



Programmanr. 1
4-11-2018 - 14:45

200m wisselslag

Minioren 5 en 6
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Minioren 5 en Junioren 1, Meisjes								
1. Frouke Ludwig	Dz&Pc	3:08.47	200800112	3:06.83	39.19			3:06.83
2. Indy Hof	Dz&Pc	3:28.54	200800630	3:24.25	52.13			3:24.25
3. Annick van Eeuwijk	Wetterwille	3:23.11	200801798	3:26.84	45.36			3:26.84
4. Lotte van der Werf	Wetterwille	NT	200703336	3:47.47	57.09			3:47.47

Minioren 5 en 6, Jongens

1. Jere Wiersma	Dz&Pc	3:16.21	200701037	3:16.49	41.22			3:16.49
2. Hylke de Jong	de Granaet	NT	200801057	3:30.34	44.34			3:30.34
3. Ricardo Hassing	Apexswim	3:46.86	200800097	3:31.11	47.89			3:31.11
4. Hielke van der Zwaag	Wetterwille	3:38.25	200701197	3:35.16	54.48			3:35.16
5. Jorn van Kammen	Wetterwille	NT	200801289	3:40.68	57.45			3:40.68
6. Jente-Piebe Dijkstra	Wetterwille	3:54.88	200800299	3:41.35	54.25			3:41.35
7. Gertjan van der Meer	Wetterwille	3:54.97	200701369	3:42.06	54.98			3:42.06
8. Yanick van den Berg	Wetterwille	NT	200800667	4:03.30	1:00.13			4:03.30

DIS Tieme Wiersma Dz&Pc 3:06.31 200701031
SU - Niet gezwommen in de cyclus van eerst armslag dan beenslag of een onvolledige cyclus (behalve bij de laatste slag voor keer- of eindpunt)

DIS L. Brandsma Dz&Pc NT 200702645
AA - Gestart voor het startsignaal (en wel gezwommen).

Programmanr. 2
4-11-2018 - 14:59

200m wisselslag

12 jaar en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Junioren 2 en 3, Meisjes								
1. Maike van der Heide	de Granaet	2:50.25	200500828	2:49.50	36.40			2:49.50
2. Lise Kleinbekman	ReVeLie Swim Team	2:49.56	200502870	2:51.89	36.77			2:51.89
3. Suze Buikema	Wetterwille	3:04.06	200600872	2:59.02	39.09			2:59.02
4. Esmee Hofstra	Wetterwille	3:03.20	200501816	3:00.27	40.23			3:00.27
5. Naomi Vellinga	Wetterwille	3:07.46	200500504	3:02.30	41.56			3:02.30
6. Fardau Dikkers	Wetterwille	3:33.33	200501722	3:06.18	47.17			3:06.18
7. Kyra Kootstra	Pwc	NT	200501834	3:12.39	44.31			3:12.39

Jeugd 1 en 2, Meisjes

1. Suze Kuipers	Orca 1	2:31.58	200301714	2:36.92	32.79			2:36.92
2. Merle Stavorinus	de Granaet	2:47.95	200400138	2:44.47	36.21			2:44.47
3. Lieke Visser	de Granaet	2:51.19	200400666	2:51.89	38.34			2:51.89
4. Margreet Bosch	Pwc	NT	200400470	3:21.55	44.66			3:21.55
AFGEM Renske Driessen	Pwc	3:20.62	200405636					

Senioren 1 en ouder, Dames

1. Luca Ebbinge	Dz&Pc	2:32.85	199802406	2:34.71	33.23			2:34.71
2. Masha Polushkina	ReVeLie Swim Team	2:38.42	200203064	2:39.26	32.89			2:39.26
3. Myrthe Sietsma	Wetterwille	2:40.04	200203854	2:42.41	32.15			2:42.41
4. Lisanne Rinzema	Wetterwille	2:55.96	200204294	2:53.89	37.74			2:53.89
5. Alyah de Bruijn	De Forel	2:46.06	200004308	2:56.18	35.66			2:56.18
6. Lizette van der Vegt	NTB	NT	197901440	2:59.36	40.52			2:59.36
7. Laura Marinus	Pwc	3:11.50	200103816	3:16.64	40.98			3:16.64
8. Elisabeth Postma	NTB	NT	197801360	3:20.81	44.23			3:20.81
9. Maaïke de Groot	Pwc	3:16.03	199105924	3:26.67	45.91			3:26.67
AFGEM Nynke Zandstra	Wetterwille	2:49.37	200202044					



Programmanr. 2, 200m wisselslag

Junioren 1 en 2, Jongens

1. Axel Jorn Veenstra	Pwc	3:24.16	200500577	3:08.43	45.29	3:08.43
2. Willem Cnossen	Wetterwille	3:34.15	200503049	3:35.85	53.13	3:35.85

Junioren 3 en 4, Jongens

1. Frederik Adema	de Granaet	2:25.96	200300253	2:21.40	30.16	2:21.40
2. Vincent Horsthuis	de Granaet	2:46.94	200300247	2:44.31	33.97	2:44.31
3. Roan Altena	Pwc	2:51.33	200303255	2:53.34	37.60	2:53.34
4. Jens Schievink	Wetterwille	NT	200304099	2:58.37	43.01	2:58.37
AFGEM Willem Vonk	Wetterwille	2:48.02	200301233			

Jeugd 1 en 2, Jongens

1. Marcel Delfstra	Wetterwille	2:12.90	200100037	2:12.07	27.70	2:12.07
2. Mees Niemeijer	Dz&Pc	2:31.46	200201275	2:33.90	32.23	2:33.90
3. Hidde Betten	Dz&Pc	NT	200204819	2:41.09	32.39	2:41.09
4. Willem Poortinga	Wetterwille	2:55.33	200105093	2:54.95	180 36.82	2:54.95

Senioren 1 en ouder, Heren

1. Mirko van Ligtenberg	Wetterwille	2:15.79	199800735	2:16.55	28.05	2:16.55
2. Sjoerd Vonk	Wetterwille	2:18.91	200004241	2:21.27	29.29	2:21.27

Programmanr. 3
4-11-2018 - 15:23

200m vrije slag

Minioren 3 en 4
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Minioren 3 en 4, Meisjes								
1. Daphne Westra	de Granaet	NT	200900344	2:57.25	39.03	1:24.47		2:57.25
2. Devenda van der Meer	de Granaet	NT	200900948	3:11.50	41.30	1:31.61		3:11.50
3. Ilse Wiltjer	Dz&Pc	NT	200900868	3:13.34	38.97	1:29.58		3:13.34
4. Britt Rijnders	Pwc	NT	200902248	4:26.25	57.87	2:07.36		4:26.25
5. Tess Rijnders	Pwc	NT	200902250	4:27.29	56.54	2:06.37		4:27.29

Minioren 3 en 4, Jongens

1. Wilco Driessen	Pwc	3:25.55	200900041	3:03.40	40.31	1:28.40		3:03.40
2. Roy Hofman	Apexswim	3:24.30	200900439	3:05.06	40.92	1:27.47		3:05.06
3. Ruben De Vries	Wetterwille	3:48.57	200900517	3:13.56	45.14	1:33.99		3:13.56
4. Mats Buikema	Wetterwille	3:33.70	200900113	3:26.99	45.92	1:39.46		3:26.99
5. Jelte Ruitenbergh	De Forel	3:50.13	200900013	3:29.08	46.60	1:43.01		3:29.08
6. Friso Moedt	De Forel	NT	200900437	3:29.36	45.37	1:39.49		3:29.36
7. Mark Meer, van het	De Forel	NT	200900435	3:34.48	45.40	1:40.06		3:34.48

Programmanr. 4
4-11-2018 - 15:32

400m vrije slag

Minioren 5 en 6
Resultaten

rang naam	vereniging	intijd	tijd	RT
Minioren 5 en Junioren 1, Meisjes				
1. Frouke Ludwig	Dz&Pc	NT	200800112	5:40.63
50m: 38.53	38.53	150m:	250m:	350m:
100m: 1:22.00	43.47	200m: 2:50.71	300m:	400m: 5:40.63
2. Indy Hof	Dz&Pc	NT	200800630	6:07.39
50m: 38.96	38.96	150m:	250m:	350m:
100m: 1:24.81	45.85	200m: 2:58.62	300m:	400m: 6:07.39
3. Annick van Eeuwijk	Wetterwille	6:46.72	200801798	6:41.57
50m: 41.74	41.74	150m:	250m:	350m:
100m: 1:29.63	47.89	200m: 3:13.82	300m:	400m: 6:41.57
4. Lotte van der Werf	Wetterwille	NT	200703336	6:56.73
50m: 45.67	45.67	150m:	250m:	350m:
100m: 1:37.56	51.89	200m: 3:25.19	300m:	400m: 6:56.73



Programmanr. 4, 400m vrije slag

Minioren 5 en 6, Jongens

1.	Tieme Wiersma	Dz&Pc	6:12.60	200701031	5:38.23
	50m: 38.33	38.33	150m:	250m:	350m:
	100m: 1:20.89	42.56	200m: 2:48.71	300m:	400m: 5:38.23
2.	Jere Wiersma	Dz&Pc	7:24.45	200701037	6:21.60
	50m: 41.68	41.68	150m:	250m:	350m:
	100m: 1:28.68	47.00	200m: 3:06.68	300m:	400m: 6:21.60
3.	Hein Muller	Dz&Pc	NT	200800157	6:21.64
	50m: 43.35	43.35	150m:	250m:	350m:
	100m: 1:33.38	50.03	200m: 3:12.07	300m:	400m: 6:21.64
4.	Hielke van der Zwaag	Wetterwille	7:10.71	200701197	6:28.90
	50m: 43.55	43.55	150m:	250m:	350m:
	100m: 1:32.33	48.78	200m: 3:13.19	300m:	400m: 6:28.90
5.	D Mustafic	Dz&Pc	7:10.83	200800885	6:35.84
	50m: 42.05	42.05	150m:	250m:	350m:
	100m: 1:29.87	47.82	200m: 3:12.19	300m:	400m: 6:35.84
6.	Ricardo Hassing	Apexswim	7:38.08	200800097	6:43.68
	50m: 43.37	43.37	150m:	250m:	350m:
	100m: 1:34.67	51.50	200m: 3:20.62	300m:	400m: 6:43.68
7.	Hylke de Jong	de Granaet	NT	200801057	6:47.25
	50m: 42.28	42.28	150m:	250m:	350m:
	100m: 1:33.31	51.03	200m: 3:18.31	300m:	400m: 6:47.25
8.	Gertjan van der Meer	Wetterwille	7:37.71	200701369	7:00.31
	50m: 45.46	45.46	150m:	250m:	350m:
	100m: 1:37.67	52.21	200m: 3:23.01	300m:	400m: 7:00.31
9.	Jente-Piebe Dijkstra	Wetterwille	7:13.30	200800299	7:02.03
	50m: 47.50	47.50	150m:	250m:	350m:
	100m: 1:40.10	52.60	200m: 3:28.66	300m:	400m: 7:02.03
10.	Jorn van Kammen	Wetterwille	NT	200801289	7:20.96
	50m: 49.85	49.85	150m:	250m:	350m:
	100m: 1:45.44	55.59	200m: 3:36.56	300m:	400m: 7:20.96
11.	Yanick van den Berg	Wetterwille	NT	200800667	7:24.72
	50m: 50.68	50.68	150m:	250m:	350m:
	100m: 1:46.22	55.54	200m: 3:39.93	300m:	400m: 7:24.72
12.	Lennard Peter Brandsma	Dz&Pc	NT	200702645	7:46.16
	50m: 43.75	43.75	150m:	250m:	350m:
	100m: 1:38.35	54.60	200m:	300m:	400m: 7:46.16

Programmanr. 5
4-11-2018 - 15:58

800m vrije slag

12 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 2 en 3, Meisjes					
1.	Anna Mulder	ReVeLie Swim Team	11:01.59	200504646	10:44.39
	100m: 1:15.12	1:15.12	300m:	500m:	700m:
	200m: 2:36.48	1:21.36	400m: 5:20.71	600m:	800m: 10:44.39
2.	Monique Tienstra	ReVeLie Swim Team	11:47.12	200600354	11:08.88
	100m: 1:19.79	1:19.79	300m:	500m:	700m:
	200m: 2:46.70	1:26.91	400m: 5:38.52	600m:	800m: 11:08.88
3.	Esmee Hofstra	Wetterwille	12:11.13	200501816	11:19.71
	100m: 1:20.94	1:20.94	300m:	500m:	700m:
	200m: 2:46.89	1:25.95	400m: 5:41.39	600m:	800m: 11:19.71
4.	Nora Baljé	ReVeLie Swim Team	12:24.60	200503228	11:19.88
	100m: 1:17.12	1:17.12	300m:	500m:	700m:
	200m: 2:44.96	1:27.84	400m: 5:38.38	600m:	800m: 11:19.88
5.	Maike van der Heide	de Granaet	NT	200500828	11:27.14
	100m: 1:21.28	1:21.28	300m:	500m:	700m:
	200m: 2:48.53	1:27.25	400m: 5:44.76	600m:	800m: 11:27.14
6.	Lise Kleinbekman	ReVeLie Swim Team	NT	200502870	11:32.45
	100m: 1:19.04	1:19.04	300m:	500m:	700m:
	200m: 2:48.24	1:29.20	400m: 5:43.79	600m:	800m: 11:32.45
7.	Suze Buikema	Wetterwille	12:16.05	200600872	11:34.85
	100m: 1:20.04	1:20.04	300m:	500m:	700m:
	200m: 2:46.76	1:26.72	400m: 5:42.64	600m:	800m: 11:34.85
8.	Naomi Vellinga	Wetterwille	11:30.52	200500504	11:54.46
	100m: 1:18.73	1:18.73	300m:	500m:	700m:
	200m: 2:47.65	1:28.92	400m: 5:47.60	600m:	800m: 11:54.46



Programmanr. 5, Meisjes, 800m vrije slag, Junioren 2 en 3

rang	naam	vereniging	intijd	tijd	RT
9.	Fardau Dikkers	Wetterwille	NT 200501722	12:27.11	
	100m: 1:25.58	1:25.58 300m:	500m:	700m:	
	200m: 2:57.65	1:32.07 400m: 6:09.74	600m:	800m: 12:27.11	
10.	Kyra Kootstra	Pwc	NT 200501834	13:22.33	
	100m: 1:34.81	1:34.81 300m:	500m:	700m:	
	200m: 3:19.03	1:44.22 400m: 6:46.08	600m:	800m: 13:22.33	

Jeugd 1 en 2, Meisjes

1.	Suze Kuipers	Orca 1	9:27.01 200301714	9:37.99	
	100m: 1:06.00	1:06.00 300m:	500m:	700m:	
	200m: 2:17.72	1:11.72 400m: 4:43.86	600m:	800m: 9:37.99	
2.	Roos van Duin	ReVeLie Swim Team	10:30.28 200404280	10:02.62	
	100m: 1:09.69	1:09.69 300m:	500m:	700m:	
	200m: 2:24.80	1:15.11 400m: 4:57.81	600m:	800m: 10:02.62	
3.	Merle Stavorinus	de Granaet	10:30.95 200400138	10:26.66	
	100m: 1:12.16	1:12.16 300m:	500m:	700m:	
	200m: 2:31.46	1:19.30 400m: 5:11.28	600m:	800m: 10:26.66	
4.	Lieke Visser	de Granaet	NT 200400666	11:16.66	
	100m: 1:18.51	1:18.51 300m:	500m:	700m:	
	200m: 2:43.98	1:25.47 400m: 5:37.09	600m:	800m: 11:16.66	
5.	Roos de Jong	Zcnf'34	13:12.49 200302948	11:22.86	
	100m: 1:20.80	1:20.80 300m:	500m:	700m:	
	200m: 2:46.87	1:26.07 400m: 5:40.68	600m:	800m: 11:22.86	
6.	Margreet Bosch	Pwc	NT 200400470	13:57.03	
	100m: 1:36.16	1:36.16 300m:	500m:	700m:	
	200m: 3:23.56	1:47.40 400m: 7:00.90	600m:	800m: 13:57.03	
7.	Renske Driessen	Pwc	NT 200405636	14:27.56	
	100m: 1:38.73	1:38.73 300m:	500m:	700m:	
	200m: 3:25.73	1:47.00 400m: 7:06.59	600m:	800m: 14:27.56	

Senioren 1 en ouder, Dames

1.	Amé Hulleman	ReVeLie Swim Team	9:41.94 200202794	9:43.23	
	100m: 1:06.16	1:06.16 300m:	500m:	700m:	
	200m: 2:18.31	1:12.15 400m: 4:44.66	600m:	800m: 9:43.23	
2.	Renée Vanderheyden	ReVeLie Swim Team	9:50.74 199903130	10:01.70	
	100m: 1:07.40	1:07.40 300m:	500m:	700m:	
	200m: 2:20.40	1:13.00 400m: 4:50.47	600m:	800m: 10:01.70	
3.	Luca Ebbinge	Dz&Pc	10:12.47 199802406	10:40.91	
	100m: 1:06.39	1:06.39 300m:	500m:	700m:	
	200m: 2:19.13	1:12.74 400m: 4:51.62	600m:	800m: 10:40.91	
4.	Myrthe Sietsma	Wetterwille	10:43.17 200203854	10:47.39	
	100m: 1:12.58	1:12.58 300m:	500m:	700m:	
	200m: 2:33.90	1:21.32 400m: 5:20.72	600m:	800m: 10:47.39	
5.	Feia Persad	ZV Hoorn	11:05.49 200201828	11:06.90	
	100m: 1:15.68	1:15.68 300m:	500m:	700m:	
	200m: 2:36.77	1:21.09 400m: 5:23.99	600m:	800m: 11:06.90	
6.	Lizette van der Vegt	NTB	NT 197901440	11:13.22	
	100m: 1:16.92	1:16.92 300m:	500m:	700m:	
	200m: 2:41.62	1:24.70 400m: 5:31.90	600m:	800m: 11:13.22	
7.	Lisanne Rinzema	Wetterwille	11:25.29 200204294	11:39.41	
	100m: 1:19.80	1:19.80 300m:	500m:	700m:	
	200m: 2:47.74	1:27.94 400m: 5:44.49	600m:	800m: 11:39.41	
8.	Alyah de Bruijn	De Forel	11:10.15 200004308	11:58.33	
	100m: 1:14.91	1:14.91 300m:	500m:	700m:	
	200m: 2:38.58	1:23.67 400m: 5:42.49	600m:	800m: 11:58.33	
9.	Elisabeth Postma	NTB	NT 197801360	12:12.53	
	100m: 1:24.21	1:24.21 300m:	500m:	700m:	
	200m: 2:57.87	1:33.66 400m: 6:05.74	600m:	800m: 12:12.53	
10.	Laura Marinus	Pwc	NT 200103816	12:57.97	
	100m: 1:27.79	1:27.79 300m:	500m:	700m:	
	200m: 3:04.19	1:36.40 400m: 6:21.34	600m:	800m: 12:57.97	
11.	Maaïke de Groot	Pwc	NT 199105924	14:30.56	
	100m: 1:36.31	1:36.31 300m:	500m:	700m:	
	200m: 3:21.73	1:45.42 400m: 6:59.41	600m:	800m: 14:30.56	
AFGEM	Nynke Zandstra	Wetterwille	9:50.81 200202044		



Programmanr. 5, 800m vrije slag

Junioren 1 en 2, Jongens

1. Senna Hof	Dz&Pc	NT	200600761	10:08.50
100m: 1:10.70	1:10.70	300m:	500m:	700m:
200m: 2:28.79	1:18.09	400m: 5:04.88	600m:	800m: 10:08.50
2. Axel Jorn Veenstra	Pwc	13:07.82	200500577	12:23.06
100m: 1:28.58	1:28.58	300m:	500m:	700m:
200m: 3:05.77	1:37.19	400m: 6:20.20	600m:	800m: 12:23.06
3. Willem Crossen	Wetterwille	13:51.72	200503049	13:52.91
100m: 1:35.94	1:35.94	300m:	500m:	700m:
200m: 3:21.68	1:45.74	400m: 6:53.57	600m:	800m: 13:52.91
4. Sil Veenstra	Zcnf'34	NT	200501497	15:52.34
100m: 1:50.81	1:50.81	300m:	500m:	700m:
200m: 3:53.23	2:02.42	400m: 7:57.38	600m:	800m: 15:52.34

Junioren 3 en 4, Jongens

1. Frederik Adema	de Granaet	9:45.15	200300253	9:58.10
100m: 1:05.32	1:05.32	300m:	500m:	700m:
200m: 2:19.02	1:13.70	400m: 4:52.30	600m:	800m: 9:58.10
2. Vincent Horsthuis	de Granaet	11:28.61	200300247	11:30.38
100m: 1:17.09	1:17.09	300m:	500m:	700m:
200m: 2:44.00	1:26.91	400m: 5:37.92	600m:	800m: 11:30.38
3. Jens Schievink	Wetterwille	NT	200304099	12:03.46
100m: 1:22.28	1:22.28	300m:	500m:	700m:
200m: 2:54.51	1:32.23	400m: 6:01.46	600m:	800m: 12:03.46
4. Roan Altena	Pwc	12:33.66	200303255	12:03.97
100m: 1:20.61	1:20.61	300m:	500m:	700m:
200m: 2:49.27	1:28.66	400m: 5:54.22	600m:	800m: 12:03.97

AFGEM Willem Vonk Wetterwille 11:11.50 200301233

Jeugd 1 en 2, Jongens

1. Marcel Delfstra	Wetterwille	9:15.39	200100037	9:19.41
100m: 1:02.01	1:02.01	300m:	500m:	700m:
200m: 2:11.91	1:09.90	400m: 4:34.83	600m:	800m: 9:19.41
2. Mees Niemeijer	Dz&Pc	10:33.33	200201275	9:44.08
100m: 1:06.70	1:06.70	300m:	500m:	700m:
200m: 2:18.82	1:12.12	400m: 4:47.70	600m:	800m: 9:44.08
3. Vincent Dragt	ZV Hoorn	9:39.92	200104091	9:52.12
100m: 1:07.56	1:07.56	300m:	500m:	700m:
200m: 2:21.80	1:14.24	400m: 4:51.96	600m:	800m: 9:52.12
4. Hidde Betten	Dz&Pc	NT	200204819	11:12.72
100m: 1:17.92	1:17.92	300m:	500m:	700m:
200m: 2:44.22	1:26.30	400m: 5:37.87	600m:	800m: 11:12.72
5. Willem Poortinga	Wetterwille	11:57.13	200105093	12:07.10
100m: 1:19.69	1:19.69	300m:	500m:	700m:
200m: 2:49.94	1:30.25	400m: 5:58.32	600m:	800m: 12:07.10

Senioren 1 en ouder, Heren

1. Erik Nijholt	Dz&Pc	8:19.30	199401349	8:13.73
100m: 58.40	58.40	300m:	500m:	700m:
200m: 2:00.28	1:01.88	400m: 4:06.36	600m:	800m: 8:13.73
2. Mirko van Ligtenberg	Wetterwille	9:24.04	199800735	9:28.85
100m: 1:03.77	1:03.77	300m:	500m:	700m:
200m: 2:14.76	1:10.99	400m: 4:39.10	600m:	800m: 9:28.85
3. Sjoerd Vonk	Wetterwille	9:41.47	200004241	10:08.96
100m: 1:06.70	1:06.70	300m:	500m:	700m:
200m: 2:22.59	1:15.89	400m: 4:59.06	600m:	800m: 10:08.96
4. René Jaasma	NTB	NT	198403580	11:25.51
100m: 1:20.28	1:20.28	300m:	500m:	700m:
200m: 2:45.43	1:25.15	400m: 5:40.59	600m:	800m: 11:25.51
5. Lammert van der Veen	NTB	NT	198503935	11:34.41
100m: 1:16.70	1:16.70	300m:	500m:	700m:
200m: 2:42.76	1:26.06	400m: 5:39.31	600m:	800m: 11:34.41