 1:30.35 |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 10  
3-10-2015 - 17:35

Dames, 50m rugslag

Dames Senioren Open  
Resultaten

| rang | naam                | vereniging       | inschrijftijd |           | tijd         |
|------|---------------------|------------------|---------------|-----------|--------------|
| 1.   | Mendy de Rooi       | De Houtrib       | 33.48         | 199700780 | <b>32.33</b> |
| 2.   | Marjolein Maris     | De Houtrib       | 31.69         | 199400210 | <b>32.72</b> |
| 3.   | Danielle de Boer    | HZ&PC Heerenveen | 35.10         | 199404736 | <b>33.24</b> |
| 4.   | Lisanne Hassing     | HZ&PC Heerenveen | 34.50         | 199702584 | <b>34.54</b> |
| 5.   | Daphne van het Ende | Octopus          | 34.23         | 199904164 | <b>34.89</b> |
| 6.   | Britt Schoonhoven   | Octopus          | 34.18         | 199702468 | <b>35.03</b> |
| 7.   | Fraukje Puts        | HZ&PC Heerenveen | 38.70         | 199206470 | <b>36.05</b> |
| 8.   | Sharon Julius       | Octopus          | 35.39         | 199602664 | <b>36.17</b> |
| 9.   | Irmgard van Weeghel | Octopus          | 37.10         | 199204834 | <b>38.15</b> |

Programmanr. 110  
3-10-2015 - 17:40

Heren, 50m rugslag  
S4 t/m S15

Heren Senioren Open  
Resultaten

| rang                        | naam             | vereniging       | inschrijftijd |           | tijd         |
|-----------------------------|------------------|------------------|---------------|-----------|--------------|
| Jongens Junioren 4 en later |                  |                  |               |           |              |
| 1.                          | Willem Poortinga | Zpd              | 56.59         | 200105093 | <b>49.60</b> |
| 2.                          | Daan Waterlander | HZ&PC Heerenveen | 58.47         | 200203405 | <b>51.72</b> |

Heren Senioren Open

|    |                 |                       |         |           |                |
|----|-----------------|-----------------------|---------|-----------|----------------|
| 1. | Gerrit Dijkstra | HZ&PC Heerenveen      | 1:01.16 | 198303029 | <b>1:05.17</b> |
| 2. | John Geurts     | De Groninger Paranhas | 1:27.98 | 199406535 | <b>1:20.23</b> |

Programmanr. 210  
3-10-2015 - 17:40

Dames, 50m rugslag  
S4 t/m S15

Dames Senioren Open  
Resultaten

| rang               | naam         | vereniging       | inschrijftijd |           | tijd         |
|--------------------|--------------|------------------|---------------|-----------|--------------|
| Dames Jeugd 1 en 2 |              |                  |               |           |              |
| 1.                 | Sanne Hoving | HZ&PC Heerenveen | 45.49         | 200003332 | <b>42.57</b> |

Dames Senioren Open

|    |                    |                       |         |           |                |
|----|--------------------|-----------------------|---------|-----------|----------------|
| 1. | Annemieke Visch    | GZZignea Emmeloord    | 51.29   | 198302762 | <b>50.19</b>   |
| 2. | Merel Benthem      | Zcnf'34               | 1:06.01 | 198706082 | <b>1:03.56</b> |
| 3. | Nicky Hollander    | De Groninger Paranhas | 1:19.20 | 199706116 | <b>1:18.14</b> |
| 4. | Sanne van der Vlis | De Groninger Paranhas | 1:37.80 | 199407342 | <b>1:39.93</b> |

Programmanr. 11  
3-10-2015 - 17:45

Heren, 100m wisselslag

Heren Senioren Open  
Resultaten

| rang  | naam               | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|-------|--------------------|------------------|---------------|-----------|----------------|-----|---------|
| 1.    | Marco Uppelschoten | De Houtrib       | 58.16         | 199500375 | <b>1:00.30</b> |     | 1:00.30 |
| 2.    | Vincent Visser     | HZ&PC Heerenveen | NT            | 199700395 | <b>1:00.41</b> |     | 1:00.41 |
| 3.    | Jesse van Dijk     | De Houtrib       | 1:01.33       | 199903259 | <b>1:00.74</b> |     | 1:00.74 |
| 4.    | Daan Zwertbroek    | HZ&PC Heerenveen | 1:03.74       | 199900463 | <b>1:00.95</b> |     | 1:00.95 |
| 5.    | Casper Muselaers   | Octopus          | 1:01.51       | 199600399 | <b>1:01.26</b> |     | 1:01.26 |
| 6.    | Emile Manni        | Octopus          | 1:00.29       | 199001901 | <b>1:01.42</b> |     | 1:01.42 |
| 7.    | Roald Blok         | Octopus          | 1:02.05       | 199302685 | <b>1:03.85</b> |     | 1:03.85 |
| 8.    | Marc de Vries      | HZ&PC Heerenveen | 1:04.40       | 199500381 | <b>1:05.83</b> |     | 1:05.83 |
| 9.    | Stan Ruessink      | Octopus          | 1:06.95       | 199700829 | <b>1:07.31</b> |     | 1:07.31 |
| 10.   | Sjoerd Boertien    | De Houtrib       | 1:06.57       | 199000305 | <b>1:08.00</b> |     | 1:08.00 |
| 11.   | Axel Julius        | Octopus          | 1:09.96       | 199702221 | <b>1:08.53</b> |     | 1:08.53 |
| AFGEM | Dennis Bos         | HZ&PC Heerenveen | 59.38         | 199201965 |                |     |         |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 12  
3-10-2015 - 17:50

Meisjes, 100m vlinderslag

Meisjes Junioren 3 en later  
Resultaten

| rang  | naam   | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|-------|--|------------------|---------------|-----------|----------------|-----|---------|
| 1.    | Maaïke Issard  | De Houtrib       | 1:20.25       | 200300022 | <b>1:13.96</b> |     | 1:13.96 |
| 2.    | Janneke Ruiter   | De Houtrib       | 1:16.19       | 200200782 | <b>1:18.77</b> |     | 1:18.77 |
| 3.    | Sanne Abma   | HZ&PC Heerenveen | 1:25.08       | 200200590 | <b>1:23.44</b> |     | 1:23.44 |
| 4.    | Lianne van Wier  | HZ&PC Heerenveen | 1:27.76       | 200200438 | <b>1:28.61</b> |     | 1:28.61 |
| 5.    | Leonie van Wier  | HZ&PC Heerenveen | 1:27.87       | 200200436 | <b>1:31.08</b> |     | 1:31.08 |
| 6.    | Ilse Hallie  | Octopus          | 1:35.56       | 200200128 | <b>1:39.24</b> |     | 1:39.24 |
| 7.    | Ellis van der Stege  | Octopus          | 1:51.02       | 200300620 | <b>1:49.37</b> |     | 1:49.37 |
| 8.    | Myrthe Nootboom  | Octopus          | 2:02.64       | 200201668 | <b>1:53.30</b> |     | 1:53.30 |
| DIS   | Hilde Jonkman  | De Houtrib       | 1:41.48       | 200300442 |                |     |         |
|       | <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> |                  |               |           |                |     |         |
| DIS   | Marylène van Zetten  | Octopus          | 2:05.86       | 200301636 |                |     |         |
|       | <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> |                  |               |           |                |     |         |
| AFGEM | Iza Steunenbergh   | Octopus          | 1:48.45       | 200204516 |                |     |         |

Programmanr. 13  
3-10-2015 - 17:55

Jongens, 200m rugslag

Jongens Junioren 2 en later  
Resultaten

| rang  | naam               | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    | 150m | 200m    |
|-------|--------------------|------------------|---------------|-----------|----------------|-----|---------|------|---------|
| 1.    | Borek Buursma      | HZ&PC Heerenveen | 3:08.33       | 200200747 | <b>2:49.30</b> |     | 1:23.09 |      | 2:49.30 |
| 2.    | Jarno Bijsterbosch | Octopus          | NT            | 200300081 | <b>2:51.62</b> |     | 1:21.33 |      | 2:51.62 |
| 3.    | Tim Scholtens      | De Houtrib       | 3:05.27       | 200202105 | <b>3:05.53</b> |     | 1:31.68 |      | 3:05.53 |
| 4.    | Remco Braakman     | Octopus          | 3:21.32       | 200201175 | <b>3:18.78</b> |     | 1:34.73 |      | 3:18.78 |
| 5.    | Maarten van Duren  | Octopus          | 3:11.78       | 200201167 | <b>3:20.07</b> |     | 1:38.55 |      | 3:20.07 |
| 6.    | Ivan Bruijnzeels   | De Houtrib       | NT            | 200303061 | <b>3:26.83</b> |     | 1:44.67 |      | 3:26.83 |
| 7.    | Niels van Duren    | Octopus          | 3:55.80       | 200201169 | <b>3:49.22</b> |     | 1:54.41 |      | 3:49.22 |
| AFGEM | Sem Bredenhoff     | Octopus          | 3:19.45       | 200200047 |                |     |         |      |         |

Programmanr. 14  
3-10-2015 - 18:00

Jongens, 100m rugslag

Jongens Junioren 2 en later  
Resultaten

| rang                                 | naam | vereniging | inschrijftijd |  | tijd | 50m | 100m |
|--------------------------------------|------|------------|---------------|--|------|-----|------|
| Programmanr. 15<br>3-10-2015 - 18:00 |      |            |               |  |      |     |      |
|                                      |      |            |               |  |      |     |      |

| rang | naam                 | vereniging       | inschrijftijd |           | tijd | 50m | 100m              |
|------|----------------------|------------------|---------------|-----------|------|-----|-------------------|
| 1.   | Jetske Moot          | De Houtrib       | 32.57         | 200400230 |      |     | <b>30.98</b>      |
| 2.   | Annelieke Stegink    | De Houtrib       | 35.01         | 200500570 |      |     | <b>32.39</b>      |
| 3.   | Loïs Jalving         | HZ&PC Heerenveen | 36.84         | 200400280 |      |     | <b>35.04</b>      |
| 4.   | Charley Zethoven     | HZ&PC Heerenveen | 37.59         | 200500868 |      |     | <b>36.21</b>      |
| 5.   | Amber Boomsma        | HZ&PC Heerenveen | 39.74         | 200401416 |      |     | <b>37.43</b>      |
| 6.   | Ariane Meijer        | HZ&PC Heerenveen | 36.50         | 200500304 |      |     | <b>37.63</b> FJ 1 |
| 7.   | Maud Bouwman         | Octopus          | 38.35         | 200401704 |      |     | <b>37.63</b> FJ 2 |
| 8.   | Nienke van der Klugt | De Houtrib       | 40.83         | 200403236 |      |     | <b>38.16</b>      |
| 9.   | Kim van de Stege     | Octopus          | 39.92         | 200600004 |      |     | <b>41.11</b>      |
| 10.  | Floortje van Duren   | Octopus          | 42.98         | 200400716 |      |     | <b>42.43</b>      |
| 11.  | Britt Meisner        | Octopus          | 48.04         | 200600658 |      |     | <b>42.93</b>      |
| 12.  | Mette Etmans         | De Houtrib       | 44.36         | 200500848 |      |     | <b>43.03</b>      |
| 13.  | Devina Baank         | De Houtrib       | 48.21         | 200501056 |      |     | <b>47.83</b>      |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 16  
3-10-2015 - 18:05

Jongens, 100m wisselslag

Jongens Minioren 4,5,6  
Resultaten

| rang | naam  | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|------|---|------------------|---------------|-----------|----------------|-----|---------|
| 1.   | Thomas Burgmeijer   | De Houtrib       | 1:34.86       | 200400739 | <b>1:26.50</b> |     | 1:26.50 |
| 2.   | Meindert Dekkinga   | HZ&PC Heerenveen | 1:30.98       | 200400377 | <b>1:29.32</b> |     | 1:29.32 |
| 3.   | Charlie Kurzmann  | De Houtrib       | 1:36.39       | 200401535 | <b>1:33.34</b> |     | 1:33.34 |
| 4.   | Menno Otten   | De Houtrib       | 1:38.29       | 200400315 | <b>1:33.69</b> |     | 1:33.69 |
| 5.   | Sander Heinsius   | HZ&PC Heerenveen | 1:37.17       | 200400013 | <b>1:34.44</b> |     | 1:34.44 |
| 6.   | Quinten van Aar   | De Houtrib       | 1:39.51       | 200500359 | <b>1:36.85</b> |     | 1:36.85 |
| 7.   | Tristan Scholtens   | De Houtrib       | 2:16.23       | 200402107 | <b>1:38.00</b> |     | 1:38.00 |
| 8.   | Yoren van Aalst   | De Houtrib       | 1:48.80       | 200400713 | <b>1:40.15</b> |     | 1:40.15 |
| 9.   | Jayden Koetsier   | De Houtrib       | 1:47.85       | 200400163 | <b>1:41.57</b> |     | 1:41.57 |
| 10.  | Bart Faber  | HZ&PC Heerenveen | 1:37.11       | 200400423 | <b>1:42.17</b> |     | 1:42.17 |
| 11.  | Marijn Bredenhoff   | Octopus          | 1:43.75       | 200400069 | <b>1:43.01</b> |     | 1:43.01 |
| DIS  | Tobias Scholtens  | De Houtrib       | 1:56.62       | 200400665 |                |     |         |
|      | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i>                                   |                  |               |           |                |     |         |
| DIS  | Milan van de Berg   | Octopus          | 2:06.32       | 200600069 |                |     |         |
|      | <i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i> |                  |               |           |                |     |         |

Programmanr. 17  
3-10-2015 - 18:15

Dames, 400m vrije slag

Dames Senioren Open  
Resultaten

| rang | naam                | vereniging       | inschrijftijd |           | tijd           | 100m    | 200m | 300m | 400m    |
|------|---------------------|------------------|---------------|-----------|----------------|---------|------|------|---------|
| 1.   | Lisanne Hassing     | HZ&PC Heerenveen | 4:28.04       | 199702584 | <b>4:39.48</b> | 1:04.19 |      |      | 4:39.48 |
| 2.   | Ya'elle Lucht       | De Houtrib       | 4:39.49       | 200104628 | <b>4:47.07</b> | 1:06.69 |      |      | 4:47.07 |
| 3.   | Mendy de Rooi       | De Houtrib       | 5:04.60       | 199700780 | <b>4:50.05</b> | 1:06.68 |      |      | 4:50.05 |
| 4.   | Fraukje Puts        | HZ&PC Heerenveen | 4:53.75       | 199206470 | <b>4:51.33</b> | 1:08.79 |      |      | 4:51.33 |
| 5.   | Daphne van het Ende | Octopus          | 4:53.26       | 199904164 | <b>4:53.79</b> | 1:09.91 |      |      | 4:53.79 |
| 6.   | Denise van Zetten   | Octopus          | 4:55.54       | 199600932 | <b>5:08.05</b> | 1:09.69 |      |      | 5:08.05 |
| 7.   | Marjolein Maris     | De Houtrib       | 4:49.50       | 199400210 | <b>5:14.98</b> | 1:10.84 |      |      | 5:14.98 |
| 8.   | Irmgard van Weeghel | Octopus          | 5:11.08       | 199204834 | <b>5:20.93</b> | 1:11.70 |      |      | 5:20.93 |

Programmanr. 18  
3-10-2015 - 18:55

Heren, 100m schoolslag

Heren Senioren Open  
Resultaten

| rang  | naam               | vereniging            | inschrijftijd |           | tijd           | 50m  | 100m    |
|-------|--------------------|-----------------------|---------------|-----------|----------------|------|---------|
| 1.    | Vincent Visser     | HZ&PC Heerenveen      | 1:06.86       | 199700395 | <b>1:07.00</b> |      | 1:07.00 |
| 2.    | Marco Uppelschoten | De Houtrib            | 1:04.41       | 199500375 | <b>1:07.39</b> |      | 1:07.39 |
| 3.    | Roald Blok         | Octopus               | 1:05.42       | 199302685 | <b>1:07.57</b> | FJ 1 | 1:07.57 |
| 4.    | Jesse van Dijk     | De Houtrib            | 1:07.27       | 199903259 | <b>1:07.57</b> | FJ 2 | 1:07.57 |
| 5.    | Erik Pape          | Octopus               | 1:07.53       | 199601669 | <b>1:07.77</b> |      | 1:07.77 |
| 6.    | Stan Ruessink      | Octopus               | 1:09.05       | 199700829 | <b>1:12.83</b> |      | 1:12.83 |
| 7.    | Sjoerd Boertien    | De Houtrib            | 1:11.35       | 199000305 | <b>1:14.53</b> |      | 1:14.53 |
| 8.    | Marc de Vries      | HZ&PC Heerenveen      | NT            | 199500381 | <b>1:15.02</b> |      | 1:15.02 |
| 9.    | Jan Wietse Koning  | De Groninger Paranhas | 1:50.67       | 197101547 | <b>1:58.67</b> |      | 1:58.67 |
| AFGEM | Dennis Bos         | HZ&PC Heerenveen      | 1:05.64       | 199201965 |                |      |         |

Programmanr. 118  
3-10-2015 - 19:00

Heren, 100m schoolslag  
SB 4 t/m SB15

Heren Senioren Open  
Resultaten

| rang                        | naam             | vereniging            | inschrijftijd |           | tijd           | 50m | 100m    |
|-----------------------------|------------------|-----------------------|---------------|-----------|----------------|-----|---------|
| Jongens Junioren 4 en later |                  |                       |               |           |                |     |         |
| 1.                          | Willem Poortinga | Zpd                   | NT            | 200105093 | <b>2:10.39</b> |     | 2:10.39 |
| 2.                          | Daan Waterlander | HZ&PC Heerenveen      | NT            | 200203405 | <b>2:39.83</b> |     | 2:39.83 |
| Heren Senioren Open         |                  |                       |               |           |                |     |         |
| 1.                          | Gerrit Dijkstra  | HZ&PC Heerenveen      | NT            | 198303029 | <b>3:09.18</b> |     | 3:09.18 |
| 2.                          | John Geurts      | De Groninger Paranhas | 3:34.19       | 199406535 | <b>3:29.35</b> |     | 3:29.35 |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 218  
3-10-2015 - 19:05

Dames, 100m schoolslag  
SB 4 t/m SB15

Dames Senioren Open  
Resultaten

| rang                       | naam               | vereniging            | inschrijftijd |           | tijd           | 50m | 100m    |
|----------------------------|--------------------|-----------------------|---------------|-----------|----------------|-----|---------|
| <b>Dames Jeugd 1 en 2</b>  |                    |                       |               |           |                |     |         |
| 1.                         | Liesette Bruinsma  | HZ&PC Heerenveen      | 1:24.67       | 200004346 | <b>1:24.91</b> |     | 1:24.91 |
| 2.                         | Sanne Hoving       | HZ&PC Heerenveen      | 1:50.44       | 200003332 | <b>1:47.01</b> |     | 1:47.01 |
| <b>Dames Senioren Open</b> |                    |                       |               |           |                |     |         |
| 1.                         | Annemieke Visch    | GZZignea Emmeloord    | 1:53.48       | 198302762 | <b>1:54.22</b> |     | 1:54.22 |
| 2.                         | Sanne van der Vlis | De Groninger Paranhas | 2:36.75       | 199407342 | <b>2:43.58</b> |     | 2:43.58 |
| 3.                         | Nicky Hollander    | De Groninger Paranhas | 3:03.00       | 199706116 | <b>3:11.08</b> |     | 3:11.08 |

Programmanr. 19  
3-10-2015 - 19:10

Dames, 200m schoolslag

Dames Senioren 2 en later  
Resultaten

| rang  | naam                  | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    | 150m | 200m    |
|-------|-----------------------|------------------|---------------|-----------|----------------|-----|---------|------|---------|
| 1.    | Carmen ter Weele      | Octopus          | 2:50.87       | 199800384 | <b>2:53.67</b> |     | 1:22.33 |      | 2:53.67 |
| 2.    | Eline van der Wal     | HZ&PC Heerenveen | 2:56.75       | 200100930 | <b>2:55.13</b> |     | 1:25.53 |      | 2:55.13 |
| 3.    | Danielle Bijsterbosch | Octopus          | 3:02.36       | 199900722 | <b>3:00.02</b> |     | 1:25.73 |      | 3:00.02 |
| 4.    | Liesette Bruinsma     | HZ&PC Heerenveen | 3:04.04       | 200004346 | <b>3:04.08</b> |     | 1:28.03 |      | 3:04.08 |
| 5.    | Kirsten Opmeer        | Octopus          | 3:08.63       | 199800014 | <b>3:04.16</b> |     | 1:27.13 |      | 3:04.16 |
| 6.    | Kyana van der Vegt    | De Houtrib       | 3:03.26       | 199902612 | <b>3:06.16</b> |     | 1:27.60 |      | 3:06.16 |
| AFGEM | Jinte Worsteling      | De Houtrib       | 2:59.92       | 199801844 |                |     |         |      |         |

Programmanr. 20  
3-10-2015 - 19:15

Jongens, 100m rugslag

Jongens Jeugd 2 en later  
Resultaten

| rang | naam                 | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|------|----------------------|------------------|---------------|-----------|----------------|-----|---------|
| 1.   | Denny Olde Agterhuis | HZ&PC Heerenveen | 1:01.12       | 199801253 | <b>1:00.14</b> |     | 1:00.14 |
| 2.   | Martin Ruiter        | De Houtrib       | 59.21         | 200001309 | <b>1:01.08</b> |     | 1:01.08 |
| 3.   | Jarco van Ommen      | Octopus          | 1:04.42       | 199802153 | <b>1:03.81</b> |     | 1:03.81 |
| 4.   | Daan Zwertbroek      | HZ&PC Heerenveen | 1:03.90       | 199900463 | <b>1:04.73</b> |     | 1:04.73 |
| 5.   | Lars Ruessink        | Octopus          | 1:06.13       | 199800271 | <b>1:05.64</b> |     | 1:05.64 |
| 6.   | Fabian Boer          | De Houtrib       | 1:05.16       | 199800509 | <b>1:07.20</b> |     | 1:07.20 |
| 7.   | Erwin Heinsius       | HZ&PC Heerenveen | 1:10.80       | 199900695 | <b>1:11.38</b> |     | 1:11.38 |

Programmanr. 21  
3-10-2015 - 19:20

Meisjes, 100m schoolslag

Meisjes Jeugd 2 en later  
Resultaten

| rang  | naam                 | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|-------|----------------------|------------------|---------------|-----------|----------------|-----|---------|
| 1.    | Brigit van der Vegte | Octopus          | 1:16.32       | 200000714 | <b>1:18.04</b> |     | 1:18.04 |
| 2.    | Anna Harbers         | HZ&PC Heerenveen | 1:25.67       | 200001250 | <b>1:27.68</b> |     | 1:27.68 |
| 3.    | Femke Wiersma        | HZ&PC Heerenveen | 1:27.96       | 200103078 | <b>1:29.11</b> |     | 1:29.11 |
| 4.    | Imke Moot            | De Houtrib       | 1:34.07       | 200103320 | <b>1:29.72</b> |     | 1:29.72 |
| 5.    | Nikita van der Stege | Octopus          | 1:30.70       | 200102966 | <b>1:34.39</b> |     | 1:34.39 |
| 6.    | Lisa van Rijssen     | Octopus          | 1:42.78       | 200101186 | <b>1:40.94</b> |     | 1:40.94 |
| 7.    | Renée Otten          | De Houtrib       | 1:40.92       | 200101858 | <b>1:43.50</b> |     | 1:43.50 |
| 8.    | Ana van Dijk         | De Houtrib       | 1:42.64       | 200105402 | <b>1:44.97</b> |     | 1:44.97 |
| 9.    | Rayna van Wezep      | De Houtrib       | 1:48.45       | 200105424 | <b>1:48.45</b> |     | 1:48.45 |
| 10.   | Nina Honing          | De Houtrib       | 1:50.01       | 200203240 | <b>1:51.60</b> |     | 1:51.60 |
| AFGEM | Shannon Agricola     | De Houtrib       | 1:41.76       | 200202872 |                |     |         |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 22  
3-10-2015 - 19:25

Jongens, 200m vrije slag

Jongens Junioren 4 en later  
Resultaten

| rang naam                 | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    | 150m | 200m    |
|---------------------------|------------------|---------------|-----------|----------------|-----|---------|------|---------|
| 1. Remco Dijkstra         | HZ&PC Heerenveen | 2:11.21       | 200100789 | <b>2:11.13</b> |     | 1:02.04 |      | 2:11.13 |
| 2. Stefan Waalkens        | De Houtrib       | 2:11.36       | 200100611 | <b>2:11.78</b> |     | 1:03.72 |      | 2:11.78 |
| 3. Renger Bootsma         | Octopus          | 2:28.11       | 200002563 | <b>2:13.98</b> |     | 1:04.10 |      | 2:13.98 |
| 4. Bastian Renshoff       | Octopus          | 2:16.58       | 200001261 | <b>2:15.00</b> |     | 1:05.02 |      | 2:15.00 |
| 5. Bart Muselaers         | Octopus          | 2:17.65       | 200100865 | <b>2:15.42</b> |     | 1:05.23 |      | 2:15.42 |
| 6. Jelle Opmeer           | Octopus          | 2:21.18       | 200100269 | <b>2:16.15</b> |     | 1:04.83 |      | 2:16.15 |
| 7. Jarmo van den Blink    | De Houtrib       | 2:20.88       | 200100585 | <b>2:17.17</b> |     | 1:06.15 |      | 2:17.17 |
| 8. Remi van der Schee     | De Houtrib       | 2:21.59       | 200100583 | <b>2:25.02</b> |     | 1:10.29 |      | 2:25.02 |
| 9. Jochem Hallie          | Octopus          | 2:35.11       | 200000009 | <b>2:28.76</b> |     | 1:11.64 |      | 2:28.76 |
| 10. Lars van Hell         | Octopus          | 2:34.15       | 200100095 | <b>2:29.03</b> |     | 1:09.74 |      | 2:29.03 |
| 11. Joris Pape            | Octopus          | 2:47.10       | 200000609 | <b>2:29.48</b> |     | 1:13.76 |      | 2:29.48 |
| 12. Marnix van Bottenburg | Octopus          | 2:26.72       | 200100479 | <b>2:30.92</b> |     | 1:12.20 |      | 2:30.92 |
| 13. Andy Luijendijk       | De Houtrib       | 2:26.74       | 200104217 | <b>2:32.71</b> |     | 1:13.01 |      | 2:32.71 |
| 14. Bert Jan Bredenhoff   | Octopus          | 2:45.11       | 200000471 | <b>2:43.59</b> |     | 1:14.44 |      | 2:43.59 |

Programmanr. 23  
3-10-2015 - 19:35

Dames, 100m wisselslag

Dames Senioren Open  
Resultaten

| rang naam               | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|-------------------------|------------------|---------------|-----------|----------------|-----|---------|
| 1. Ya'elle Lucht        | De Houtrib       | 1:10.51       | 200104628 | <b>1:09.27</b> |     | 1:09.27 |
| 2. Mendy de Rooi        | De Houtrib       | 1:11.10       | 199700780 | <b>1:09.45</b> |     | 1:09.45 |
| 3. Marjolein Maris      | De Houtrib       | 1:07.94       | 199400210 | <b>1:12.73</b> |     | 1:12.73 |
| 4. Fraukje Puts         | HZ&PC Heerenveen | 1:13.22       | 199206470 | <b>1:12.76</b> |     | 1:12.76 |
| 5. Danielle de Boer     | HZ&PC Heerenveen | 1:15.57       | 199404736 | <b>1:13.45</b> |     | 1:13.45 |
| 6. Britt Schoonhoven    | Octopus          | 1:13.74       | 199702468 | <b>1:15.46</b> |     | 1:15.46 |
| 7. Sharon Julius        | Octopus          | 1:14.00       | 199602664 | <b>1:16.42</b> |     | 1:16.42 |
| 8. Daphne van het Ende  | Octopus          | 1:14.09       | 199904164 | <b>1:16.51</b> |     | 1:16.51 |
| 9. Christien Liemburg   | HZ&PC Heerenveen | 1:16.87       | 199903672 | <b>1:17.42</b> |     | 1:17.42 |
| 10. Denise van Zetten   | Octopus          | 1:15.78       | 199600932 | <b>1:18.98</b> |     | 1:18.98 |
| 11. Irmgard van Weeghel | Octopus          | 1:18.21       | 199204834 | <b>1:20.18</b> |     | 1:20.18 |

Programmanr. 24  
3-10-2015 - 19:40

Heren, 50m rugslag

Heren Senioren Open  
Resultaten

| rang naam  | vereniging            | inschrijftijd |           | tijd         |
|--|-----------------------|---------------|-----------|--------------|
| 1. Marco Uppelschoten                                | De Houtrib            | 26.97         | 199500375 | <b>27.80</b> |
| 2. Jesse van Dijk                                    | De Houtrib            | 28.97         | 199903259 | <b>28.67</b> |
| 3. Emile Manni                                       | Octopus               | 28.19         | 199001901 | <b>29.26</b> |
| 4. Casper Muselaers                                  | Octopus               | 29.02         | 199600399 | <b>29.36</b> |
| 5. Roald Blok  | Octopus               | 30.17         | 199302685 | <b>31.45</b> |
| 6. Marc de Vries                                     | HZ&PC Heerenveen      | 31.32         | 199500381 | <b>32.96</b> |
| 7. Sjoerd Boertien                                   | De Houtrib            | 31.50         | 199000305 | <b>41.80</b> |
| 8. Jan Wietse Koning                                 | De Groninger Paranhas | 47.12         | 197101547 | <b>48.80</b> |
| DIS Axel Julius                                      | Octopus               | 32.86         | 199702221 |              |
| <i>AF - De aangegeven afstand niet uitgezwommen.</i> |                       |               |           |              |
| AFGEM Dennis Bos                                     | HZ&PC Heerenveen      | 27.74         | 199201965 |              |
| AFGEM Tom Barendse                                   | Octopus               | 29.29         | 199605731 |              |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 25  
3-10-2015 - 19:40

Meisjes, 200m rugslag

Meisjes Junioren 3 en later  
Resultaten

| rang naam               | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    | 150m | 200m    |
|-------------------------|------------------|---------------|-----------|----------------|-----|---------|------|---------|
| 1. Maaïke Issard        | De Houtrib       | 2:45.58       | 200300022 | <b>2:36.04</b> |     | 1:17.26 |      | 2:36.04 |
| 2. Janneke Ruiter       | De Houtrib       | 2:42.90       | 200200782 | <b>2:37.70</b> |     | 1:17.23 |      | 2:37.70 |
| 3. Sanne Abma           | HZ&PC Heerenveen | 2:44.66       | 200200590 | <b>2:40.34</b> |     | 1:17.45 |      | 2:40.34 |
| 4. Lianne van Wier      | HZ&PC Heerenveen | 2:49.09       | 200200438 | <b>2:51.39</b> |     | 1:24.95 |      | 2:51.39 |
| 5. Leonie van Wier      | HZ&PC Heerenveen | 2:57.49       | 200200436 | <b>2:55.37</b> |     | 1:23.97 |      | 2:55.37 |
| 6. Ilse Hallie          | Octopus          | 2:59.06       | 200200128 | <b>3:01.96</b> |     | 1:30.06 |      | 3:01.96 |
| 7. Hilde Jonkman        | De Houtrib       | 3:12.73       | 200300442 | <b>3:02.40</b> |     | 1:28.37 |      | 3:02.40 |
| 8. Ellis van der Stege  | Octopus          | 3:17.13       | 200300620 | <b>3:15.72</b> |     | 1:38.50 |      | 3:15.72 |
| 9. Myrthe Nootboom      | Octopus          | 3:27.73       | 200201668 | <b>3:27.16</b> |     | 1:41.32 |      | 3:27.16 |
| 10. Marylène van Zetten | Octopus          | 3:39.98       | 200301636 | <b>3:38.25</b> |     | 1:46.98 |      | 3:38.25 |
| AFGEM Iza Steunenberg   | Octopus          | 3:11.12       | 200204516 |                |     |         |      |         |

Programmanr. 26  
3-10-2015 - 19:50

Meisjes, 100m rugslag

Meisjes Junioren 3 en later  
Resultaten

| rang naam | vereniging | inschrijftijd |  | tijd | 50m | 100m |
|-----------|------------|---------------|--|------|-----|------|
|-----------|------------|---------------|--|------|-----|------|

Programmanr. 27  
3-10-2015 - 19:50

Jongens, 100m vlinderslag

Jongens Junioren 2 en later  
Resultaten

| rang naam  | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|--|------------------|---------------|-----------|----------------|-----|---------|
| 1. Jarno Bijsterbosch  | Octopus          | 1:20.16       | 200300081 | <b>1:21.92</b> |     | 1:21.92 |
| 2. Borek Buursma   | HZ&PC Heerenveen | 1:31.55       | 200200747 | <b>1:22.06</b> |     | 1:22.06 |
| 3. Ivan Bruijnzeels  | De Houtrib       | 1:53.10       | 200303061 | <b>1:51.02</b> |     | 1:51.02 |
| 4. Tim Scholtens   | De Houtrib       | 2:06.77       | 200202105 | <b>2:05.51</b> |     | 2:05.51 |
| DIS Remco Braakman   | Octopus          | 2:00.97       | 200201175 |                |     |         |
| <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> |                  |               |           |                |     |         |
| DIS Maarten van Duren  | Octopus          | 1:59.37       | 200201167 |                |     |         |
| <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> |                  |               |           |                |     |         |
| AFGEM Sem Bredenhoff   | Octopus          | 1:33.22       | 200200047 |                |     |         |

Programmanr. 127  
3-10-2015 - 19:55

Heren, 100m vlinderslag  
S4 t/m S15

Heren Senioren Open  
Resultaten

| rang naam | vereniging | inschrijftijd |  | tijd | 50m | 100m |
|-----------|------------|---------------|--|------|-----|------|
|-----------|------------|---------------|--|------|-----|------|

Programmanr. 227  
3-10-2015 - 19:55

Dames, 100m vlinderslag  
S4 t/m S15

Dames Senioren Open  
Resultaten

| rang naam | vereniging | inschrijftijd |  | tijd | 50m | 100m |
|-----------|------------|---------------|--|------|-----|------|
|-----------|------------|---------------|--|------|-----|------|

Dames Jeugd 1 en 2

|                      |                  |         |           |                |  |         |
|----------------------|------------------|---------|-----------|----------------|--|---------|
| 1. Liesette Bruinsma | HZ&PC Heerenveen | 1:20.18 | 200004346 | <b>1:24.95</b> |  | 1:24.95 |
|----------------------|------------------|---------|-----------|----------------|--|---------|

Dames Senioren Open

|  |         |  |    |           |  |  |
|--|---------|--|----|-----------|--|--|
| DIS Merel Benthem  | Zcnf'34 |  | NT | 198706082 |  |  |
| <i>VG - Bij de laatste armslag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.</i> |         |  |    |           |  |  |



a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 28  
3-10-2015 - 19:55

Meisjes, 100m wisselslag

Meisjes Minioren 4,5, Junioren 1  
Resultaten

| rang | naam                 | vereniging       | inschrijftijd |           | tijd           | 50m | 100m    |
|------|----------------------|------------------|---------------|-----------|----------------|-----|---------|
| 1.   | Jetske Moot          | De Houtrib       | 1:19.21       | 200400230 | <b>1:16.95</b> |     | 1:16.95 |
| 2.   | Arianne Meijer       | HZ&PC Heerenveen | 1:32.00       | 200500304 | <b>1:27.81</b> |     | 1:27.81 |
| 3.   | Annelieke Stegink    | De Houtrib       | 1:34.67       | 200500570 | <b>1:28.43</b> |     | 1:28.43 |
| 4.   | Loïs Jalving         | HZ&PC Heerenveen | 1:36.12       | 200400280 | <b>1:31.83</b> |     | 1:31.83 |
| 5.   | Nienke van der Klugt | De Houtrib       | 1:45.27       | 200403236 | <b>1:34.28</b> |     | 1:34.28 |
| 6.   | Charley Zethoven     | HZ&PC Heerenveen | 1:41.22       | 200500868 | <b>1:34.40</b> |     | 1:34.40 |
| 7.   | Maud Bouwman         | Octopus          | 1:47.72       | 200401704 | <b>1:38.20</b> |     | 1:38.20 |
| 8.   | Kim van de Stege     | Octopus          | 1:42.35       | 200600004 | <b>1:38.48</b> |     | 1:38.48 |
| 9.   | Floortje van Duren   | Octopus          | 1:48.91       | 200400716 | <b>1:43.95</b> |     | 1:43.95 |
| 10.  | Mette Etmans         | De Houtrib       | 1:53.23       | 200500848 | <b>1:46.42</b> |     | 1:46.42 |
| 11.  | Britt Meisner        | Octopus          | NT            | 200600658 | <b>1:54.10</b> |     | 1:54.10 |
| 12.  | Devina Baank         | De Houtrib       | 2:30.19       | 200501056 | <b>2:35.95</b> |     | 2:35.95 |
| DIS  | Amber Boomsma        | HZ&PC Heerenveen | 1:39.40       | 200401416 |                |     |         |

*RH - Het eindpunt niet in rugligging aangeraakt.*

Programmanr. 29  
3-10-2015 - 20:05

Jongens, 50m vrije slag

Jongens Minioren 4,5,6  
Resultaten

| rang | naam              | vereniging       | inschrijftijd |           | tijd         |
|------|-------------------|------------------|---------------|-----------|--------------|
| 1.   | Meindert Dekkinga | HZ&PC Heerenveen | 34.81         | 200400377 | <b>33.32</b> |
| 2.   | Thomas Burgmeijer | De Houtrib       | 36.42         | 200400739 | <b>33.80</b> |
| 3.   | Charlie Kurzmann  | De Houtrib       | 36.16         | 200401535 | <b>35.99</b> |
| 4.   | Tristan Scholtens | De Houtrib       | 38.23         | 200402107 | <b>36.54</b> |
| 5.   | Tobias Scholtens  | De Houtrib       | 36.37         | 200400665 | <b>37.16</b> |
| 6.   | Menno Otten       | De Houtrib       | 37.29         | 200400315 | <b>37.50</b> |
| 7.   | Bart Faber        | HZ&PC Heerenveen | NT            | 200400423 | <b>38.01</b> |
| 8.   | Sander Heinsius   | HZ&PC Heerenveen | 38.56         | 200400013 | <b>38.99</b> |
| 9.   | Yoren van Aalst   | De Houtrib       | 40.46         | 200400713 | <b>39.26</b> |
| 10.  | Quinten van Aar   | De Houtrib       | 40.33         | 200500359 | <b>40.42</b> |
| 11.  | Marijn Bredenhoff | Octopus          | 39.36         | 200400069 | <b>42.40</b> |
| 12.  | Milan van de Berg | Octopus          | 52.45         | 200600069 | <b>49.93</b> |
| DIS  | Jayden Koetsier   | De Houtrib       | 37.94         | 200400163 |              |

*AA - Gestart voor het startsignaal (en wel gezwommen).*

Programmanr. 30  
3-10-2015 - 20:10

Dames, 4 x 100m wisselslag

Dames Senioren Open  
Resultaten

| rang | vereniging               | inschrijftijd |                         | tijd           |
|------|--------------------------|---------------|-------------------------|----------------|
| 1.   | De Houtrib 1             | 4:30.31       |                         | <b>4:40.55</b> |
|      | Renée Otten 01           | 1:13.80       | Mendy de Rooi 97        |                |
|      | Marjolein Maris 94       |               | Ya'elle Lucht 01        |                |
| 2.   | Octopus 1                | 4:40.46       |                         | <b>4:46.08</b> |
|      | Danielle Bijsterbosch 99 | 1:10.32       | Brigit van der Vegte 00 |                |
|      | Carmen ter Weele 98      |               | Britt Schoonhoven 97    |                |
| 3.   | HZ&PC Heerenveen 1       | 4:42.25       |                         | <b>4:46.71</b> |
|      | Eline van der Wal 01     | 1:07.66       | Fraukje Puts 92         |                |
|      | Danielle de Boer 94      |               | Lianne van Wier 02      |                |

a comp deel 1  
heerenveen, 3-10-2015

Programmanr. 31  
3-10-2015 - 20:15

Heren, 4 x 100m vrije slag

Heren Senioren Open  
Resultaten

| rang | vereniging   | inschrijftijd  | tijd                      |
|------|--|--|---------------------------|
| 1.   | De Houtrib<br>Sjoerd Boertien<br>Jesse van Dijk              | De Houtrib<br>90 57.48<br>99 Martin Ruiter<br>Marco Uppelschoten 00<br>95    | 3:36.55<br><b>3:38.60</b> |
| 2.   | Octopus 1<br>Emile Manni<br>Erik Pape                        | Octopus<br>90 55.16<br>96 Casper Muselaers<br>Lars Ruessink 96<br>98         | 3:37.69<br><b>3:38.79</b> |
| 3.   | HZ&PC Heerenveen 1<br>Vincent Visser<br>Denny Olde Agterhuis | HZ&PC Heerenveen<br>97 54.93<br>98 Daan Zwertbroek<br>Marc de Vries 99<br>95 | 3:38.62<br><b>3:42.06</b> |