

Minioren-Junioren Circuit Deel 1



HZ&PC Heerenveen

Heerenveen 28-9-2019

Nummer: 1 - zaterdag 28 september 2019 om 16:45u (25 m)

Aanvangstijd juryvergadering: 16:15u

1. 25m onbekende slag -

7 - 9 jaar (Minioren 4 en later) Heren

1. Jorick Johannes (HZ&PC Heerenveen, 201000403)	00:20.79
2. Stijn Dijkstra (Dz&Pc, 201000279)	00:21.28
3. Roel Meijer (HZ&PC Heerenveen, 201000161)	00:21.75
4. Robin Mintjes (Apexswim, 201000957)	00:22.92
5. Mattias Stolk (HZ&PC Heerenveen, 201000525)	00:23.11
6. Yorre van der Wal (Apexswim, 201000017)	00:24.13
7. Hylke Verkaik (Neptunia '24, 201001305)	00:28.30
8. David Jetten (Dz&Pc, 201100351)	00:31.60
9. Bram Dijkstra (Dz&Pc, 201200195)	00:37.03

7 - 9 jaar (Minioren 4 en later) Dames

1. Ilse Smilde (HZ&PC Heerenveen, 201000466)	00:21.84
2. Ylja Meulman (Dz&Pc, 201000384)	00:22.36
3. Marre van der Wal (Apexswim, 201000046)	00:22.67
4. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	00:23.21
5. Fenne van der Veen (Neptunia '24, 201001694)	00:23.23
6. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	00:24.16
7. Femke Agricola (HZ&PC Heerenveen, 201000230)	00:25.36
8. Amila Mustafic (Dz&Pc, 201200026)	00:25.50
9. Sophie Dzamastagic (Dz&Pc, 201100480)	00:27.31
10. Linne Zwaanswijk (Dz&Pc, 201100478)	00:31.12
11. Emma Sofie Mintjes (Apexswim, 201200216)	00:32.32
12. Adriana Lenis (Dz&Pc, 201100332)	00:38.67

2. 100m wisselslag - Heren

10 - 11 jaar (Minioren 5 en 6)

1. Wytse Broekstra (SG FZC54-De Vikings, 200800121)	01:16.01
2. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	01:25.37
3. Hein Muller (Dz&Pc, 200800157)	01:26.83
4. Roy Hofman (Apexswim, 200900439)	01:28.97
5. Sven Koornstra (SG FZC54-De Vikings, 200900189)	01:29.65
6. Milan Derkx (SG FZC54-De Vikings, 200800681)	01:31.11
7. Remco Jelsma (Dz&Pc, 200800639)	01:32.51

8. Ricardo Hassing (Apexswim, 200800097)	01:32.53
9. Paul Meijer (HZ&PC Heerenveen, 200800177)	01:33.72
10. Friso Moedt (HZ&PC Heerenveen, 200900437)	01:38.48
11. Pascal Boersma (Avéna, 200801957)	01:40.32
12. Tije Hempenius (HZ&PC Heerenveen, 200901365)	01:42.59
13. Mark van het Meer (HZ&PC Heerenveen, 200900435)	01:43.51
14. Raoul Melein (Avéna, 200900473)	01:44.38
15. Sven Tjepkema (Neptunia '24, 200901963)	01:50.05
16. Birk Bosma (Avéna, 200802673)	01:53.12
17. Tijn Bijma (SG FZC54-De Vikings, 200900397)	01:54.98
18. Aron Folkerts (Dz&Pc, 200901923)	02:04.40
DIS. Damir Mustafic (Dz&Pc, 200800885)	01:25.52
DIS. Thymion van Mirre (Dz&Pc, 200802703)	01:55.91
DIS. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	01:44.40
DIS. Jelte Ruitenberg (HZ&PC Heerenveen, 200900013)	01:52.18
DIS. Olivier Homma (Neptunia '24, 200802887)	02:12.00
DIS. Than Kadey Htun Swe (SG FZC54-De Vikings, 200800609)	01:46.37
3. 100m schoolslag - Dames	
<i>10 - 10 jaar (Minioren 5)</i>	
1. Ilse Wiltjer (Dz&Pc, 200900868) 50m 00:45.31 45,31	01:36.72
2. Larissa Hendriks (Zcnf'34, 200900022) 50m 00:50.34 50,34	01:44.20
3. Linne Tichelaar (HZ&PC Heerenveen, 200902194) 50m 00:48.42 48,42	01:44.77
4. Jasmijn Meesters (Neptunia '24, 200902728) 50m 00:48.52 48,52	01:45.86
5. Fardau Cazemier (Zcnf'34, 200901736) 50m 00:54.49 54,49	01:52.48
6. Amy Setz (Neptunia '24, 200902598) 50m 00:56.91 56,91	02:01.42
7. Silke Hooghiemstra (Neptunia '24, 200901224) 50m 00:57.06 57,06	02:01.48
8. Lisa van Ewijck (Avéna, 200901800) 50m 00:57.07 57,07	02:01.92
9. Fenna Balt (SG FZC54-De Vikings, 200900464) 50m 00:58.10 58,10	02:02.58
DIS. Laura Brands (Neptunia '24, 200902254) 50m 00:59.45 59,45	02:06.12
DIS. Indy Nes (SG FZC54-De Vikings, 200901630) 50m 00:58.04 58,04	02:04.63
4. 100m rugslag - Heren	
<i>12 - 13 jaar (Junioren 1 en 2)</i>	
1. Senna Hof (Dz&Pc, 200600761) 50m 00:32.37 32,37	01:07.82

2. Tieme Wiersma (Dz&Pc, 200701031)	01:14.46
50m 00:36.04 36,04	
3. Lennard Brandsma (Dz&Pc, 200702645)	01:17.59
50m 00:37.67 37,67	
4. Jere Wiersma (Dz&Pc, 200701037)	01:17.95
50m 00:37.74 37,74	
5. Sam Derkx (SG FZC54-De Vikings, 200601917)	01:18.06
50m 00:37.10 37,10	
6. Maiko Hofstra (ZPC Isis, 200603079)	01:18.63
50m 00:37.36 37,36	
7. Jetze de Vries (SG FZC54-De Vikings, 200602589)	01:19.04
50m 00:39.04 39,04	
8. Jelte de Boer (SG FZC54-De Vikings, 200700345)	01:21.27
50m 00:39.42 39,42	
9. Job Terwisscha van Scheltinga (HZ&PC Heerenveen, 200601181)	01:25.46
50m 00:42.58 42,58	
10. Jochum van Hattum (Dz&Pc, 200601231)	01:27.15
50m 00:42.49 42,49	
11. Borre Tichelaar (HZ&PC Heerenveen, 200702075)	01:28.56
50m 00:43.19 43,19	
12. Vasco Strampel (HZ&PC Heerenveen, 200702073)	01:29.08
50m 00:44.22 44,22	
13. Lars van Zessen (HZ&PC Heerenveen, 200603045)	01:37.73
50m 00:47.32 47,32	
14. Mathijs Haitsma (SG FZC54-De Vikings, 200700039)	01:40.23
50m 00:47.60 47,60	
15. Dilan Gaemers (Avéna, 200602311)	01:40.61
50m 00:48.82 48,82	
16. Geuvert Hoogkamp (Avéna, 200603633)	01:40.95
50m 00:47.42 47,42	
17. Jurre Talhout (SG FZC54-De Vikings, 200700921)	01:40.97
50m 00:47.15 47,15	
18. Arthur Lenis (Dz&Pc, 200702577)	01:52.44
50m 00:54.45 54,45	
5. 200m vrije slag - Dames	
11 - 12 jaar (Junioren 1 en 2)	
1. Frouke Ludwig (Dz&Pc, 200800112)	02:24.77
50m 00:32.14 32,14 100m 01:09.35 37,21	
2. Julia Agricola (Dz&Pc, 200800266)	02:30.76
50m 00:33.90 33,90 100m 01:12.38 38,48	
3. Maud Roffel (HZ&PC Heerenveen, 200700840)	02:37.49
50m 00:35.49 35,49 100m 01:16.40 40,91	
4. Indy Hof (Dz&Pc, 200800630)	02:38.28
50m 00:36.63 36,63 100m 01:17.92 41,29	
5. Janiek Minnema (Avéna, 200700452)	02:38.80
50m 00:35.71 35,71 100m 01:16.66 40,95	
6. Amber Lubbers (SG FZC54-De Vikings, 200700398)	02:39.65
50m 00:35.56 35,56 100m 01:16.71 41,15	
7. Tess Knol (Avéna, 200702106)	02:43.39
50m 00:37.10 37,10 100m 01:20.14 43,04	

8. Gabriella da Silva Miranda (SG FZC54-De Vikings, 200700088)	02:48.11
50m 00:36.82 36,82 100m 01:20.16 43,34	
9. Femke Smilde (HZ&PC Heerenveen, 200801826)	02:48.37
50m 00:35.20 35,20 100m 01:18.27 43,07	
10. Laura van Etten (HZ&PC Heerenveen, 200800264)	02:49.91
50m 00:37.44 37,44 100m 01:22.14 44,70	
11. Vienna Maura Delea (SG FZC54-De Vikings, 200800962)	02:50.06
50m 00:39.53 39,53 100m 01:23.64 44,11	
12. Jannoula Jaspers (SG FZC54-De Vikings, 200800202)	02:50.40
50m 00:38.59 38,59 100m 01:24.92 46,33	
13. Rosalie Meesters (Neptunia '24, 200702878)	02:53.38
50m 00:39.02 39,02 100m 01:23.07 44,05	
14. Jenthe Visser (Dz&Pc, 200800604)	02:56.44
50m 00:40.04 40,04 100m 01:25.67 45,63	
15. Jildou van der Hoek (Dz&Pc, 200801654)	02:59.15
50m 00:39.63 39,63 100m 01:25.94 46,31	
16. Chiemene Woudstra (Avéna, 200702616)	03:02.55
50m 00:42.59 42,59 100m 01:30.16 47,57	
17. Malika van Bezooijen (HZ&PC Heerenveen, 200700776)	03:03.18
50m 00:39.25 39,25 100m 01:25.31 46,06	
18. Sophie de Grave (SG FZC54-De Vikings, 200702040)	03:04.13
50m 00:40.50 40,50 100m 01:29.02 48,52	
19. Marije Jaspers (Neptunia '24, 200802152)	03:04.64
50m 00:42.59 42,59 100m 01:31.77 49,18	
20. Norah Kip (Neptunia '24, 200702876)	03:07.47
50m 00:41.86 41,86 100m 01:30.61 48,75	
21. Caitlin Zijlstra (Avéna, 200702618)	03:08.55
50m 00:42.24 42,24 100m 01:31.18 48,94	
22. Mirthe Agricola (HZ&PC Heerenveen, 200702306)	03:14.16
50m 00:44.63 44,63 100m 01:35.66 51,03	
23. Hannelore Buze (Dz&Pc, 200801226)	03:15.40
50m 00:45.17 45,17 100m 01:35.59 50,42	
24. Esmee Ykema (Neptunia '24, 200801710)	03:15.84
50m 00:43.43 43,43 100m 01:33.86 50,43	
25. Vlora Berisha (HZ&PC Heerenveen, 200702544)	03:18.08
50m 00:41.76 41,76 100m 01:33.21 51,45	
26. Anneroos Gardenier (Avéna, 200802856)	03:22.66
50m 00:44.81 44,81 100m 01:36.06 51,25	
27. Femke van Weperen (Zcnf'34, 200800356)	03:36.79
50m 00:46.98 46,98 100m 01:42.39 55,41	
28. Meike Peereboom (ZPC Isis, 200801304)	03:46.18
50m 00:47.23 47,23 100m 01:47.37 60,14	
6. 100m rugslag - Heren	
7 - 9 jaar (Minioren 4 en later)	
1. Robin Mintjes (Apexswim, 201000957)	01:37.09
50m 00:47.48 47,48	
2. Stijn Dijkstra (Dz&Pc, 201000279)	01:42.24
50m 00:48.80 48,80	
3. Yorre van der Wal (Apexswim, 201000017)	01:42.97

	50m 00:50.85 50,85			
4. Roel Meijer (HZ&PC Heerenveen, 201000161)	50m 00:50.51 50,51			01:44.35
5. Guido Brander (Zcnf'34, 201000625)	50m 00:50.84 50,84			01:44.84
6. Mattias Stolk (HZ&PC Heerenveen, 201000525)	50m 00:52.15 52,15			01:51.31
7. David Jetten (Dz&Pc, 201100351)	50m 01:00.38 60,38			02:08.73
8. Bram Dijkstra (Dz&Pc, 201200195)	50m 01:12.28 72,28			02:31.23
DIS. Jorick Johannes (HZ&PC Heerenveen, 201000403)	50m 00:50.76 50,76			01:45.63
DIS. Hylke Verkaik (Neptunia '24, 201001305)	50m 01:11.94 71,94			02:26.13
7. 50m vlinderslag - Dames				
7 - 9 jaar (Minioren 4 en later)				
1. Marre van der Wal (Apexswim, 201000046)				00:44.26
2. Ilse Smilde (HZ&PC Heerenveen, 201000466)				00:53.41
3. Amber Minnema (Avéna, 201000142)				00:55.35
4. Amila Mustafic (Dz&Pc, 201200026)				00:56.20
5. Mirthe de Haan (Zcnf'34, 201000866)				00:56.91
6. Ina Knol (Avéna, 201001654)				01:02.39
7. Elise Dorlandt (HZ&PC Heerenveen, 201000232)				01:02.46
8. Ylja Meulman (Dz&Pc, 201000384)				01:04.31
9. Femke Agricola (HZ&PC Heerenveen, 201000230)				01:04.39
10. Fenne van der Veen (Neptunia '24, 201001694)				01:05.77
11. Amarins Bron (ZPC Isis, 201001374)				01:21.38
DIS. Lobke Hempenius (HZ&PC Heerenveen, 201100522)				00:57.14
8. 400m vrije slag - Heren				
10 - 11 jaar (Minioren 5 en 6)				
1. Wytse Broekstra (SG FZC54-De Vikings, 200800121)	50m 00:35.68 35,68	100m 01:16.86 41,18	200m 02:43.30 86,44	05:32.74
2. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	50m 00:36.66 36,66	100m 01:18.68 42,02	200m 02:48.57 89,89	05:43.33
3. Damir Mustafic (Dz&Pc, 200800885)	50m 00:36.19 36,19	100m 01:18.62 42,43	200m 02:51.69 93,07	05:53.75
4. Roy Hofman (Apexswim, 200900439)	50m 00:39.76 39,76	100m 01:23.99 44,23	200m 02:55.01 91,02	05:58.01
5. Remco Jelsma (Dz&Pc, 200800639)	50m 00:42.34 42,34	100m 01:27.73 45,39	200m 03:00.29 92,56	06:00.65
6. Hein Muller (Dz&Pc, 200800157)	50m 00:39.55 39,55	100m 01:26.56 47,01	200m 03:01.78 95,22	06:07.53
7. Sven Koornstra (SG FZC54-De Vikings, 200900189)	50m 00:40.79 40,79	100m 01:27.47 46,68	200m 03:04.43 96,96	06:14.57
8. Milan Derkx (SG FZC54-De Vikings, 200800681)				06:27.02

	50m 00:39.75 39,75	100m 01:24.05 44,30	200m 03:01.50 97,45	
9. Ricardo Hassing (Apexswim, 200800097)	50m 00:43.13 43,13	100m 01:32.61 49,48	200m 03:13.85 101,24	06:31.09
10. Friso Moedt (HZ&PC Heerenveen, 200900437)	50m 00:46.63 46,63	100m 01:37.06 50,43	200m 03:20.66 103,60	06:46.28
11. Paul Meijer (HZ&PC Heerenveen, 200800177)	50m 00:44.78 44,78	100m 01:35.52 50,74	200m 03:19.56 104,04	06:48.56
12. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	50m 00:45.20 45,20	100m 01:38.07 52,87	200m 03:23.37 105,30	06:54.86
13. Pascal Boersma (Avéna, 200801957)	50m 00:45.11 45,11	100m 01:38.19 53,08	200m 03:29.62 111,43	07:13.43
14. Birk Bosma (Avéna, 200802673)	50m 00:45.74 45,74	100m 01:40.33 54,59	200m 03:33.51 113,18	07:15.19
15. Tijn Bijma (SG FZC54-De Vikings, 200900397)	50m 00:47.48 47,48	100m 01:44.26 56,78	200m 03:40.45 116,19	07:15.67
16. Mark van het Meer (HZ&PC Heerenveen, 200900435)	50m 00:48.16 48,16	100m 01:44.27 56,11	200m 03:38.79 114,52	07:15.81
17. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	50m 00:49.45 49,45	100m 01:46.08 56,63	200m 03:40.89 114,81	07:18.37
18. Raoul Melein (Avéna, 200900473)	50m 00:47.46 47,46	100m 01:41.32 53,86	200m 03:35.52 114,20	07:23.49
19. Sven Tjepkema (Neptunia '24, 200901963)	50m 00:48.73 48,73	100m 01:45.74 57,01	200m 03:43.17 117,43	07:32.75
20. Tije Hempenius (HZ&PC Heerenveen, 200901365)	50m 00:48.85 48,85	100m 01:47.12 58,27	200m 03:44.34 117,22	07:38.47
21. Than Kadey Htun Swe (SG FZC54-De Vikings, 200800609)	50m 00:46.45 46,45	100m 01:41.57 55,12	200m 03:40.44 118,87	07:42.45
22. Thymion van Mirre (Dz&Pc, 200802703)	50m 00:49.28 49,28	100m 01:54.03 64,75	200m 04:10.75 136,72	08:36.19
23. Olivier Homma (Neptunia '24, 200802887)	50m 00:54.83 54,83	100m 01:59.26 64,43	200m 04:14.51 135,25	08:41.23
9. 100m rugslag - Dames				
<i>10 - 10 jaar (Minioren 5)</i>				
1. Ilse Wiltjer (Dz&Pc, 200900868)	50m 00:40.18 40,18			01:21.88
2. Fardau Cazemier (Zcnf'34, 200901736)	50m 00:50.20 50,20			01:40.13
3. Larissa Hendriks (Zcnf'34, 200900022)	50m 00:48.82 48,82			01:41.17
4. Jasmijn Meesters (Neptunia '24, 200902728)	50m 00:48.87 48,87			01:42.45
5. Linne Tichelaar (HZ&PC Heerenveen, 200902194)	50m 00:54.16 54,16			01:51.69
6. Indy Nes (SG FZC54-De Vikings, 200901630)	50m 01:00.46 60,46			01:59.99
7. Amy Setz (Neptunia '24, 200902598)	50m 01:00.89 60,89			02:03.80
8. Fenna Balt (SG FZC54-De Vikings, 200900464)	50m 01:01.00 61,00			02:04.81

DIS. Lisa van Ewijck (Avéna, 200901800)	01:57.67
50m 00:55.75 55,75	
DIS. Laura Brands (Neptunia '24, 200902254)	01:57.92
50m 00:58.40 58,40	
DIS. Silke Hooghiemstra (Neptunia '24, 200901224)	01:36.05
50m 00:46.44 46,44	
10. 200m schoolslag - Heren	
12 - 13 jaar (Junioren 1 en 2)	
1. Senna Hof (Dz&Pc, 200600761)	02:34.86
50m 00:34.98 34,98 100m 01:15.38 40,40	
2. Sam Derkx (SG FZC54-De Vikings, 200601917)	03:02.70
50m 00:40.24 40,24 100m 01:28.00 47,76	
3. Tieme Wiersma (Dz&Pc, 200701031)	03:04.27
50m 00:41.06 41,06 100m 01:29.63 48,57	
4. Jere Wiersma (Dz&Pc, 200701037)	03:11.28
50m 00:43.13 43,13 100m 01:32.64 49,51	
5. Jelte de Boer (SG FZC54-De Vikings, 200700345)	03:15.07
50m 00:43.71 43,71 100m 01:34.06 50,35	
6. Jetze de Vries (SG FZC54-De Vikings, 200602589)	03:16.57
50m 00:43.84 43,84 100m 01:34.26 50,42	
7. Job Terwisscha van Scheltinga (HZ&PC Heerenveen, 200601181)	03:19.06
50m 00:43.82 43,82 100m 01:34.58 50,76	
8. Maiko Hofstra (ZPC Isis, 200603079)	03:34.70
50m 00:52.15 52,15 100m 01:47.68 55,53	
9. Vasco Strampel (HZ&PC Heerenveen, 200702073)	03:36.55
50m 00:49.38 49,38 100m 01:44.56 55,18	
10. Lars van Zessen (HZ&PC Heerenveen, 200603045)	03:39.21
50m 00:49.55 49,55 100m 01:46.63 57,08	
11. Jochum van Hattum (Dz&Pc, 200601231)	03:43.13
50m 00:49.86 49,86 100m 01:48.66 58,80	
12. Lennard Brandsma (Dz&Pc, 200702645)	03:47.11
50m 00:49.64 49,64 100m 01:48.95 59,31	
13. Geuvert Hoogkamp (Avéna, 200603633)	03:52.66
50m 00:53.08 53,08 100m 01:53.14 60,06	
14. Mathijs Haitisma (SG FZC54-De Vikings, 200700039)	04:01.02
50m 00:52.16 52,16 100m 01:51.70 59,54	
15. Dilan Gaemers (Avéna, 200602311)	04:12.24
50m 00:58.73 58,73 100m 02:03.69 64,96	
16. Arthur Lenis (Dz&Pc, 200702577)	04:28.38
50m 01:00.31 60,31 100m 02:10.53 70,22	
17. Jurre Talhout (SG FZC54-De Vikings, 200700921)	04:41.39
50m 01:02.18 62,18 100m 02:15.50 73,32	
DIS. Borre Tichelaar (HZ&PC Heerenveen, 200702075)	03:33.30
50m 00:48.14 48,14 100m 01:43.93 55,79	
11. 100m wisselslag - Dames	
11 - 12 jaar (Junioren 1 en 2)	
1. Frouke Ludwig (Dz&Pc, 200800112)	01:19.20
2. Amber Lubbers (SG FZC54-De Vikings, 200700398)	01:21.05
3. Julia Agricola (Dz&Pc, 200800266)	01:21.57

4. Indy Hof (Dz&Pc, 200800630)	01:25.07
5. Gabriella da Silva Miranda (SG FZC54-De Vikings, 200700088)	01:26.70
6. Tess Knol (Avéna, 200702106)	01:26.75
7. Janiek Minnema (Avéna, 200700452)	01:26.87
8. Jenthe Visser (Dz&Pc, 200800604)	01:27.54
9. Jannoula Jaspers (SG FZC54-De Vikings, 200800202)	01:28.62
10. Malika van Bezooijen (HZ&PC Heerenveen, 200700776)	01:29.15
11. Femke Smilde (HZ&PC Heerenveen, 200801826)	01:29.29
12. Sophie de Grave (SG FZC54-De Vikings, 200702040)	01:29.31
13. Vienna Maura Delea (SG FZC54-De Vikings, 200800962)	01:31.06
14. Laura van Etten (HZ&PC Heerenveen, 200800264)	01:32.54
15. Mirthe Agricola (HZ&PC Heerenveen, 200702306)	01:34.56
16. Chiemene Woudstra (Avéna, 200702616)	01:34.75
17. Jildou van der Hoek (Dz&Pc, 200801654)	01:34.94
18. Norah Kip (Neptunia '24, 200702876)	01:36.33
19. Marije Jaspers (Neptunia '24, 200802152)	01:36.59
20. Esmee Ykema (Neptunia '24, 200801710)	01:37.38
21. Hannelore Buze (Dz&Pc, 200801226)	01:40.67
22. Caitlin Zijlstra (Avéna, 200702618)	01:41.32
23. Femke van Weperen (Zcnf'34, 200800356)	01:45.49
24. Anneroos Gardenier (Avéna, 200802856)	01:46.07
25. Vlora Berisha (HZ&PC Heerenveen, 200702544)	01:46.86
26. Amber Sterre Smits (SG FZC54-De Vikings, 200803734)	01:48.71
27. Meike Peereboom (ZPC Isis, 200801304)	01:49.49
DIS. Maud Roffel (HZ&PC Heerenveen, 200700840)	01:21.01
DIS. Rosalie Meesters (Neptunia '24, 200702878)	01:30.47
12. 100m vrije slag - Heren	
7 - 9 jaar (<i>Minioren 4 en later</i>)	
1. Robin Mintjes (Apexswim, 201000957)	01:29.39
50m 00:41.92 41,92	
2. Jorick Johannes (HZ&PC Heerenveen, 201000403)	01:32.03
50m 00:42.18 42,18	
3. Guido Brander (Zcnf'34, 201000625)	01:37.73
4. Stijn Dijkstra (Dz&Pc, 201000279)	01:39.74
50m 00:47.54 47,54	
5. Yorre van der Wal (Apexswim, 201000017)	01:39.89
50m 00:49.48 49,48	
6. Roel Meijer (HZ&PC Heerenveen, 201000161)	01:41.43
50m 00:47.15 47,15	
7. Mattias Stolk (HZ&PC Heerenveen, 201000525)	01:42.47
50m 00:47.40 47,40	
8. David Jetten (Dz&Pc, 201100351)	02:01.42

9. Hylke Verkaik (Neptunia '24, 201001305) 50m 01:03.06 63,06	02:15.12
10. Bram Dijkstra (Dz&Pc, 201200195)	02:37.84
13. 100m wisselslag - Dames 7 - 9 jaar (Minioren 4 en later)	
1. Marre van der Wal (Apexswim, 201000046)	01:39.04
2. Amber Minnema (Avéna, 201000142)	01:45.50
3. Ilse Smilde (HZ&PC Heerenveen, 201000466)	01:51.70
4. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	01:53.20
5. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	01:55.87
6. Mirthe de Haan (Zcnf'34, 201000866)	01:56.85
7. Amila Mustafic (Dz&Pc, 201200026)	01:56.95
8. Femke Agricola (HZ&PC Heerenveen, 201000230)	01:59.13
9. Ylja Meulman (Dz&Pc, 201000384)	01:59.17
10. Ina Knol (Avéna, 201001654)	02:10.43
11. Amarins Bron (ZPC Isis, 201001374)	02:37.05
DIS. Adriana Lenis (Dz&Pc, 201100332)	03:03.66
DIS. Linne Zwaanswijk (Dz&Pc, 201100478)	02:40.64
DIS. Sophie Dzamastagic (Dz&Pc, 201100480)	02:10.60
DIS. Fenne van der Veen (Neptunia '24, 201001694)	01:59.18
14. 100m rugslag - Heren 10 - 11 jaar (Minioren 5 en 6)	
1. Wytse Broekstra (SG FZC54-De Vikings, 200800121) 50m 00:38.51 38,51	01:17.98
2. Damir Mustafic (Dz&Pc, 200800885) 50m 00:39.54 39,54	01:23.30
3. Roy Hofman (Apexswim, 200900439) 50m 00:40.79 40,79	01:23.73
4. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:42.78 42,78	01:27.50
5. Ricardo Hassing (Apexswim, 200800097) 50m 00:42.40 42,40	01:29.23
6. Hein Muller (Dz&Pc, 200800157) 50m 00:44.40 44,40	01:33.96
7. Sven Koornstra (SG FZC54-De Vikings, 200900189) 50m 00:47.10 47,10	01:34.26
8. Remco Jelsma (Dz&Pc, 200800639) 50m 00:47.16 47,16	01:34.92
9. Friso Moedt (HZ&PC Heerenveen, 200900437) 50m 00:50.95 50,95	01:43.10
10. Birk Bosma (Avéna, 200802673) 50m 00:50.06 50,06	01:44.75
11. Than Kadey Htun Swe (SG FZC54-De Vikings, 200800609) 50m 00:53.52 53,52	01:52.53
12. Tije Hempenius (HZ&PC Heerenveen, 200901365)	01:52.70

	50m 00:54.93 54,93	
13.	Pascal Boersma (Avéna, 200801957) 50m 00:54.72 54,72	01:52.94
14.	Mark van het Meer (HZ&PC Heerenveen, 200900435) 50m 00:56.47 56,47	01:55.20
15.	Aron Folkerts (Dz&Pc, 200901923) 50m 00:59.98 59,98	02:06.85
16.	Thymion van Mirre (Dz&Pc, 200802703) 50m 01:02.77 62,77	02:11.69
	DIS. Raoul Melein (Avéna, 200900473)	01:51.23
	DIS. Finn Eghuizen (HZ&PC Heerenveen, 200900431) 50m 00:52.25 52,25	01:51.08
	DIS. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013) 50m 00:51.39 51,39	01:45.99
	DIS. Paul Meijer (HZ&PC Heerenveen, 200800177) 50m 00:47.07 47,07	01:35.30
	DIS. Olivier Homma (Neptunia '24, 200802887)	02:12.81
	DIS. Sven Tjepkema (Neptunia '24, 200901963) 50m 00:59.11 59,11	02:01.11
	DIS. Milan Derkx (SG FZC54-De Vikings, 200800681) 50m 00:45.10 45,10	01:33.88
	DIS. Tijn Bijma (SG FZC54-De Vikings, 200900397) 50m 00:57.80 57,80	01:55.31
15.	100m wisselslag - Dames 10 - 10 jaar (Minioren 5)	
	1. Ilse Wiltjer (Dz&Pc, 200900868)	01:25.02
	2. Fardau Cazemier (Zcnf'34, 200901736)	01:35.07
	3. Larissa Hendriks (Zcnf'34, 200900022)	01:42.99
	4. Silke Hooghiemstra (Neptunia '24, 200901224)	01:44.68
	5. Linne Tichelaar (HZ&PC Heerenveen, 200902194)	01:46.85
	6. Indy Nes (SG FZC54-De Vikings, 200901630)	01:57.14
	7. Lisa van Ewijck (Avéna, 200901800)	01:58.09
	8. Laura Brands (Neptunia '24, 200902254)	01:58.92
	9. Amy Setz (Neptunia '24, 200902598)	02:01.30
	10. Fenna Balt (SG FZC54-De Vikings, 200900464)	02:06.38
	DIS. Jasmijn Meesters (Neptunia '24, 200902728)	01:42.91
16.	100m onbekende slag - 11 - 12 jaar (Junioren 1 en 2) Dames	
	1. Vienna Maura Delea (SG FZC54-De Vikings, 200800962)	01:46.51
	2. Frouke Ludwig (Dz&Pc, 200800112)	01:47.69
	3. Femke Smilde (HZ&PC Heerenveen, 200801826)	01:48.86
	4. Maud Roffel (HZ&PC Heerenveen, 200700840)	01:50.32
	5. Sophie de Grave (SG FZC54-De Vikings, 200702040)	01:52.64
	6. Julia Agricola (Dz&Pc, 200800266)	01:53.43

7. Indy Hof (Dz&Pc, 200800630)	01:53.73
8. Jannoula Jaspers (SG FZC54-De Vikings, 200800202)	01:58.18
9. Gabriella da Silva Miranda (SG FZC54-De Vikings, 200700088)	02:01.49
10. Jenthe Visser (Dz&Pc, 200800604)	02:02.57
11. Laura van Etten (HZ&PC Heerenveen, 200800264)	02:03.24
12. Malika van Bezooijen (HZ&PC Heerenveen, 200700776)	02:06.63
13. Vlori Berisha (HZ&PC Heerenveen, 200702544)	02:08.03
14. Amber Lubbers (SG FZC54-De Vikings, 200700398)	02:08.45
15. Jildou van der Hoek (Dz&Pc, 200801654)	02:10.03
16. Mirthe Agricola (HZ&PC Heerenveen, 200702306)	02:12.66
17. Hannelore Buze (Dz&Pc, 200801226)	02:17.50
18. Femke van Weperen (Zcnf'34, 200800356)	02:22.82
19. Amber Sterre Smits (SG FZC54-De Vikings, 200803734)	02:34.00
<i>12 - 13 jaar (Junioren 1 en 2) Heren</i>	
1. Sam Derkx (SG FZC54-De Vikings, 200601917)	01:35.16
2. Senna Hof (Dz&Pc, 200600761)	01:39.00
3. Jetze de Vries (SG FZC54-De Vikings, 200602589)	01:47.24
4. Tieme Wiersma (Dz&Pc, 200701031)	01:47.96
5. Borre Tichelaar (HZ&PC Heerenveen, 200702075)	01:49.64
6. Jere Wiersma (Dz&Pc, 200701037)	01:53.38
7. Jelte de Boer (SG FZC54-De Vikings, 200700345)	01:59.65
8. Jochum van Hattum (Dz&Pc, 200601231)	02:01.03
9. Job Terwisscha van Scheltinga (HZ&PC Heerenveen, 200601181)	02:02.22
10. Lennard Brandsma (Dz&Pc, 200702645)	02:10.00
11. Vasco Strampel (HZ&PC Heerenveen, 200702073)	02:10.10
12. Jurre Talhout (SG FZC54-De Vikings, 200700921)	02:12.10
13. Arthur Lenis (Dz&Pc, 200702577)	02:31.26
14. Mathijs Haitsma (SG FZC54-De Vikings, 200700039)	02:48.11
17. 50m onbekende slag -	
<i>7 - 9 jaar (Minioren 4 en later) Heren</i>	
1. Guido Brander (Zcnf'34, 201000625)	00:59.42
2. Roel Meijer (HZ&PC Heerenveen, 201000161)	00:59.92
3. Jorick Johannes (HZ&PC Heerenveen, 201000403)	01:01.86
4. Yorre van der Wal (Apexswim, 201000017)	01:04.40
5. Robin Mintjes (Apexswim, 201000957)	01:05.69
6. Stijn Dijkstra (Dz&Pc, 201000279)	01:07.09
7. Mattias Stolk (HZ&PC Heerenveen, 201000525)	01:19.13
8. Hylke Verkaik (Neptunia '24, 201001305)	01:27.65
9. David Jetten (Dz&Pc, 201100351)	01:32.14
<i>7 - 9 jaar (Minioren 4 en later) Dames</i>	

1. Marre van der Wal (Apexswim, 201000046)	01:00.26
2. Mirthe de Haan (Zcnf'34, 201000866)	01:01.41
3. Ilse Smilde (HZ&PC Heerenveen, 201000466)	01:03.68
4. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	01:05.22
5. Fenne van der Veen (Neptunia '24, 201001694)	01:06.10
6. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	01:06.23
7. Femke Agricola (HZ&PC Heerenveen, 201000230)	01:06.71
8. Amila Mustafic (Dz&Pc, 201200026)	01:09.30
9. Sophie Dzamastagic (Dz&Pc, 201100480)	01:26.77
10. Emma Sofie Mintjes (Apexswim, 201200216)	01:30.60
11. Linne Zwaanswijk (Dz&Pc, 201100478)	01:39.57
12. Ylja Meulman (Dz&Pc, 201000384)	01:44.08
13. Adriana Lenis (Dz&Pc, 201100332)	02:12.93
18. 25m onbekende slag -	
<i>10 - 11 jaar (Minioren 5 en 6) Heren</i>	
1. Damir Mustafic (Dz&Pc, 200800885)	00:16.74
1. Wytse Broekstra (SG FZC54-De Vikings, 200800121)	00:16.74
3. Roy Hofman (Apexswim, 200900439)	00:17.26
4. Ricardo Hassing (Apexswim, 200800097)	00:18.18
5. Sven Koornstra (SG FZC54-De Vikings, 200900189)	00:18.68
6. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	00:19.04
7. Milan Derkx (SG FZC54-De Vikings, 200800681)	00:19.86
8. Paul Meijer (HZ&PC Heerenveen, 200800177)	00:20.62
9. Tijn Bijma (SG FZC54-De Vikings, 200900397)	00:22.03
10. Hein Muller (Dz&Pc, 200800157)	00:22.04
11. Remco Jelsma (Dz&Pc, 200800639)	00:22.63
12. Tije Hempenius (HZ&PC Heerenveen, 200901365)	00:22.74
13. Friso Moedt (HZ&PC Heerenveen, 200900437)	00:22.80
14. Sven Tjepkema (Neptunia '24, 200901963)	00:23.31
15. Than Kadey Htun Swe (SG FZC54-De Vikings, 200800609)	00:23.81
16. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	00:23.84
17. Thymion van Mirre (Dz&Pc, 200802703)	00:24.00
18. Mark van het Meer (HZ&PC Heerenveen, 200900435)	00:25.78
19. Olivier Homma (Neptunia '24, 200802887)	00:26.26
20. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	00:27.04
21. Aron Folkerts (Dz&Pc, 200901923)	00:29.67
<i>10 - 10 jaar (Minioren 5) Dames</i>	
1. Ilse Wiltjer (Dz&Pc, 200900868)	00:18.45
2. Fardau Cazemier (Zcnf'34, 200901736)	00:20.63

3. Linne Tichelaar (HZ&PC Heerenveen, 200902194)	00:21.69
4. Larissa Hendriks (Zcnf'34, 200900022)	00:23.16
5. Indy Nes (SG FZC54-De Vikings, 200901630)	00:23.78
6. Fenna Balt (SG FZC54-De Vikings, 200900464)	00:26.36