

Regionale Minioren Clubmeet Leeuwarden



Regio Zwemcommissie i.s.m. Orca
Leeuwarden 9-11-2019

Regionale Minioren Club Meet deel 1 - zaterdag 9 november 2019 om 16:15u (25 m)

Aanvangstijd juryvergadering: 15:30u

1. 4x50m vrije slag

7 - 9 jaar (Minioren 4 en later)

1. HZ&PC Heerenveen				02:53.63
Mattias Stolk 2010	50m	00:45.33	45,33	
Lobke Hempenius 2011	200m	02:53.63	128,30	

2. Apexswim

Yorre van der Wal 2010	50m	00:41.56	41,56	03:00.99
Emma Mintjes 2012	200m	03:00.99	139,43	

3. Dz&Pc

David Jetten 2011	50m	00:50.52	50,52	03:24.45
Amila Mustafic 2012	200m	03:24.45	153,93	

4. HZ&PC Heerenveen

Jelmar Hartmann 2012	50m	00:51.48	51,48	03:51.30
Hanna Cemic 2011	200m	03:51.30	179,82	

DIS. Orca

Timo van de Pavoordt 2011	200m	00:00.00	00,00	00:00.00
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2. 100m wisselslag - Heren

10 - 11 jaar (Minioren 5 en 6)

1. Wytse Broekstra (SG FZC54-De Vikings, 200800121)	01:16.98
2. Damir Mustafic (Dz&Pc, 200800885)	01:19.63
3. Hylke de Jong (de Granaet, 200801057)	01:24.48
4. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	01:26.33
5. Hein Muller (Dz&Pc, 200800157)	01:26.86
6. Sven Koornstra (SG FZC54-De Vikings, 200900189)	01:28.53
7. Tinco Stam (SG. Bolsward-Workum, 200800615)	01:28.97
8. Remco Jelsma (Dz&Pc, 200800639)	01:29.00
9. Tim Yarne Bosch (de Granaet, 200800665)	01:30.58
10. Roy Hofman (Apexswim, 200900439)	01:31.77
11. Xiano Wierda (SG FZC54-De Vikings, 200800503)	01:32.46
12. Friso Moedt (HZ&PC Heerenveen, 200900437)	01:32.92
13. Ricardo Hassing (Apexswim, 200800097)	01:33.20
14. Yanick van den Berg (Wetterwille, 200800667)	01:34.59
15. Pieter de Boer (SG. Bolsward-Workum, 200900103)	01:36.90
16. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	01:38.25
17. Mats Buikema (Wetterwille, 200900113)	01:38.75

18. Jorn van Kammen (Wetterwille, 200801289)	01:39.03
19. Jente-Piebe Dijkstra (Wetterwille, 200800299)	01:40.08
20. Mats Iedema (de Granaet, 200802635)	01:40.93
21. Tije Hempenius (HZ&PC Heerenveen, 200901365)	01:41.34
22. Mark van het Meer (HZ&PC Heerenveen, 200900435)	01:43.64
23. Raoul Melein (Avena, 200900473)	01:43.77
24. Tijn Bijma (SG FZC54-De Vikings, 200900397)	01:48.70
25. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	01:49.53
26. Aron Folkerts (Dz&Pc, 200901923)	02:04.13
27. milan vader (HZ&PC Heerenveen, 200901313)	02:04.99
DIS. Valentijn Vitale (de Granaet, 200900737)	00:00.00
DIS. Thymion van Mirre (Dz&Pc, 200802703)	00:00.00
DIS. Cas Jonker (HZ&PC Heerenveen, 200902687)	00:00.00
DIS. Hidde van Dijk (Neptunia '24, 200802889)	00:00.00
DIS. Olivier Homma (Neptunia '24, 200802887)	00:00.00
DIS. Jurgen ten Berg (Orca, 200801275)	00:00.00
DIS. Milan Derkx (SG FZC54-De Vikings, 200800681)	00:00.00
DIS. Than Kadey Htun Swe (SG FZC54-De Vikings, 200800609)	00:00.00
3. 100m schoolslag - Dames	
10 - 10 jaar (Minioren 5)	
1. Ilse Wiltjer (Dz&Pc, 200900868)	01:36.55
50m 00:46.04 46,04	
2. Daphne Westra (de Granaet, 200900344)	01:38.54
50m 00:46.97 46,97	
3. Jasmijn Meesters (Neptunia '24, 200902728)	01:39.59
50m 00:46.30 46,30	
4. Larissa Hendriks (Zcnf'34, 200900022)	01:40.51
50m 00:47.12 47,12	
5. Merle Jaasma (Orca, 200901336)	01:43.50
50m 00:47.75 47,75	
6. Devenda van der Meer (de Granaet, 200900948)	01:43.93
50m 00:48.95 48,95	
7. Linne Tichelaar (HZ&PC Heerenveen, 200902194)	01:44.20
50m 00:49.44 49,44	
8. Fardau Cazemier (Zcnf'34, 200901736)	01:51.56
50m 00:53.70 53,70	
9. Inge van Wijk (Neptunia '24, 200900788)	01:51.56
50m 00:54.08 54,08	
10. Mare Nelleke Torensma (de Granaet, 200901606)	01:53.77
50m 00:54.01 54,01	
11. Lotte Berghout (Zcnf'34, 200901644)	01:58.57
50m 00:56.63 56,63	
12. Jasmijn Weterings (Orca, 200901844)	01:59.95
50m 00:56.35 56,35	
13. Fenna Balt (SG FZC54-De Vikings, 200900464)	02:00.40

	50m 00:56.35 56,35	
14.	Lisa van Ewijck (Avena, 200901800) 50m 00:58.49 58,49	02:02.44
15.	Nathalie Veenstra (SG. Bolsward-Workum, 200901462) 50m 00:56.95 56,95	02:03.37
16.	Silke Hooghiemstra (Neptunia '24, 200901224) 50m 00:57.13 57,13	02:04.38
17.	Indy Nes (SG FZC54-De Vikings, 200901630) 50m 00:58.27 58,27	02:07.33
18.	Ronja Lubbers (Orca, 200900194) 50m 01:01.41 61,41	02:10.76
	DIS: Anna Marie van Kan (de Granaet, 200901056)	00:00.00
	DIS: Laura Brands (Neptunia '24, 200902254)	00:00.00
4.	50m schoolslag - Heren 7 - 9 jaar (Minioren 4 en later)	
	1. Yorre van der Wal (Apexswim, 201000017)	00:52.46
	2. Mattias Stolk (HZ&PC Heerenveen, 201000525)	00:53.15
	3. Stijn Dijkstra (Dz&Pc, 201000279)	00:53.18
	4. kasper lubbers (Orca, 201100025)	00:53.19
	5. Jorick Johannes (HZ&PC Heerenveen, 201000403)	00:54.66
	6. David Jetten (Dz&Pc, 201100351)	00:58.95
	7. Timo van de Pavoordt (Orca, 201100205)	01:00.39
	8. Guido Brander (Zcnf'34, 201000625)	01:02.76
	9. Silvester Bokelaar (HZ&PC Heerenveen, 201200049)	01:04.11
	10. Bram Dijkstra (Dz&Pc, 201200195)	01:07.96
	DIS: Mika Feenstra (Avena, 201001705)	00:00.00
	DIS: Jelmar Hartmann (HZ&PC Heerenveen, 201200329)	00:00.00
	DIS: Tijn Keiser (HZ&PC Heerenveen, 201100889)	00:00.00
	DIS: Hylke Verkaik (Neptunia '24, 201001305)	00:00.00
	DIS: Owen Doorn (Orca, 201000599)	00:00.00
	DIS: Robin Smits (SG FZC54-De Vikings, 201100583)	00:00.00
5.	100m vrije slag - Dames 7 - 9 jaar (Minioren 4 en later)	
	1. Marre van der Wal (Apexswim, 201000046) 50m 00:39.99 39,99	01:23.36
	2. Nicole Pestman (de Granaet, 201000668) 50m 00:42.24 42,24	01:31.00
	3. Lana Schiphof (Orca, 201000654) 50m 00:42.18 42,18	01:32.36
	4. Isa Segenhout (Orca, 201000128) 50m 00:43.45 43,45	01:35.45
	5. Amber Minnema (Avena, 201000142) 50m 00:44.33 44,33	01:35.45
	6. Ylja Meulman (Dz&Pc, 201000384) 50m 00:45.55 45,55	01:36.10

7. Fenne van der Veen (Neptunia '24, 201001694)	01:36.53
50m 00:45.88 45,88	
8. Silke van der Ploeg (Orca, 201000052)	01:36.82
50m 00:45.90 45,90	
9. Lycke Stam (SG. Bolsward-Workum, 201000308)	01:38.50
50m 00:46.39 46,39	
10. Wyneke Edou van der Heide (de Granaet, 201100028)	01:39.56
50m 00:45.56 45,56	
11. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	01:39.72
50m 00:46.69 46,69	
12. Ilse Smilde (HZ&PC Heerenveen, 201000466)	01:39.82
50m 00:46.70 46,70	
13. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	01:39.83
50m 00:46.47 46,47	
14. Mirthe de Haan (Zcnf'34, 201000866)	01:40.04
50m 00:47.25 47,25	
15. Amila Mustafic (Dz&Pc, 201200026)	01:42.49
50m 00:46.20 46,20	
16. Eden van der Veen (Neptunia '24, 201101092)	01:45.31
50m 00:49.15 49,15	
17. Eline de Boer (SG. Bolsward-Workum, 201100256)	01:48.47
50m 00:52.79 52,79	
18. Terra Finnema (Orca, 201000664)	01:49.17
50m 00:50.25 50,25	
19. Mireille Krist (HZ&PC Heerenveen, 201100020)	01:51.59
50m 00:49.91 49,91	
20. Quirine de Ridder (HZ&PC Heerenveen, 201000228)	01:53.33
50m 00:50.89 50,89	
21. Hanna Cimic (HZ&PC Heerenveen, 201100586)	01:55.69
50m 00:52.42 52,42	
22. Jolien Koudenburg (Orca, 201100288)	01:57.98
50m 00:52.86 52,86	
23. Ina Knol (Avena, 201001654)	02:03.59
50m 00:53.42 53,42	
24. Jasmijn Berghout (Zcnf'34, 201100836)	02:09.51
50m 00:58.83 58,83	
25. Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588)	02:22.33
50m 01:04.94 64,94	
26. Linne Zwaanswijk (Dz&Pc, 201100478)	02:27.33
50m 01:10.60 70,60	
27. Isana Olthof (Dz&Pc, 201001414)	02:28.10
50m 01:06.39 66,39	
DIS. Emma Mintjes (Apexswim, 201200216)	00:00.00
DIS. Rixt Loots (HZ&PC Heerenveen, 201100592)	00:00.00
6. 100m vrije slag - Heren	
10 - 11 jaar (Minioren 5 en 6)	
1. Wytse Broekstra (SG FZC54-De Vikings, 200800121)	01:08.47
50m 00:32.48 32,48	

2. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:34.90 34,90	01:14.45
3. Hylke de Jong (de Granaet, 200801057) 50m 00:36.31 36,31	01:15.29
4. Hein Muller (Dz&Pc, 200800157) 50m 00:37.18 37,18	01:16.43
5. Milan Derkx (SG FZC54-De Vikings, 200800681) 50m 00:36.73 36,73	01:16.49
6. Remco Jelsma (Dz&Pc, 200800639) 50m 00:37.24 37,24	01:16.57
7. Sven Koornstra (SG FZC54-De Vikings, 200900189) 50m 00:37.35 37,35	01:17.41
8. Roy Hofman (Apexswim, 200900439) 50m 00:38.58 38,58	01:18.57
9. Ricardo Hassing (Apexswim, 200800097) 50m 00:37.65 37,65	01:18.69
10. Tinco Stam (SG. Bolsward-Workum, 200800615) 50m 00:39.70 39,70	01:20.58
11. Yanick van den Berg (Wetterwille, 200800667) 50m 00:38.01 38,01	01:21.65
12. Xiano Wierda (SG FZC54-De Vikings, 200800503) 50m 00:39.10 39,10	01:22.20
13. Friso Moedt (HZ&PC Heerenveen, 200900437) 50m 00:41.53 41,53	01:24.61
14. Mats Buikema (Wetterwille, 200900113) 50m 00:41.06 41,06	01:25.86
15. Valentijn Vitale (de Granaet, 200900737) 50m 00:42.42 42,42	01:26.35
16. Jorn van Kammen (Wetterwille, 200801289) 50m 00:41.74 41,74	01:27.81
17. Jente-Piebe Dijkstra (Wetterwille, 200800299) 50m 00:42.42 42,42	01:28.56
18. Pieter de Boer (SG. Bolsward-Workum, 200900103) 50m 00:44.09 44,09	01:31.90
19. Tijn Bijma (SG FZC54-De Vikings, 200900397) 50m 00:44.34 44,34	01:33.58
20. Mark van het Meer (HZ&PC Heerenveen, 200900435) 50m 00:44.78 44,78	01:34.53
21. Tije Hempenius (HZ&PC Heerenveen, 200901365) 50m 00:44.80 44,80	01:34.80
22. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013) 50m 00:46.04 46,04	01:36.02
23. Raoul Melein (Avena, 200900473) 50m 00:46.09 46,09	01:38.03
24. Than Kadey Htun Swe (SG FZC54-De Vikings, 200800609) 50m 00:46.28 46,28	01:38.28
25. Jurgen ten Berg (Orca, 200801275) 50m 00:48.24 48,24	01:41.12
26. Ruben Wagenaar (Orca, 200902245)	01:44.61

	50m 00:47.60 47,60	
27. milan vader (HZ&PC Heerenveen, 200901313)	50m 00:53.13 53,13	01:53.05
28. Thymion van Mirre (Dz&Pc, 200802703)	50m 00:51.15 51,15	01:53.14
29. Olivier Homma (Neptunia '24, 200802887)	50m 00:53.19 53,19	01:54.94
30. Hidde van Dijk (Neptunia '24, 200802889)	50m 00:54.24 54,24	01:56.13
31. Cas Jonker (HZ&PC Heerenveen, 200902687)	50m 00:54.75 54,75	02:02.40
32. Aron Folkerts (Dz&Pc, 200901923)	50m 00:56.17 56,17	02:03.65
DIS. Finn Eghuizen (HZ&PC Heerenveen, 200900431)		00:00.00
7. 50m vrije slag - Dames		
10 - 10 jaar (Minioren 5)		
1. Ilse Wiltjer (Dz&Pc, 200900868)		00:31.14
2. Daphne Westra (de Granaet, 200900344)		00:35.34
3. Joleen Noordenbos (Orca, 200900884)		00:36.44
4. Fardau Cazemier (Zcnf'34, 200901736)		00:36.90
5. Jasmijn Meesters (Neptunia '24, 200902728)		00:39.98
6. Larissa Hendriks (Zcnf'34, 200900022)		00:40.11
7. Inge van Wijk (Neptunia '24, 200900788)		00:41.57
8. Lotte Berghout (Zcnf'34, 200901644)		00:42.21
9. Mare Nelleke Torensma (de Granaet, 200901606)		00:42.21
10. Silke Hooghiemstra (Neptunia '24, 200901224)		00:42.42
11. Anna Marie van Kan (de Granaet, 200901056)		00:43.39
12. Jasmijn Weterings (Orca, 200901844)		00:43.44
13. Laura Brands (Neptunia '24, 200902254)		00:45.68
14. Lisa van Ewijk (Avena, 200901800)		00:45.69
15. Indy Nes (SG FZC54-De Vikings, 200901630)		00:47.02
16. Ronja Lubbers (Orca, 200900194)		00:47.50
17. Fenna Balt (SG FZC54-De Vikings, 200900464)		00:48.08
18. Nynke-Marije de Bruin (Wetterwille, 200900864)		00:48.36
19. Nathalie Veenstra (SG. Bolsward-Workum, 200901462)		00:48.62
8. 4x50m schoolslag		
9 - 11 jaar (Minioren 6 en later)		
1. Dz&Pc		03:07.26
Ilse Wiltjer 2009	50m 00:47.62 47,62	
Damir Mustafic 2008	200m 03:07.26 139,64	
2. de Granaet		03:07.73
Devenda van der Meer 2009	50m 00:47.47 47,47	
Tim Yarne Bosch 2008	200m 03:07.73 140,26	
3. HZ&PC Heerenveen		03:14.91
Linne Tichelaar 2009	50m 00:46.96 46,96	

	Frisko Moedt 2009	200m	03:14.91	147,95	
4.	Orca				03:24.46
	Joleen Noordenbos 2009	50m	00:53.07	53,07	
	Ruben Wagenaar 2009	200m	03:24.46	151,39	
5.	SG FZC54-De Vikings				03:39.66
	Indy Nes 2009	50m	00:58.35	58,35	
	Than Kadey Htun Swe 2008	200m	03:39.66	161,31	
6.	Avena				03:51.32
	Lisa van Ewijck 2009	50m	01:01.43	61,43	
	Mika Feenstra 2010	200m	03:51.32	169,89	
9.	100m wisselslag - Heren				
	7 - 9 jaar (Minioren 4 en later)				
	1. Jorick Johannes (HZ&PC Heerenveen, 201000403)				01:41.60
	2. Robin Mintjes (Apexswim, 201000957)				01:44.61
	3. kasper lubbers (Orca, 201100025)				01:46.88
	4. Guido Brander (Zcnf'34, 201000625)				01:51.29
	5. Mattias Stolk (HZ&PC Heerenveen, 201000525)				01:52.62
	DIS. Mika Feenstra (Avena, 201001705)				00:00.00
	DIS. Bram Dijkstra (Dz&Pc, 201200195)				00:00.00
	DIS. David Jetten (Dz&Pc, 201100351)				00:00.00
	DIS. Stijn Dijkstra (Dz&Pc, 201000279)				00:00.00
	DIS. Hylke Verkaik (Neptunia '24, 201001305)				00:00.00
10.	50m vlinderslag - Dames				
	7 - 9 jaar (Minioren 4 en later)				
	1. Marre van der Wal (Apexswim, 201000046)				00:44.67
	2. Lana Schiphof (Orca, 201000654)				00:50.42
	3. Lycke Stam (SG. Bolsward-Workum, 201000308)				00:52.85
	4. Silke van der Ploeg (Orca, 201000052)				00:55.87
	5. Nicole Pestman (de Granaet, 201000668)				00:56.46
	6. Wyneke Edou van der Heide (de Granaet, 201100028)				00:57.84
	7. Mirthe de Haan (Zcnf'34, 201000866)				00:58.40
	8. Amber Minnema (Avena, 201000142)				01:00.14
	9. Amila Mustafic (Dz&Pc, 201200026)				01:00.21
	10. Elise Dorlandt (HZ&PC Heerenveen, 201000232)				01:02.45
	11. Ina Knol (Avena, 201001654)				01:03.12
	12. Eden van der Veen (Neptunia '24, 201101092)				01:04.12
	13. Terra Finnema (Orca, 201000664)				01:04.44
	14. Quirine de Ridder (HZ&PC Heerenveen, 201000228)				01:05.58
	15. Ylja Meulman (Dz&Pc, 201000384)				01:09.09
	DIS. Fenne van der Veen (Neptunia '24, 201001694)				00:00.00
11.	50m vlinderslag - Heren				
	10 - 11 jaar (Minioren 5 en 6)				
	1. Hylke de Jong (de Granaet, 200801057)				00:38.87

2. Wytse Broekstra (SG FZC54-De Vikings, 200800121)	00:39.27
3. Milan Derkx (SG FZC54-De Vikings, 200800681)	00:40.49
4. Tinco Stam (SG. Bolsward-Workum, 200800615)	00:42.31
5. Roy Hofman (Apexswim, 200900439)	00:42.70
6. Ricardo Hassing (Apexswim, 200800097)	00:43.01
7. Sven Koorstra (SG FZC54-De Vikings, 200900189)	00:43.21
8. Hein Muller (Dz&Pc, 200800157)	00:43.63
9. Remco Jelsma (Dz&Pc, 200800639)	00:44.01
10. Xiano Wierda (SG FZC54-De Vikings, 200800503)	00:44.50
11. Yanick van den Berg (Wetterwille, 200800667)	00:45.51
12. Tim Yarne Bosch (de Granaet, 200800665)	00:47.67
13. Mats Iedema (de Granaet, 200802635)	00:50.03
14. Mark van het Meer (HZ&PC Heerenveen, 200900435)	00:51.79
15. Valentijn Vitale (de Granaet, 200900737)	00:53.07
16. Raoul Melein (Avena, 200900473)	00:53.53
17. Jorn van Kammen (Wetterwille, 200801289)	00:53.87
18. Than Kadey Htun Swe (SG FZC54-De Vikings, 200800609)	00:54.63
19. Tije Hempenius (HZ&PC Heerenveen, 200901365)	00:55.69
20. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	01:00.50
21. Tijn Bijma (SG FZC54-De Vikings, 200900397)	01:02.16
22. Cas Jonker (HZ&PC Heerenveen, 200902687)	01:03.45
23. Aron Folkerts (Dz&Pc, 200901923)	01:03.75
24. Jurgen ten Berg (Orca, 200801275)	01:04.04
DIS. Damir Mustafic (Dz&Pc, 200800885)	00:00.00
DIS. Thymion van Mirre (Dz&Pc, 200802703)	00:00.00
DIS. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	00:00.00
DIS. Hidde van Dijk (Neptunia '24, 200802889)	00:00.00
DIS. Olivier Homma (Neptunia '24, 200802887)	00:00.00
DIS. Pieter de Boer (SG. Bolsward-Workum, 200900103)	00:00.00
DIS. Jente-Piebe Dijkstra (Wetterwille, 200800299)	00:00.00
DIS. Mats Buikema (Wetterwille, 200900113)	00:00.00
12. 100m rugslag - Dames	
10 - 10 jaar (Minioren 5)	
1. Ilse Wiltjer (Dz&Pc, 200900868)	01:21.11
50m 00:39.69 39,69	
2. Devenda van der Meer (de Granaet, 200900948)	01:27.12
50m 00:42.63 42,63	
3. Silke Hooghiemstra (Neptunia '24, 200901224)	01:37.46
50m 00:46.47 46,47	
4. Lotte Berghout (Zcnf'34, 200901644)	01:41.30
50m 00:48.95 48,95	

5. Linne Tichelaar (HZ&PC Heerenveen, 200902194) 50m 00:51.07 51,07	01:44.71
6. Anna Marie van Kan (de Granaet, 200901056) 50m 00:51.57 51,57	01:45.49
7. Larissa Hendriks (Zcnf'34, 200900022)	01:45.60
8. Jasmijn Weterings (Orca, 200901844)	01:46.47
9. Jasmijn Meesters (Neptunia '24, 200902728) 50m 00:51.71 51,71	01:48.32
10. Nathalie Veenstra (SG. Bolsward-Workum, 200901462) 50m 00:52.99 52,99	01:50.40
11. Inge van Wijk (Neptunia '24, 200900788) 50m 00:54.70 54,70	01:54.36
12. Indy Nes (SG FZC54-De Vikings, 200901630) 50m 00:56.98 56,98	01:55.99
13. Laura Brands (Neptunia '24, 200902254) 50m 00:59.47 59,47	02:00.56
14. Lisa van Ewijck (Avena, 200901800) 50m 00:58.55 58,55	02:02.04
15. Ronja Lubbers (Orca, 200900194) 50m 01:01.37 61,37	02:03.23
16. Merle Jaasma (Orca, 200901336) 50m 00:57.12 57,12	02:04.08
DIS. Mare Nelleke Torensma (de Granaet, 200901606)	00:00.00
DIS. Joleen Noordenbos (Orca, 200900884)	00:00.00
DIS. Fenna Balt (SG FZC54-De Vikings, 200900464)	00:00.00
DIS. Nynke-Marije de Bruin (Wetterwille, 200900864)	00:00.00
DIS. Fardau Cazemier (Zcnf'34, 200901736)	00:00.00
13. 50m vrije slag - Heren 7 - 9 jaar (<i>Minioren 4 en later</i>)	
1. Jorick Johannes (HZ&PC Heerenveen, 201000403)	00:41.55
2. Robin Mintjes (Apexswim, 201000957)	00:41.66
3. Yorre van der Wal (Apexswim, 201000017)	00:41.88
4. Stijn Dijkstra (Dz&Pc, 201000279)	00:42.90
5. Guido Brander (Zcnf'34, 201000625)	00:43.27
6. kasper lubbers (Orca, 201100025)	00:44.23
7. Mattias Stolk (HZ&PC Heerenveen, 201000525)	00:45.40
8. Timo van de Pavoordt (Orca, 201100205)	00:47.74
9. Robin Smits (SG FZC54-De Vikings, 201100583)	00:47.74
10. David Jetten (Dz&Pc, 201100351)	00:51.02
11. Tijn Keiser (HZ&PC Heerenveen, 201100889)	00:51.33
12. Mika Feenstra (Avena, 201001705)	00:51.74
13. Jelmar Hartmann (HZ&PC Heerenveen, 201200329)	00:52.69
14. Owen Doorn (Orca, 201000599)	00:54.79

15. Hylke Verkaik (Neptunia '24, 201001305)	00:59.37
16. Silvester Bokelaar (HZ&PC Heerenveen, 201200049)	01:02.63
17. Bram Dijkstra (Dz&Pc, 201200195)	01:10.53
14. 50m rugslag - Dames	
<i>7 - 9 jaar (Minioren 4 en later)</i>	
1. Marre van der Wal (Apexswim, 201000046)	00:43.76
2. Nicole Pestman (de Granaet, 201000668)	00:46.23
3. Lycke Stam (SG. Bolsward-Workum, 201000308)	00:46.83
4. Lana Schiphof (Orca, 201000654)	00:47.80
5. Ilse Smilde (HZ&PC Heerenveen, 201000466)	00:48.30
6. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	00:49.20
7. Isa Segenhout (Orca, 201000128)	00:49.51
8. Mireille Krist (HZ&PC Heerenveen, 201100020)	00:50.81
9. Mirthe de Haan (Zcnf'34, 201000866)	00:50.94
10. Wyneke Edou van der Heide (de Granaet, 201100028)	00:51.69
11. Amber Minnema (Avena, 201000142)	00:51.86
12. Quirine de Ridder (HZ&PC Heerenveen, 201000228)	00:51.91
13. Fenne van der Veen (Neptunia '24, 201001694)	00:53.17
14. Ylja Meulman (Dz&Pc, 201000384)	00:53.55
15. Eden van der Veen (Neptunia '24, 201101092)	00:54.12
17. Terra Finnema (Orca, 201000664)	00:56.33
18. Eline de Boer (SG. Bolsward-Workum, 201100256)	00:56.50
19. Amila Mustafic (Dz&Pc, 201200026)	00:57.54
20. Kyara Balt (SG FZC54-De Vikings, 201100306)	00:58.19
21. Jasmijn Berghout (Zcnf'34, 201100836)	00:58.36
22. Jolien Koudenburg (Orca, 201100288)	00:59.00
23. Evy Anna Nijdam (Orca, 201100834)	01:00.70
24. Ina Knol (Avena, 201001654)	01:00.71
24. Hanna Cimic (HZ&PC Heerenveen, 201100586)	01:00.71
26. Emma Langenberg (Orca, 201100776)	01:02.05
27. Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588)	01:02.93
28. Emma Mintjes (Apexswim, 201200216)	01:05.70
29. Isana Olthof (Dz&Pc, 201001414)	01:11.25
30. Rixt Loots (HZ&PC Heerenveen, 201100592)	01:13.05
DIS. Linne Zwaanswijk (Dz&Pc, 201100478)	00:00.00
15. 4x50m wisselslag heren	
<i>9 - 11 jaar (Minioren 6 en later)</i>	
1. SG FZC54-De Vikings	02:42.84
Sven Koornstra 2009 50m 00:40.79 40,79	
Wytse Broekstra 2008 200m 02:42.84 122,05	
2. de Granaet	02:50.88

Tim Yarne Bosch 2008	50m	00:41.68	41,68	
Mats Iedema 2008	200m	02:50.88	129,20	
3. HZ&PC Heerenveen				02:56.10
Finn Eghuizen 2009	50m	00:46.91	46,91	
Friso Moedt 2009	200m	02:56.10	129,19	
4. Wetterwille				03:02.52
Jorn van Kammen 2008	50m	00:47.41	47,41	
Jente-Piebe Dijkstra 2008	200m	03:02.52	135,11	
5. Apexswim				03:02.79
Yorre van der Wal 2010	50m	00:47.90	47,90	
Robin Mintjes 2010	200m	03:02.79	134,89	
DIS. Dz&Pc				00:00.00
Remco Jelsma 2008	200m	00:00.00	0,00	
DIS. HZ&PC Heerenveen				00:00.00
Cas Jonker 2009	200m	00:00.00	0,00	
16. 4x50m vrije slag dames				
8 - 10 jaar (Minioren 5 en later)				
. de Granaet				02:35.01
Devenda van der Meer 2009	50m	00:36.71	36,71	
Mare Nelleke Torensma 2009	200m	02:35.01	118,30	
. HZ&PC Heerenveen				03:40.79
Quirine de Ridder 2010	50m	00:50.52	50,52	
Mireille Krist 2011	200m	03:40.79	170,27	
. HZ&PC Heerenveen				02:56.13
Linne Tichelaar 2009	50m	00:42.74	42,74	
Ilse Smilde 2010	200m	02:56.13	133,39	
. Neptunia '24				02:51.91
Laura Brands 2009	50m	00:47.79	47,79	
Silke Hooghiemstra 2009	200m	02:51.91	124,12	
DIS. Orca				00:00.00
Silke van der Ploeg 2010	200m	00:00.00	0,00	
. Zcnf'34				02:45.98
Mirthe de Haan 2010	50m	00:45.67	45,67	
Lotte Berghout 2009	200m	02:45.98	120,31	