

Limietwedstrijd



HZ&PC Heerenveen

Heerenveen 30-10-2021

Limietwedstrijd HZ&PC Heerenveen - zaterdag 30 oktober 2021 om 17:00u (25 m)

Aanvangstijd juryvergadering: 16:30u

1. 200m wisselslag -

8 - 10 jaar (Minioren 5 en jonger) Heren

1. Floris Meijers (Swol 1894, 201300015) 03:27.68
50m 00:43.00 43,00 100m 01:34.57 51,57 150m 02:39.30 64,73
2. Timo Vuist (HZ&PC Heerenveen, 201101245) 03:33.06
50m 00:55.65 55,65 100m 01:48.57 52,92 150m 02:47.43 58,86
3. Jelmar Hartmann (HZ&PC Heerenveen, 201200329) 03:33.10
50m 00:49.05 49,05 100m 01:40.01 50,96 150m 02:45.17 65,16
4. Milan Eikenaar (Swol 1894, 201100599) 03:33.92(+103)
50m 00:53.86 53,86 100m 01:46.10 52,24 150m 02:45.12 59,02

8 - 10 jaar (Minioren 5 en jonger) Dames

1. Lobke Hempenius (HZ&PC Heerenveen, 201100522) 03:10.63
50m 00:43.21 43,21 100m 01:30.52 47,31 150m 02:29.08 58,56
2. Annefleur Schraa (Swol 1894, 201100044) 03:21.64
50m 00:50.89 50,89 100m 01:40.53 49,64 150m 02:37.88 57,35
3. Hanna Cimic (HZ&PC Heerenveen, 201100586) 03:36.65
50m 00:48.20 48,20 100m 01:41.92 53,72 150m 02:46.23 64,31
4. Fabienne Bos (TriVia, 201101954) 03:43.85
50m 00:55.63 55,63 100m 01:51.42 55,79 150m 02:54.47 63,05
5. Elize Schierbeek (Thor, 201100652) 03:55.88
50m 00:54.24 54,24 100m 01:53.39 59,15 150m 03:02.07 68,68
6. Rixt Loots (HZ&PC Heerenveen, 201100592) 04:26.59
50m 01:04.94 64,94 100m 02:11.78 66,84 150m 03:22.15 70,37
7. Famke Ytsma (HZ&PC Heerenveen, 201101920) 04:29.85(+160)
50m 01:06.57 66,57 100m 02:11.08 64,51 150m 03:26.98 75,90
- DIS. Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588) 04:01.44
50m 00:55.46 55,46 100m 01:55.89 60,43 150m 03:05.47 69,58
- DIS. Elin Reinstra (TriVia, 201100842) 03:29.41
50m 00:50.41 50,41 100m 01:44.09 53,68 150m 02:41.64 57,55

2. 50m rugslag - Heren

vanaf 11 jaar (Senioren Open)

1. Remco Dijkstra (HZ&PC Heerenveen, 200100789) 00:28.70
2. Joël Malda (Orca, 200301017) 00:29.51
3. Jesper Tjassing (Azuro, 200201499) 00:31.48
4. Mathijs Baarda (Orca, 200300633) 00:31.70
5. Tim Speijer (Bubble, 200301661) 00:32.28
6. Wout Kroeze (Azuro, 200601441) 00:33.11
7. Pepijn Houwen (Bubble, 200500433) 00:34.06
8. Jochum van Hattum (Dz&Pc, 200601231) 00:35.52

9. Ivan Vuist (HZ&PC Heerenveen, 200802067)	00:37.25
10. Tom Mulder (Bubble, 200801935)	00:38.46
11. Jesse Stel (HZ&PC Heerenveen, 200700589) [S10]	00:39.20
12. Ryan Freriksen (Swol 1894, 201000301)	00:41.24
13. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	00:42.59
14. Mattias Stolk (HZ&PC Heerenveen, 201000525)	00:43.01
15. Jacco Schott (Bubble, 200802449)	00:43.68
16. Tije Hempenius (HZ&PC Heerenveen, 200901365)	00:44.42
17. Yanoah Winkels (Aqualero, 200900137)	00:55.53
DIS. Lars van Zessen (HZ&PC Heerenveen, 200603045)	00:33.89
3. 50m rugslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Elin Manning (ZPC Nova, 200200982)	00:32.47
2. Maud Roffel (HZ&PC Heerenveen, 200700840)	00:32.73
3. Ilana Gentile (Orca, 200801558)	00:34.14
4. Aniek Vuist (HZ&PC Heerenveen, 200600958)	00:34.27
5. Ilse Wiltjer (Dz&Pc, 200900868)	00:34.88
6. Maud Koehoorn (HZ&PC Heerenveen, 200501418)	00:35.07
7. Femke Smilde (HZ&PC Heerenveen, 200801826)	00:35.28
8. Marijne van der Veen (Orca, 200300960)	00:35.57
9. Sari Schott (Bubble, 200602846)	00:36.89
10. Sophie de Grave (F.Z.C.'54, 200702040)	00:37.05
11. Vienna Maura Delea (F.Z.C.'54, 200800962)	00:37.35
12. Jildou van der Hoek (Dz&Pc, 200801654)	00:38.31
13. Mandy Noord (De Wellerobben, 200600584)	00:38.42
14. Feyona Vonk (F.Z.C.'54, 200600814)	00:38.54
15. Sanne Doornbos (ZC Polaris, 200702838)	00:38.74
16. Nadia Veenstra (HZ&PC Heerenveen, 200602482)	00:38.75
17. Esmee Ykema (Neptunia '24, 200801710)	00:38.84
18. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	00:40.19
19. Rosalie Meesters (Neptunia '24, 200702878)	00:41.39
20. Kim Buurmeijer (Thor, 200903530)	00:43.23
21. Elisa Stevens (Azuro, 200600604)	00:43.88
22. Britt Jellesma (SG. Bolsward-Workum, 201000310)	00:45.27
23. Marissa Visser (HZ&PC Heerenveen, 200903858)	00:48.86
24. Lisan Wennemars (TriVia, 201001382)	00:52.91
25. Paulien Baas (Aqualero, 200902778)	00:53.05
26. Robbin Bagerman (ZPC Nova, 200902772) [S8]	01:12.16
4. 100m vlinderslag - Heren	

vanaf 11 jaar (Senioren Open)

1. Domingo Kuipers (Orca, 200501787) 00:57.71(+67)
50m 00:26.98 26,98
 2. David Kuipers (Orca, 200003633) 00:58.78(+77)
50m 00:27.73 27,73
 3. Thomas Boer (ZC Polaris, 200600769) 01:01.03(+63)
50m 00:27.58 27,58
 4. Mees Niemeijer (Dz&Pc, 200201275) 01:03.45(+75)
50m 00:29.52 29,52
 5. Djurre van der Wal (HZ&PC Heerenveen, 200500301) 01:04.01
50m 00:29.55 29,55
 6. Jetze de Vries (De Vikings, 200602589) 01:05.93(+72)
50m 00:30.04 30,04
 7. Sander Heinsius (Dz&Pc, 200400013) 01:07.06(+63)
50m 00:30.89 30,89
 8. Wytse Broekstra (De Vikings, 200800121) 01:09.24(+72)
50m 00:30.57 30,57
 9. Siete Bootsma (SG. Bolsward-Workum, 200600065) 01:09.84(+71)
50m 00:31.13 31,13
 10. Ids Harms (TriVia, 200702753) 01:15.17(+74)
50m 00:32.52 32,52
 11. Damir Mustafic (Dz&Pc, 200800885) 01:15.98
50m 00:33.89 33,89
 12. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 01:17.43
50m 00:34.66 34,66
 13. Vasco Strampel (HZ&PC Heerenveen, 200702073) 01:19.85(+58)
50m 00:33.75 33,75
 14. Deaquan Ramos (ZC Polaris, 200901709) 01:21.35(+91)
50m 00:35.46 35,46
 15. Xander Boets (ZPC Nova, 200800133) 01:25.01
50m 00:38.10 38,10
 16. Remco Jelsma (Dz&Pc, 200800639) 01:30.68(+78)
50m 00:41.23 41,23
 17. Robin Mintjes (Dz&Pc, 201000957) 01:38.03(+75)
50m 00:43.90 43,90
5. 100m vlinderslag - Dames
vanaf 11 jaar (Senioren Open)
1. Emma Hofstee (TriVia, 200401282) 01:05.41(+67)
50m 00:30.21 30,21
 2. Veerle Nieborg (TriVia, 200400428) 01:05.67(+74)
50m 00:30.60 30,60
 3. Maaïke Issard (Dz&Pc, 200300022) 01:07.44(+79)
50m 00:30.71 30,71
 4. Frouke Ludwig (Dz&Pc, 200800112) 01:08.61(+71)
50m 00:31.18 31,18
 5. Nienke Bakker (TriVia, 200501178) 01:09.05
50m 00:32.29 32,29
 6. Olena Dijkstra (Orca, 200202624) 01:09.71(+72)
50m 00:31.53 31,53

7. Chantal Tiesinga (Dz&Pc, 200302452)				01:13.05(+70)
50m	00:34.05	34,05		
8. Amélie Wortel (Orca, 200500814)				01:13.97(+65)
50m	00:34.12	34,12		
9. Laura Noord (De Wellerobben, 200202568)				01:15.65(+72)
50m	00:34.55	34,55		
10. Nynke van der Zee (Orca, 200700604)				01:16.31(+72)
50m	00:34.49	34,49		
11. Robin Meide van der (ZC Polaris, 200601778)				01:17.21(+51)
50m	00:33.72	33,72		
12. Monique Tienstra (TriVia, 200600354)				01:22.52(+64)
50m	00:37.10	37,10		
13. Josephine Swarts (ZPC Nova, 200703502)				01:26.54(+79)
50m	00:38.82	38,82		
14. Rieka Heldoorn (Aqualero, 199604010)				01:26.76
50m	00:39.60	39,60		
15. Marre van der Wal (HZ&PC Heerenveen, 201000046)				01:27.67
50m	00:39.94	39,94		
16. Yenthe Segeren (F.Z.C.'54, 200801440)				01:31.22
50m	00:41.30	41,30		
17. Hannelore Buze (HZ&PC Heerenveen, 200801226)				01:37.35(+73)
50m	00:42.76	42,76		
18. Fenne de Jong (HZ&PC Heerenveen, 200800532) [S10]				01:44.27
50m	00:46.67	46,67		
19. Isa Segenhout (Orca, 201000128)				01:47.97(+69)
50m	00:47.19	47,19		
20. Silke van der Ploeg (Orca, 201000052)				01:47.99
50m	00:49.37	49,37		
21. Jasmine Ye (TriVia, 201001550)				01:49.45
50m	00:46.13	46,13		
6. 200m vrije slag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Colin Bes (ZC Polaris, 200500201)				01:57.09(+73)
50m	00:26.79	26,79	100m 00:56.55	29,76 150m 01:27.04
30,49				
2. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)				01:57.72(+63)
50m	00:27.53	27,53	100m 00:57.45	29,92 150m 01:27.61
30,16				
3. Richard Kuipers (HZ&PC Heerenveen, 199704171)				01:58.46(+59)
50m	00:27.69	27,69	100m 00:57.59	29,90 150m 01:27.99
30,40				
4. Mirko van Ligtenberg (Orca, 199800735)				01:59.44(+65)
50m	00:26.54	26,54	100m 00:56.64	30,10 150m 01:28.27
31,63				
5. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)				02:00.55(+73)
50m	00:26.79	26,79	100m 00:57.54	30,75 150m 01:29.10
31,56				
6. Tieme Wiersma (Dz&Pc, 200701031)				02:07.48(+84)
50m	00:29.14	29,14	100m 01:01.69	32,55 150m 01:34.59
32,90				
7. Meindert Dekkinga (Dz&Pc, 200400377)				02:10.44(+64)
50m	00:29.09	29,09	100m 01:02.47	33,38 150m 01:36.28
33,81				
8. Tristan Meijers (Swol 1894, 201000089)				02:41.39
50m	00:37.14	37,14	100m 01:19.32	42,18 150m 02:01.48
42,16				
9. Sem Hiddingh (Thor, 200700141)				02:41.57(+92)
50m	00:33.79	33,79	100m 01:13.35	39,56 150m 01:57.15
43,80				

10. Yorre van der Wal (HZ&PC Heerenveen, 201000017)				02:41.67
50m	00:37.50	37,50	100m 01:19.65	42,15
150m	02:01.86	42,21		
11. Tijn Bijma (De Vikings, 200900397)				02:45.12
50m	00:37.28	37,28	100m 01:20.47	43,19
150m	02:03.80	43,33		
12. Roy Hofman (Dz&Pc, 200900439)				02:45.54
50m	00:36.08	36,08	100m 01:18.73	42,65
150m	02:03.27	44,54		
13. Ryan Freriksen (Swol 1894, 201000301)				02:45.89
50m	00:36.67	36,67	100m 01:20.60	43,93
150m	02:05.20	44,60		
14. Yannick Dijks (Orca, 200700923)				02:49.40(+71)
50m	00:38.63	38,63	100m 01:22.62	43,99
150m	02:07.72	45,10		
15. Pieter de Boer (SG. Bolsward-Workum, 200900103)				03:04.70
50m	00:40.67	40,67	100m 01:28.20	47,53
150m	02:18.01	49,81		
16. Victor de Haan (HZ&PC Heerenveen, 201001921)				03:16.00
50m	00:41.52	41,52	100m 01:31.51	49,99
150m	02:26.35	54,84		
17. Rohan de Graaf (TriVia, 200902891)				03:21.17
50m	00:43.48	43,48	100m 01:36.36	52,88
150m	02:30.57	54,21		
7. 200m vrije slag - Dames				
vanaf 11 jaar (Senioren Open)				
1. Sara Korthuis (TriVia, 200600494)				02:06.49
50m	00:28.79	28,79	100m 01:01.45	32,66
150m	01:34.83	33,38		
2. Marte Hieke van der Kamp (Orca, 200500218)				02:06.89(+61)
50m	00:28.68	28,68	100m 01:00.94	32,26
150m	01:34.40	33,46		
3. Myrthe Natzijl (Orca, 200400076)				02:09.88(+82)
50m	00:30.35	30,35	100m 01:03.43	33,08
150m	01:36.42	32,99		
4. Inge Dekker (Orca, 200200476)				02:15.04(+71)
50m	00:30.67	30,67	100m 01:04.71	34,04
150m	01:39.72	35,01		
5. Fleur Bos (Orca, 200500674)				02:19.98
50m	00:30.97	30,97	100m 01:06.50	35,53
150m	01:43.46	36,96		
6. Sanne Kloezen (Bubble, 200204644)				02:21.23(+70)
50m	00:30.01	30,01	100m 01:04.54	34,53
150m	01:42.68	38,14		
7. Esmee Kloezen (Bubble, 200204646)				02:26.83(+80)
50m	00:32.63	32,63	100m 01:09.39	36,76
150m	01:47.38	37,99		
8. Anna Mulder (Bubble, 200504646)				02:27.08(+86)
50m	00:34.13	34,13	100m 01:11.77	37,64
150m	01:49.97	38,20		
9. Laura van Etten (HZ&PC Heerenveen, 200800264)				02:28.14(+65)
50m	00:33.38	33,38	100m 01:10.50	37,12
150m	01:48.95	38,45		
10. Indy Hof (Dz&Pc, 200800630)				02:28.51(+75)
50m	00:33.74	33,74	100m 01:12.27	38,53
150m	01:51.18	38,91		
11. Veerle Estelle Tuinema (De Vikings, 200701480)				02:31.88
50m	00:34.24	34,24	100m 01:12.85	38,61
150m	01:52.78	39,93		
12. Melanie Schaap (Bubble, 200501180)				02:31.99
50m	00:33.70	33,70	100m 01:11.71	38,01
150m	01:52.05	40,34		
13. Marjolie Spelde (Thor, 200900266)				02:33.38(+68)
50m	00:33.76	33,76	100m 01:12.15	38,39
150m	01:53.52	41,37		
14. Silke Koehoorn (HZ&PC Heerenveen, 200300968)				02:33.48(+64)
50m	00:34.98	34,98	100m 01:14.10	39,12
150m	01:53.91	39,81		
15. Esther Roele (HZ&PC Heerenveen, 200001056)				02:35.59(+55)
50m	00:34.88	34,88	100m 01:13.72	38,84
150m	01:55.00	41,28		
16. Luca Ebbinge (Dz&Pc, 199802406)				02:41.43(+54)

	50m 00:33.19	33,19	100m 01:13.37	40,18	150m 01:56.27	42,90	
17. Karin van Dijk (Thor, 197601066)							02:44.11
	50m 00:36.57	36,57	100m 01:18.36	41,79	150m 02:01.80	43,44	
18. Ilse Jongepier (Thor, 201000006)							02:46.07(+64)
	50m 00:36.21	36,21	100m 01:18.98	42,77	150m 02:03.55	44,57	
19. Nada Lisa Hut (Aqualero, 199307280)							02:46.80(+78)
	50m 00:37.16	37,16	100m 01:18.91	41,75	150m 02:03.35	44,44	
20. Elise Dorlandt (HZ&PC Heerenveen, 201000232)							02:52.77
	50m 00:39.11	39,11	100m 01:23.92	44,81	150m 02:10.28	46,36	
21. Renske van Bloois (TriVia, 201000834)							03:06.76
	50m 00:40.04	40,04	100m 01:27.37	47,33	150m 02:17.31	49,94	
22. Anna Nauta (TriVia, 201001114)							03:27.02
	50m 00:46.18	46,18	100m 01:38.56	52,38	150m 02:33.70	55,14	
DIS. Roos Eilers (Aqualero, 199700630)							02:48.22
	50m 00:37.05	37,05	100m 01:19.60	42,55	150m 02:04.55	44,95	
8. 200m vrije slag -							
<i>8 - 10 jaar (Minioren 5 en jonger) Heren</i>							
1. Floris Meijers (Swol 1894, 201300015)							03:13.93
	50m 00:43.93	43,93	100m 01:34.24	50,31	150m 02:19.54	45,30	
2. Milan Eikenaar (Swol 1894, 201100599)							03:23.00
	50m 00:43.45	43,45	100m 01:36.52	53,07	150m 02:31.61	55,09	
3. Roan Krikke (HZ&PC Heerenveen, 201200501)							03:48.82
	50m 00:47.54	47,54	100m 01:48.04	60,50	150m 02:50.36	62,32	
<i>8 - 10 jaar (Minioren 5 en jonger) Dames</i>							
1. Malin Roozeboom (Wvz, 201100006)							02:25.36
	50m 00:32.42	32,42	100m 01:09.09	36,67	150m 01:47.41	38,32	
2. Esmee Reuver (ZC Polaris, 201100846)							02:58.50
	50m 00:40.21	40,21	100m 01:26.83	46,62	150m 02:13.37	46,54	
3. Norell Kroeze (ZC Polaris, 201100378)							03:02.63
	50m 00:39.80	39,80	100m 01:25.92	46,12	150m 02:15.50	49,58	
4. Annefleur Schraa (Swol 1894, 201100044)							03:14.75
	50m 00:43.03	43,03	100m 01:33.19	50,16	150m 02:22.96	49,77	
5. Feline Bruns (ZC Polaris, 201200730)							03:22.30
	50m 00:43.95	43,95	100m 01:34.18	50,23	150m 02:26.19	52,01	
6. Eline de Boer (SG. Bolsward-Workum, 201100256)							03:33.30
	50m 00:46.87	46,87	100m 01:40.83	53,96	150m 02:39.24	58,41	
7. Emma Cimic (HZ&PC Heerenveen, 201300374)							03:53.79
	50m 00:48.64	48,64	100m 01:51.14	62,50	150m 02:55.64	64,50	
8. Marit Vuist (HZ&PC Heerenveen, 201300530)							03:55.83
	50m 00:51.41	51,41	100m 01:52.11	60,70	150m 02:54.34	62,23	
9. Fardau Loots (HZ&PC Heerenveen, 201300376)							04:18.24
	50m 00:58.69	58,69	100m 02:04.88	66,19	150m 03:12.34	67,46	
10. Fenna Ytsma (HZ&PC Heerenveen, 201200890)							04:25.16
	50m 00:55.59	55,59	100m 02:03.44	67,85	150m 03:14.24	70,80	
9. 100m rugslag - Heren							
<i>vanaf 11 jaar (Senioren Open)</i>							
1. Jere Wiersma (Dz&Pc, 200701037)							01:07.02
	50m 00:32.76	32,76					
2. Eise van der Zee (Orca, 200501437)							01:07.31
	50m 00:32.40	32,40					

3. Vito Kuperus (F.Z.C.'54, 200401389) 50m 00:32.71 32,71	01:08.57
4. Ryan Huizinga (Bubble, 200700419) 50m 00:34.47 34,47	01:10.16
5. David Wesseling (ZC Polaris, 200500251) 50m 00:34.61 34,61	01:10.71
6. Sam Derkx (F.Z.C.'54, 200601917) 50m 00:35.03 35,03	01:12.97
7. Sven Koornstra (De Vikings, 200900189) 50m 00:38.72 38,72	01:18.50
8. Remco Jelsma (Dz&Pc, 200800639) 50m 00:39.99 39,99	01:21.51
9. Stijn Dijkstra (Dz&Pc, 201000279) 50m 00:40.83 40,83	01:24.28
10. Mark van het Meer (HZ&PC Heerenveen, 200900435) 50m 00:46.34 46,34	01:36.14
DIS. Roel Meijer (HZ&PC Heerenveen, 201000161) 50m 00:42.40 42,40	01:26.78
DIS. Hein Muller (Dz&Pc, 200800157) 50m 00:38.17 38,17	01:18.51
10. 100m rugslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1. Maud Roffel (HZ&PC Heerenveen, 200700840) 50m 00:34.76 34,76	01:10.94
2. Leonie van Wier (HZ&PC Heerenveen, 200200436) 50m 00:34.79 34,79	01:12.28
3. Loïs Jalving (HZ&PC Heerenveen, 200400280) 50m 00:35.36 35,36	01:12.81
4. Jannoula Jaspers (De Vikings, 200800202) 50m 00:35.59 35,59	01:13.21
5. Ilana Gentile (Orca, 200801558) 50m 00:35.45 35,45	01:14.19
6. Maud Koehoorn (HZ&PC Heerenveen, 200501418) 50m 00:37.01 37,01	01:14.57
7. Guusje Kroeze (Azuro, 200403778) 50m 00:35.64 35,64	01:15.49
8. Gabriella da Silva Miranda (De Vikings, 200700088) 50m 00:37.39 37,39	01:17.28
9. Liselotte Schaap (HZ&PC Heerenveen, 200603016) 50m 00:38.20 38,20	01:18.09
10. Yke Spelde (Thor, 200700208) 50m 00:38.60 38,60	01:18.29
11. Silke Hooghiemstra (Neptunia '24, 200901224) 50m 00:37.72 37,72	01:18.65
12. Marieke Speijer (Bubble, 200401154) 50m 00:40.50 40,50	01:25.34
13. Mare Meerman (Orca, 200804084) 50m 00:39.92 39,92	01:26.03
14. Fenna Boterman (TriVia, 200701710)	01:26.57

	50m 00:40.21 40,21			
15.	Hannelore Buze (HZ&PC Heerenveen, 200801226)			01:29.03
	50m 00:42.13 42,13			
16.	Annika Saari (Azuro, 201001372)			01:33.45
	50m 00:44.98 44,98			
17.	Femke Nauta (TriVia, 201001118)			01:38.88
	50m 00:48.83 48,83			
11.	200m schoolslag - Heren			
	<i>vanaf 11 jaar (Senioren Open)</i>			
1.	Wouter Zijlstra (HZ&PC Heerenveen, 200401545)			02:23.23(+50)
	50m 00:32.35 32,35 100m 01:08.09 35,74 150m 01:45.13 37,04			
2.	Wytse Broekstra (De Vikings, 200800121)			02:30.79(+75)
	50m 00:32.49 32,49 100m 01:10.71 38,22 150m 01:50.24 39,53			
3.	Jip Bakker (Orca, 200600287)			02:32.45(+69)
	50m 00:34.37 34,37 100m 01:13.33 38,96 150m 01:53.17 39,84			
4.	David da Silva Miranda (De Vikings, 200500019)			02:33.62
	50m 00:33.37 33,37 100m 01:12.19 38,82 150m 01:53.22 41,03			
5.	Lars van Zessen (HZ&PC Heerenveen, 200603045)			02:59.31(+77)
	50m 00:40.26 40,26 100m 01:26.55 46,29 150m 02:13.11 46,56			
6.	Gijs Koehoorn (HZ&PC Heerenveen, 200800275)			03:00.92
	50m 00:40.19 40,19 100m 01:27.59 47,40 150m 02:14.45 46,86			
7.	Stefan Feer van der (Bubble, 200701607)			03:03.01(+73)
	50m 00:39.63 39,63 100m 01:25.57 45,94 150m 02:14.83 49,26			
8.	Sem Hiddingh (Thor, 200700141)			03:29.76(+99)
	50m 00:44.90 44,90 100m 01:37.07 52,17 150m 02:33.33 56,26			
9.	Mattias Stolk (HZ&PC Heerenveen, 201000525)			03:36.77
	50m 00:48.82 48,82 100m 01:45.09 56,27 150m 02:42.07 56,98			
10.	Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)			03:54.79
	50m 00:52.60 52,60 100m 01:54.40 61,80 150m 02:55.88 61,48			
12.	200m schoolslag - Dames			
	<i>vanaf 11 jaar (Senioren Open)</i>			
1.	Emma Hofstee (TriVia, 200401282)			02:43.61(+66)
	50m 00:36.64 36,64 100m 01:18.78 42,14 150m 02:01.25 42,47			
2.	Iris Nieuwhof (TriVia, 200401944)			02:48.16(+80)
	50m 00:37.89 37,89 100m 01:20.14 42,25 150m 02:04.48 44,34			
3.	Anneke van der Laan (Orca, 200201154)			02:53.20(+73)
	50m 00:37.76 37,76 100m 01:22.36 44,60 150m 02:07.72 45,36			
4.	Sterre van der Wal (HZ&PC Heerenveen, 200502356)			02:54.24
	50m 00:38.73 38,73 100m 01:23.45 44,72 150m 02:09.18 45,73			
5.	Karin van Dijk (De Wellerobben, 198600850)			02:59.04
	50m 00:38.86 38,86 100m 01:23.29 44,43 150m 02:10.28 46,99			
6.	Amber Tiesinga (Dz&Pc, 200600782)			03:00.24(+68)
	50m 00:40.56 40,56 100m 01:26.97 46,41 150m 02:13.82 46,85			
7.	Jildou van der Hoek (Dz&Pc, 200801654)			03:00.97
	50m 00:41.21 41,21 100m 01:27.43 46,22 150m 02:14.75 47,32			
8.	Mandy Noord (De Wellerobben, 200600584)			03:06.52
	50m 00:42.02 42,02 100m 01:30.68 48,66 150m 02:18.84 48,16			
9.	Joyce Toonstra (Neptunia '24, 200501298)			03:06.85(+66)
	50m 00:40.87 40,87 100m 01:28.81 47,94 150m 02:18.47 49,66			

10. Amke Kersten (Orca, 200802816)		03:15.69(+63)
50m 00:43.64	100m 01:33.29	150m 02:24.34
43,64	49,65	51,05
11. Roos Eilers (Aqualero, 199700630)		03:24.36
50m 00:45.32	100m 01:37.18	150m 02:30.64
45,32	51,86	53,46
12. Lisan Wennemars (TriVia, 201001382)		04:01.94
50m 00:55.46	100m 01:58.03	150m 03:00.53
46,46	62,57	62,50
DIS: Ilse Wiltjer (Dz&Pc, 200900868)		03:26.88(+96)
50m 00:44.18	100m 01:36.75	150m 02:31.78
18,18	52,57	55,03
13. 100m vlinderslag -		
8 - 10 jaar (Minioren 5 en jonger) Heren		
8 - 10 jaar (Minioren 5 en jonger) Dames		
1. Hanna Cimic (HZ&PC Heerenveen, 201100586)		01:49.83
50m 00:49.74		
49,74		
2. Elin Reinstra (TriVia, 201100842)		01:53.66
50m 00:52.26		
52,26		
14. 50m vlinderslag - Heren		
vanaf 11 jaar (Senioren Open)		
1. David Kuipers (Orca, 200003633)		00:26.61(+57)
2. Remco Dijkstra (HZ&PC Heerenveen, 200100789)		00:27.59(+71)
3. Jesper Boets (ZPC Nova, 200400149)		00:28.32(+74)
4. Tim Speijer (Bubble, 200301661)		00:28.44(+69)
5. Djurre van der Wal (HZ&PC Heerenveen, 200500301)		00:28.52
6. Sander Heinsius (Dz&Pc, 200400013)		00:28.85(+52)
7. Meindert Dekkinga (Dz&Pc, 200400377)		00:29.88(+70)
8. Eise van der Zee (Orca, 200501437)		00:29.91(+79)
9. Ryan Huizinga (Bubble, 200700419)		00:30.49
10. Mathijs Baarda (Orca, 200300633)		00:30.60(+73)
11. Pepijn Houwen (Bubble, 200500433)		00:32.95(+69)
12. Rowan Bosma (Bubble, 200702021)		00:33.74
13. Deaquan Ramos (ZC Polaris, 200901709)		00:34.83(+90)
14. Sven Koornstra (De Vikings, 200900189)		00:37.48
15. Tom Mulder (Bubble, 200801935)		00:39.42(+85)
16. Gertjan Hadders (Bubble, 201000847)		00:45.24(+58)
17. Pieter de Boer (SG. Bolsward-Workum, 200900103)		00:45.64(+53)
15. 50m vlinderslag - Dames		
vanaf 11 jaar (Senioren Open)		
1. Anne Fleur Willemsen (Azuro, 199901396)		00:29.11
2. Maaïke Issard (Dz&Pc, 200300022)		00:29.91(+74)
3. Lianne van Wier (HZ&PC Heerenveen, 200200438)		00:29.98
4. Lianne Boets (ZPC Nova, 200200346)		00:30.01(+64)
5. Veerle Nieborg (TriVia, 200400428)		00:30.12(+80)
6. Nienke Bakker (TriVia, 200501178)		00:30.32(+75)
7. Inge Dekker (Orca, 200200476)		00:30.52(+73)

8. Aniek Vuist (HZ&PC Heerenveen, 200600958)	00:31.50(+71)
9. Fleur Bos (Orca, 200500674)	00:31.83(+77)
10. Chantal Tiesinga (Dz&Pc, 200302452)	00:31.88
11. Romy Jalving (HZ&PC Heerenveen, 200000616)	00:32.30(+69)
12. Sanne Bosker (Azuro, 200702976)	00:32.77
13. Amelina Stevens (Azuro, 200402740)	00:33.21
14. Daniëlle Cosse (Bubble, 200500448)	00:34.48(+98)
15. Monique Tienstra (TriVia, 200600354)	00:35.07
16. Silke Koehoorn (HZ&PC Heerenveen, 200300968)	00:35.39(+54)
17. Joleen Noordenbos (Orca, 200900884)	00:37.23
18. Marieke Speijer (Bubble, 200401154)	00:37.41(+82)
19. Marije Jaspers (Neptunia '24, 200802152)	00:37.45(+81)
20. Lyanne Pathuis (Bubble, 200800042)	00:38.89
21. Mare Meerman (Orca, 200804084)	00:39.35
22. Nada Lisa Hut (Aqualero, 199307280)	00:40.05
23. Jasmijn Meesters (Neptunia '24, 200902728)	00:41.06(+71)
24. Esmee Ykema (Neptunia '24, 200801710)	00:43.50(+67)
25. Anna Nauta (TriVia, 201001114)	00:45.68
26. Jasmine Ye (TriVia, 201001550)	00:47.01(+73)
27. Elske de Vries (De Vikings, 200800786)	00:47.81
18. 100m schoolslag -	
8 - 10 jaar (Minioren 5 en jonger) Heren	
1. Timo Vuist (HZ&PC Heerenveen, 201101245)	01:50.34
50m 00:52.89 52,89	
2. Jelmar Hartmann (HZ&PC Heerenveen, 201200329)	01:54.84
50m 00:54.03 54,03	
3. Roan Krikke (HZ&PC Heerenveen, 201200501)	02:27.26
50m 01:11.19 71,19	
8 - 10 jaar (Minioren 5 en jonger) Dames	
1. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	01:43.47
50m 00:49.09 49,09	
2. Esmee Reuver (ZC Polaris, 201100846)	01:49.94
50m 00:50.90 50,90	
3. Fabienne Bos (TriVia, 201101954)	01:53.99
50m 00:52.49 52,49	
4. Amila Mustafic (Dz&Pc, 201200026)	01:54.24
50m 00:54.96 54,96	
5. Eline de Boer (SG. Bolsward-Workum, 201100256)	02:02.15
50m 00:57.13 57,13	
6. Veerle van Bloois (TriVia, 201200960)	02:03.52
50m 00:59.97 59,97	
7. Gabriella Davids (TriVia, 201200752)	02:06.28(+59)
50m 00:59.88 59,88	
8. Elize Schierbeek (Thor, 201100652)	02:08.03

	50m 01:02.15 62,15	
9.	Rixt Loots (HZ&PC Heerenveen, 201100592) 50m 01:02.98 62,98	02:09.12
10.	Lana Keizer (Thor, 201300192) 50m 01:00.06 60,06	02:11.76
11.	Emma Cimic (HZ&PC Heerenveen, 201300374) 50m 01:03.05 63,05	02:14.83
12.	Famke Ytsma (HZ&PC Heerenveen, 201101920) 50m 01:05.06 65,06	02:14.86
13.	Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588) 50m 01:05.75 65,75	02:15.56
14.	Marit Vuist (HZ&PC Heerenveen, 201300530) 50m 01:05.57 65,57	02:15.65
15.	Emma Mintjes (Dz&Pc, 201200216) 50m 01:03.41 63,41	02:16.09
16.	Fenna Ytsma (HZ&PC Heerenveen, 201200890) 50m 01:04.91 64,91	02:17.03
17.	Fardau Loots (HZ&PC Heerenveen, 201300376) 50m 01:08.92 68,92	02:24.00
19.	50m vrije slag - Heren <i>vanaf 11 jaar (Senioren Open)</i>	
	1. Mirko van Ligtenberg (Orca, 199800735)	00:24.30(+65)
	2. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)	00:24.83(+68)
	3. Colin Bes (ZC Polaris, 200500201)	00:24.94(+74)
	4. Richard Kuipers (HZ&PC Heerenveen, 199704171)	00:25.28(+77)
	5. Thomas Boer (ZC Polaris, 200600769)	00:25.31(+69)
	6. Joël Malda (Orca, 200301017)	00:25.56(+71)
	7. Jetze de Vries (De Vikings, 200602589)	00:26.56
	8. Sam Derkx (F.Z.C.'54, 200601917)	00:26.83(+75)
	9. Jesper Tjassing (Azuro, 200201499)	00:27.27(+68)
	10. Jere Wiersma (Dz&Pc, 200701037)	00:28.33(+61)
	11. Sem Hiddingh (Thor, 200700141)	00:31.55
	12. Ivan Vuist (HZ&PC Heerenveen, 200802067)	00:31.63(+70)
	13. Tom Mulder (Bubble, 200801935)	00:32.33(+79)
	14. Jesse Stel (HZ&PC Heerenveen, 200700589) [S10]	00:33.43
	15. Stijn Dijkstra (Dz&Pc, 201000279)	00:33.82
	16. Tijn Bijma (De Vikings, 200900397)	00:33.91(+69)
	17. Yorre van der Wal (HZ&PC Heerenveen, 201000017)	00:34.91
	18. Yannick Dijks (Orca, 200700923)	00:35.64
	19. Tije Hempenius (HZ&PC Heerenveen, 200901365)	00:35.83
	20. Jacco Schott (Bubble, 200802449)	00:35.97
	21. Mark van het Meer (HZ&PC Heerenveen, 200900435)	00:37.75
20.	50m vrije slag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	

1. Sara Korthuis (TriVia, 200600494)	00:26.88
2. Lianne van Wier (HZ&PC Heerenveen, 200200438)	00:27.09
3. Leonie van Wier (HZ&PC Heerenveen, 200200436)	00:27.73(+68)
4. Elin Manning (ZPC Nova, 200200982)	00:27.91(+65)
5. Olena Dijkstra (Orca, 200202624)	00:27.99
6. Sanne Kloezen (Bubble, 200204644)	00:28.32(+76)
7. Linde Kasemir (ZPC Nova, 200502446)	00:29.61
8. Robin Meide van der (ZC Polaris, 200601778)	00:29.70(+72)
9. Loïs Jalving (HZ&PC Heerenveen, 200400280)	00:29.78(+56)
10. Esmee Kloezen (Bubble, 200204646)	00:29.93(+79)
11. Feyona Vonk (F.Z.C.'54, 200600814)	00:30.06
12. Marijne van der Veen (Orca, 200300960)	00:30.20
13. Femke Smilde (HZ&PC Heerenveen, 200801826)	00:31.08(+67)
14. Gabriella da Silva Miranda (De Vikings, 200700088)	00:31.14
15. Daniëlle Cosse (Bubble, 200500448)	00:31.15(+93)
16. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	00:31.43(+70)
17. Sanne Doornbos (ZC Polaris, 200702838)	00:31.52(+89)
18. Amber Tiesinga (Dz&Pc, 200600782)	00:31.57(+79)
19. Laura van Etten (HZ&PC Heerenveen, 200800264)	00:31.59(+64)
20. Sari Schott (Bubble, 200602846)	00:31.68(+82)
21. Josephine Swarts (ZPC Nova, 200703502)	00:31.79(+65)
22. Rosalie Meesters (Neptunia '24, 200702878)	00:31.80
23. Esther Roele (HZ&PC Heerenveen, 200001056)	00:31.92(+54)
24. Amber Godlieb (Azuro, 200702978)	00:32.00(+76)
25. Rieka Heldoorn (Aqualero, 199604010)	00:32.02(+96)
26. Amke Kersten (Orca, 200802816)	00:32.28(+73)
27. Sophie de Grave (F.Z.C.'54, 200702040)	00:32.56
28. Mendie Dijk van (Bubble, 200604382)	00:33.61(+82)
29. Fenna Boterman (TriVia, 200701710)	00:34.32
30. Ilse Jongepier (Thor, 201000006)	00:34.44
31. Jasmijn Meesters (Neptunia '24, 200902728)	00:34.58
32. Yenthe Segeren (F.Z.C.'54, 200801440)	00:35.69
33. Britt Jellesma (SG. Bolsward-Workum, 201000310)	00:40.80
34. Paulien Baas (Aqualero, 200902778)	00:43.11
35. Marissa Visser (HZ&PC Heerenveen, 200903858)	00:43.80
DIS. Fenne de Jong (HZ&PC Heerenveen, 200800532) [S10]	00:34.84
DIS. Amélie Wortel (Orca, 200500814)	00:28.95(+63)
DIS. Lyanne Pathuis (Bubble, 200800042)	00:32.13(+42)

21. 100m schoolslag - Heren

vanaf 11 jaar (Senioren Open)

1. David da Silva Miranda (De Vikings, 200500019) 01:10.44(+72)
50m 00:32.85 32,85
2. Sander Heinsius (Dz&Pc, 200400013) 01:10.93(+66)
50m 00:33.83 33,83
3. Tiemen Jonkman (Dz&Pc, 200301193) 01:11.05(+65)
50m 00:33.28 33,28
4. Jesper Boets (ZPC Nova, 200400149) 01:11.38(+66)
50m 00:34.33 34,33
5. Tim Speijer (Bubble, 200301661) 01:13.05(+71)
50m 00:33.67 33,67
6. Robin Diekema (Azuro, 200201431) 01:13.26(+73)
50m 00:34.69 34,69
7. Vito Kuperus (F.Z.C.'54, 200401389) 01:14.34(+71)
50m 00:35.01 35,01
8. David Wesseling (ZC Polaris, 200500251) 01:14.74
50m 00:35.27 35,27
9. Siete Bootsma (SG. Bolsward-Workum, 200600065) 01:16.10(+69)
50m 00:35.84 35,84
10. Xander Boets (ZPC Nova, 200800133) 01:30.63(+78)
50m 00:42.15 42,15
11. Sven Koornstra (De Vikings, 200900189) 01:31.44
50m 00:43.99 43,99
12. Gertjan Hadders (Bubble, 201000847) 01:47.15(+83)
50m 00:50.34 50,34
13. Victor de Haan (HZ&PC Heerenveen, 201001921) 02:03.17
50m 00:56.36 56,36
14. Yanoah Winkels (Aqualero, 200900137) 02:04.08
50m 00:58.85 58,85

22. 100m schoolslag - Dames

vanaf 11 jaar (Senioren Open)

1. Lianne Boets (ZPC Nova, 200200346) 01:16.66(+78)
50m 00:35.31 35,31
2. Sterre van der Wal (HZ&PC Heerenveen, 200502356) 01:20.73
50m 00:38.36 38,36
3. Anneke van der Laan (Orca, 200201154) 01:20.79
50m 00:37.20 37,20
4. Karin van Dijk (De Wellerobben, 198600850) 01:21.32(+78)
50m 00:37.67 37,67
5. Jannoula Jaspers (De Vikings, 200800202) 01:21.34(+57)
50m 00:38.64 38,64
6. Anna van Eeken (HZ&PC Heerenveen, 200401414) 01:23.68
50m 00:38.88 38,88
7. Joyce Toonstra (Neptunia '24, 200501298) 01:25.27(+62)
50m 00:39.88 39,88
8. Indy Hof (Dz&Pc, 200800630) 01:27.03
50m 00:41.57 41,57
9. Melanie Schaap (Bubble, 200501180) 01:28.82(+91)
50m 00:40.18 40,18

10. Rieka Heldoorn (Aqualero, 199604010)				01:31.75
50m	00:43.54	43,54		
11. Vienna Maura Delea (F.Z.C.'54, 200800962)				01:32.43
50m	00:43.61	43,61		
12. Norah Kip (Neptunia '24, 200702876)				01:32.47(+71)
50m	00:43.60	43,60		
13. Nadia Veenstra (HZ&PC Heerenveen, 200602482)				01:36.55(+63)
50m	00:45.22	45,22		
14. Joleen Noordenbos (Orca, 200900884)				01:38.01
50m	00:45.61	45,61		
15. Minke Postma (SG. Bolsward-Workum, 200702532)				01:40.79(+63)
50m	00:46.39	46,39		
16. Renske van Bloois (TriVia, 201000834)				01:43.11
50m	00:48.87	48,87		
17. Kim Buurmeijer (Thor, 200903530)				01:43.23
50m	00:49.46	49,46		
18. Femke Nauta (TriVia, 201001118)				01:50.14
50m	00:52.54	52,54		
19. Isa Segenhout (Orca, 201000128)				01:51.76
50m	00:52.91	52,91		
20. Silke van der Ploeg (Orca, 201000052)				01:58.88(+65)
50m	00:54.71	54,71		
23. 200m wisselslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Domingo Kuipers (Orca, 200501787)				02:06.59
50m	00:28.12	28,12	100m 01:00.38	32,26 150m 01:37.04
				36,66
2. Mees Niemeijer (Dz&Pc, 200201275)				02:19.90(+74)
50m	00:29.65	29,65	100m 01:05.94	36,29 150m 01:47.62
				41,68
3. Wytse Broekstra (De Vikings, 200800121)				02:20.44
50m	00:30.47	30,47	100m 01:05.46	34,99 150m 01:46.82
				41,36
4. Ivo Roozeboom (Wvz, 197700801)				02:21.47(+73)
50m	00:30.44	30,44	100m 01:06.56	36,12 150m 01:50.29
				43,73
5. Ids Harms (TriVia, 200702753)				02:38.73(+70)
50m	00:33.07	33,07	100m 01:13.88	40,81 150m 02:02.50
				48,62
6. Wout Kroeze (Azuro, 200601441)				02:40.39
50m	00:33.28	33,28	100m 01:11.09	37,81 150m 02:00.37
				49,28
7. Stefan Feer van der (Bubble, 200701607)				02:47.21
50m	00:36.34	36,34	100m 01:20.13	43,79 150m 02:07.00
				46,87
8. Vasco Strampel (HZ&PC Heerenveen, 200702073)				02:48.42
50m	00:33.60	33,60	100m 01:14.56	40,96 150m 02:05.35
				50,79
9. Hein Muller (Dz&Pc, 200800157)				02:48.53
50m	00:35.85	35,85	100m 01:20.05	44,20 150m 02:08.24
				48,19
10. Remco Jelsma (Dz&Pc, 200800639)				02:52.77(+65)
50m	00:41.28	41,28	100m 01:23.92	42,64 150m 02:14.29
				50,37
11. Jochum van Hattum (Dz&Pc, 200601231)				02:55.32(+65)
50m	00:38.99	38,99	100m 01:21.26	42,27 150m 02:11.72
				50,46
12. Tristan Meijers (Swol 1894, 201000089)				03:13.08
50m	00:47.36	47,36	100m 01:35.99	48,63 150m 02:32.66
				56,67
13. Ryan Freriksen (Swol 1894, 201000301)				03:13.97(+56)

	50m 00:44.44 44,44	100m 01:35.17 50,73	150m 02:31.20 56,03	
14. Tijn Bijma (De Vikings, 200900397)				03:16.30
	50m 00:45.09 45,09	100m 01:35.82 50,73	150m 02:37.09 61,27	
15. Robin Mintjes (Dz&Pc, 201000957)				03:16.72
	50m 00:45.31 45,31	100m 01:33.45 48,14	150m 02:32.89 59,44	
16. Roel Meijer (HZ&PC Heerenveen, 201000161)				03:20.20
	50m 00:45.67 45,67	100m 01:37.04 51,37	150m 02:36.20 59,16	
17. Mattias Stolk (HZ&PC Heerenveen, 201000525)				03:25.53
	50m 00:53.36 53,36	100m 01:43.84 50,48	150m 02:42.87 59,03	
18. Pieter de Boer (SG. Bolsward-Workum, 200900103)				03:27.57
	50m 00:49.63 49,63	100m 01:42.89 53,26	150m 02:40.66 57,77	
19. Rohan de Graaf (TriVia, 200902891)				03:31.62
	50m 00:47.76 47,76	100m 01:42.94 55,18	150m 02:37.58 54,64	
20. Mark van het Meer (HZ&PC Heerenveen, 200900435)				03:36.61
	50m 00:54.13 54,13	100m 01:47.87 53,74	150m 02:49.20 61,33	
24. 200m wisselslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>				
1. Emma Hofstee (TriVia, 200401282)				02:26.44(+78)
	50m 00:30.54 30,54	100m 01:08.26 37,72	150m 01:52.03 43,77	
2. Frouke Ludwig (Dz&Pc, 200800112)				02:29.60(+76)
	50m 00:31.44 31,44	100m 01:06.68 35,24	150m 01:53.60 46,92	
3. Iris Nieuwhof (TriVia, 200401944)				02:38.84(+90)
	50m 00:35.98 35,98	100m 01:18.72 42,74	150m 02:00.49 41,77	
4. Nienke Bakker (TriVia, 200501178)				02:39.51(+74)
	50m 00:32.22 32,22	100m 01:12.15 39,93	150m 02:01.58 49,43	
5. Nynke van der Zee (Orca, 200700604)				02:40.33(+70)
	50m 00:34.15 34,15	100m 01:14.97 40,82	150m 02:04.39 49,42	
6. Marjolie Spelde (Thor, 200900266)				02:50.23(+73)
	50m 00:34.53 34,53	100m 01:18.77 44,24	150m 02:11.02 52,25	
7. Veerle Estelle Tuinema (De Vikings, 200701480)				02:51.70
	50m 00:33.84 33,84	100m 01:18.44 44,60	150m 02:11.98 53,54	
8. Anna Mulder (Bubble, 200504646)				02:52.28(+79)
	50m 00:36.10 36,10	100m 01:19.93 43,83	150m 02:14.61 54,68	
9. Marre van der Wal (HZ&PC Heerenveen, 201000046)				02:53.63
	50m 00:40.00 40,00	100m 01:23.85 43,85	150m 02:12.92 49,07	
10. Guusje Kroeze (Azuro, 200403778)				02:55.32(+75)
	50m 00:35.34 35,34	100m 01:17.28 41,94	150m 02:11.08 53,80	
11. Gabriella da Silva Miranda (De Vikings, 200700088)				02:56.45
	50m 00:40.11 40,11	100m 01:23.98 43,87	150m 02:19.14 55,16	
12. Silke Hooghiemstra (Neptunia '24, 200901224)				02:59.29
	50m 00:38.40 38,40	100m 01:21.50 43,10	150m 02:16.73 55,23	
13. Annika Saari (Azuro, 201001372)				03:30.36
	50m 00:49.10 49,10	100m 01:38.75 49,65	150m 02:42.93 64,18	
DIS. Jasmine Ye (TriVia, 201001550)				03:27.36
	50m 00:46.81 46,81	100m 01:41.71 54,90	150m 02:40.36 58,65	
25. 100m rugslag - <i>8 - 10 jaar (Minioren 5 en jonger) Heren</i>				
1. Jelmar Hartmann (HZ&PC Heerenveen, 201200329)				01:36.36
	50m 00:45.60 45,60			

2. Timo Vuist (HZ&PC Heerenveen, 201101245)	01:36.52
50m 00:47.15 47,15	
3. Roan Krikke (HZ&PC Heerenveen, 201200501)	01:54.17
50m 00:54.15 54,15	
<i>8 - 10 jaar (Minioren 5 en jonger) Dames</i>	
1. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	01:29.56
50m 00:43.85 43,85	
2. Elin Reinstra (TriVia, 201100842)	01:36.18
50m 00:47.93 47,93	
3. Amila Mustafic (Dz&Pc, 201200026)	01:38.62
50m 00:47.22 47,22	
4. Fabienne Bos (TriVia, 201101954)	01:39.66
50m 00:47.29 47,29	
5. Norell Kroeze (ZC Polaris, 201100378)	01:39.89
50m 00:47.88 47,88	
6. Hanna Cimic (HZ&PC Heerenveen, 201100586)	01:43.29
50m 00:49.71 49,71	
7. Elize Schierbeek (Thor, 201100652)	01:46.28
50m 00:52.02 52,02	
8. Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588)	01:47.94
50m 00:56.82 56,82	
9. Feline Bruns (ZC Polaris, 201200730)	01:48.31
50m 00:52.05 52,05	
10. Emma Mintjes (Dz&Pc, 201200216)	01:48.46
50m 00:53.22 53,22	
11. Emma Cimic (HZ&PC Heerenveen, 201300374)	01:51.09
50m 00:53.25 53,25	
12. Veerle van Bloois (TriVia, 201200960)	01:57.63
50m 00:57.27 57,27	
13. Lana Keizer (Thor, 201300192)	01:59.22
50m 00:56.65 56,65	
14. Marit Vuist (HZ&PC Heerenveen, 201300530)	01:59.66
50m 00:59.02 59,02	
15. Gabriella Davids (TriVia, 201200752)	02:02.64
50m 00:58.86 58,86	
16. Famke Ytsma (HZ&PC Heerenveen, 201101920)	02:03.53
50m 01:00.10 60,10	
17. Fardau Loots (HZ&PC Heerenveen, 201300376)	02:08.59
50m 01:04.22 64,22	
18. Rixt Loots (HZ&PC Heerenveen, 201100592)	02:09.76
50m 01:04.34 64,34	
19. Fenna Ytsma (HZ&PC Heerenveen, 201200890)	02:22.29
50m 01:09.47 69,47	
26. 200m rugslag - Heren	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)	02:13.99
50m 00:30.90 30,90 100m 01:04.33 33,43 150m 01:38.83 34,50	
2. Tieme Wiersma (Dz&Pc, 200701031)	02:19.50
50m 00:32.54 32,54 100m 01:07.51 34,97 150m 01:43.70 36,19	

3. Remco Dijkstra (HZ&PC Heerenveen, 200100789)	50m 00:32.09 32,09	100m 01:09.27 37,18	150m 01:48.08 38,81	02:25.27
4. Meindert Dekkinga (Dz&Pc, 200400377)	50m 00:33.75 33,75	100m 01:11.97 38,22	150m 01:49.01 37,04	02:25.32
5. Jere Wiersma (Dz&Pc, 200701037)	50m 00:35.87 35,87	100m 01:14.30 38,43	150m 01:52.92 38,62	02:29.62
6. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	50m 00:36.41 36,41	100m 01:17.50 41,09	150m 01:58.10 40,60	02:36.79
7. Lars van Zessen (HZ&PC Heerenveen, 200603045)	50m 00:37.75 37,75	100m 01:19.26 41,51	150m 02:01.34 42,08	02:41.83
8. Yorre van der Wal (HZ&PC Heerenveen, 201000017)	50m 00:43.54 43,54	100m 01:28.72 45,18	150m 02:14.93 46,21	02:58.64
9. Yannick Dijks (Orca, 200700923)	50m 00:42.72 42,72	100m 01:30.55 47,83	150m 02:18.14 47,59	03:02.54
10. Roy Hofman (Dz&Pc, 200900439)	50m 00:41.79 41,79	100m 01:28.49 46,70	150m 02:17.07 48,58	03:03.00
27. 200m rugslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Marte Hieke van der Kamp (Orca, 200500218)	50m 00:33.02 33,02	100m 01:08.05 35,03	150m 01:44.35 36,30	02:20.54
2. Maaike Issard (Dz&Pc, 200300022)	50m 00:33.83 33,83	100m 01:10.88 37,05	150m 01:48.59 37,71	02:25.63
3. Myrthe Natzijs (Orca, 200400076)	50m 00:34.56 34,56	100m 01:12.55 37,99	150m 01:51.31 38,76	02:29.05
4. Chantal Tiesinga (Dz&Pc, 200302452)	50m 00:36.58 36,58	100m 01:15.53 38,95	150m 01:55.07 39,54	02:34.81
5. Maud Roffel (HZ&PC Heerenveen, 200700840)	50m 00:36.22 36,22	100m 01:16.17 39,95	150m 01:57.77 41,60	02:36.90
6. Maud Koehoorn (HZ&PC Heerenveen, 200501418)	50m 00:35.98 35,98	100m 01:16.21 40,23	150m 01:57.91 41,70	02:37.07
7. Ilana Gentile (Orca, 200801558)	50m 00:36.49 36,49	100m 01:17.48 40,99	150m 01:59.89 42,41	02:41.58
8. Laura Noord (De Wellerobben, 200202568)	50m 00:38.90 38,90	100m 01:21.41 42,51	150m 02:04.74 43,33	02:47.91
9. Yke Spelde (Thor, 200700208)	50m 00:39.20 39,20	100m 01:22.52 43,32	150m 02:07.31 44,79	02:49.39
10. Sari Schott (Bubble, 200602846)	50m 00:42.88 42,88	100m 01:29.62 46,74	150m 02:16.25 46,63	02:59.29
11. Nada Lisa Hut (Aqualero, 199307280)	50m 00:43.06 43,06	100m 01:28.12 45,06	150m 02:15.36 47,24	03:00.75
12. Karin van Dijk (Thor, 197601066)	50m 00:41.88 41,88	100m 01:28.10 46,22	150m 02:16.74 48,64	03:02.80
28. 100m vrije slag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Colin Bes (ZC Polaris, 200500201)	50m 00:25.99 25,99			00:53.51(+72)
2. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)	50m 00:25.82 25,82			00:53.84(+67)
3. David Kuipers (Orca, 200003633)	50m 00:26.13 26,13			00:53.88(+57)

4. Richard Kuipers (HZ&PC Heerenveen, 199704171)	00:54.13
50m 00:25.97 25,97	
5. Jip Bakker (Orca, 200600287)	00:56.20(+66)
50m 00:27.25 27,25	
6. Thomas Boer (ZC Polaris, 200600769)	00:56.42(+70)
50m 00:27.02 27,02	
7. David da Silva Miranda (De Vikings, 200500019)	00:57.27(+63)
50m 00:27.31 27,31	
8. Jesper Boets (ZPC Nova, 200400149)	00:57.76(+71)
50m 00:27.81 27,81	
9. Jetze de Vries (De Vikings, 200602589)	00:57.79
50m 00:28.15 28,15	
10. Vito Kuperus (F.Z.C.'54, 200401389)	00:58.18(+73)
50m 00:27.92 27,92	
11. Siete Bootsma (SG. Bolsward-Workum, 200600065)	00:58.77(+87)
50m 00:28.18 28,18	
12. Djurre van der Wal (HZ&PC Heerenveen, 200500301)	00:59.20(+56)
50m 00:28.03 28,03	
13. Ryan Huizinga (Bubble, 200700419)	01:01.50(+65)
50m 00:29.58 29,58	
14. Sam Derkx (F.Z.C.'54, 200601917)	01:01.64(+57)
50m 00:29.27 29,27	
15. David Wesseling (ZC Polaris, 200500251)	01:02.42(+67)
50m 00:29.83 29,83	
16. Damir Mustafic (Dz&Pc, 200800885)	01:02.59(+81)
50m 00:29.75 29,75	
17. Ids Harms (TriVia, 200702753)	01:02.91(+55)
50m 00:29.94 29,94	
18. Pepijn Houwen (Bubble, 200500433)	01:03.31(+59)
50m 00:30.08 30,08	
19. Rowan Bosma (Bubble, 200702021)	01:04.09(+83)
50m 00:30.35 30,35	
20. Vasco Strampel (HZ&PC Heerenveen, 200702073)	01:05.12
50m 00:31.01 31,01	
21. Xander Boets (ZPC Nova, 200800133)	01:07.04(+84)
50m 00:31.92 31,92	
22. Jesse Stel (HZ&PC Heerenveen, 200700589) [S10]	01:11.69(+61)
50m 00:34.85 34,85	
23. Ivan Vuist (HZ&PC Heerenveen, 200802067)	01:11.78
50m 00:34.30 34,30	
24. Stijn Dijkstra (Dz&Pc, 201000279)	01:16.67
50m 00:37.07 37,07	
25. Ryan Freriksen (Swol 1894, 201000301)	01:19.77(+59)
50m 00:37.29 37,29	
26. Roel Meijer (HZ&PC Heerenveen, 201000161)	01:20.24(+61)
50m 00:39.46 39,46	
27. Gertjan Hadders (Bubble, 201000847)	01:23.21
50m 00:38.45 38,45	
28. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	01:24.26

50m 00:39.43 39,43

29. Rohan de Graaf (TriVia, 200902891)	01:33.13
50m 00:43.10 43,10	
30. Yanoah Winkels (Aqualero, 200900137)	01:46.59
50m 00:50.56 50,56	
29. 100m vrije slag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1. Sara Korhuis (TriVia, 200600494)	00:58.57
50m 00:28.20 28,20	
2. Lianne van Wier (HZ&PC Heerenveen, 200200438)	00:59.72(+70)
50m 00:28.78 28,78	
3. Anne Fleur Willemsen (Azuro, 199901396)	00:59.83(+70)
50m 00:29.32 29,32	
4. Luca Ebbing (Dz&Pc, 199802406)	01:00.42(+52)
50m 00:29.08 29,08	
5. Veerle Nieborg (TriVia, 200400428)	01:00.51
50m 00:29.32 29,32	
6. Lisanne Boets (ZPC Nova, 200200346)	01:00.69(+74)
50m 00:28.96 28,96	
7. Karin Rijkelijkhuisen (Dz&Pc, 199403358)	01:00.86(+70)
50m 00:29.38 29,38	
8. Elin Manning (ZPC Nova, 200200982)	01:01.23(+63)
50m 00:29.15 29,15	
9. Inge Dekker (Orca, 200200476)	01:01.42(+73)
50m 00:29.51 29,51	
10. Sanne Kloezen (Bubble, 200204644)	01:02.86(+80)
50m 00:29.52 29,52	
11. Amélie Wortel (Orca, 200500814)	01:03.07(+66)
50m 00:30.05 30,05	
12. Fleur Bos (Orca, 200500674)	01:04.46
50m 00:30.37 30,37	
13. Robin Meide van der (ZC Polaris, 200601778)	01:04.60(+61)
50m 00:30.86 30,86	
14. Linde Kasemir (ZPC Nova, 200502446)	01:04.73(+71)
50m 00:30.19 30,19	
15. Ilse Wiltjer (Dz&Pc, 200900868)	01:04.77(+83)
50m 00:31.39 31,39	
16. Lois Jalving (HZ&PC Heerenveen, 200400280)	01:06.30(+59)
50m 00:31.26 31,26	
17. Aniek Vuist (HZ&PC Heerenveen, 200600958)	01:06.38(+64)
50m 00:31.64 31,64	
18. Leonie van Wier (HZ&PC Heerenveen, 200200436)	01:06.39
50m 00:29.15 29,15	
19. Esmee Kloezen (Bubble, 200204646)	01:06.60
50m 00:31.53 31,53	
20. Romy Jalving (HZ&PC Heerenveen, 200000616)	01:06.70
50m 00:31.71 31,71	
21. Daniëlle Cosse (Bubble, 200500448)	01:06.89
50m 00:32.33 32,33	

22. Sanne Bosker (Azuro, 200702976)	01:07.00
50m 00:32.06 32,06	
23. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	01:07.54
50m 00:32.32 32,32	
24. Feyona Vonk (F.Z.C.'54, 200600814)	01:07.77
50m 00:32.13 32,13	
25. Jannoula Jaspers (De Vikings, 200800202)	01:07.80(+57)
50m 00:32.63 32,63	
26. Femke Smilde (HZ&PC Heerenveen, 200801826)	01:08.56
50m 00:32.77 32,77	
27. Laura van Etten (HZ&PC Heerenveen, 200800264)	01:08.61
50m 00:33.04 33,04	
28. Amelina Stevens (Azuro, 200402740)	01:08.79
50m 00:31.91 31,91	
29. Marije Jaspers (Neptunia '24, 200802152)	01:09.92
50m 00:33.88 33,88	
30. Anna van Eeken (HZ&PC Heerenveen, 200401414)	01:09.94
50m 00:33.09 33,09	
31. Silke Koehoorn (HZ&PC Heerenveen, 200300968)	01:10.09
50m 00:33.42 33,42	
32. Josephine Swarts (ZPC Nova, 200703502)	01:10.42
50m 00:34.28 34,28	
33. Joleen Noordenbos (Orca, 200900884)	01:10.52
50m 00:34.13 34,13	
34. Sanne Doornbos (ZC Polaris, 200702838)	01:10.68(+82)
50m 00:34.08 34,08	
34. Esther Roele (HZ&PC Heerenveen, 200001056)	01:10.68(+56)
50m 00:33.62 33,62	
36. Melanie Schaap (Bubble, 200501180)	01:11.00
50m 00:33.15 33,15	
37. Indy Hof (Dz&Pc, 200800630)	01:11.75(+71)
50m 00:34.58 34,58	
38. Vienna Maura Delea (F.Z.C.'54, 200800962)	01:12.27
50m 00:34.19 34,19	
39. Hannelore Buze (HZ&PC Heerenveen, 200801226)	01:12.46(+72)
50m 00:34.02 34,02	
40. Marre van der Wal (HZ&PC Heerenveen, 201000046)	01:12.48
50m 00:34.87 34,87	
41. Rosalie Meesters (Neptunia '24, 200702878)	01:12.50(+85)
50m 00:34.59 34,59	
42. Amber Godlieb (Azuro, 200702978)	01:12.95(+62)
50m 00:34.22 34,22	
43. Jildou van der Hoek (Dz&Pc, 200801654)	01:12.97
50m 00:34.87 34,87	
44. Lyanne Pathuis (Bubble, 200800042)	01:13.88
50m 00:34.24 34,24	
45. Marieke Speijer (Bubble, 200401154)	01:13.94(+73)
50m 00:35.30 35,30	
46. Sophie de Grave (F.Z.C.'54, 200702040)	01:14.83(+86)
50m 00:34.65 34,65	

47. Minke Postma (SG. Bolsward-Workum, 200702532) 50m 00:36.00 36,00	01:15.58
48. Ilse Jongepier (Thor, 201000006) 50m 00:36.17 36,17	01:15.92
49. Mayra Stojanovski (Neptunia '24, 200802150) 50m 00:36.15 36,15	01:15.96
50. Roos Eilers (Aqualero, 199700630) 50m 00:36.58 36,58	01:16.26(+78)
51. Elisa Stevens (Azuro, 200600604) 50m 00:36.14 36,14	01:17.39(+81)
52. Fenne de Jong (HZ&PC Heerenveen, 200800532) [S10] 50m 00:37.97 37,97	01:17.88(+88)
53. Silke van der Ploeg (Orca, 201000052) 50m 00:39.25 39,25	01:22.94(+55)
54. Isa Segenhout (Orca, 201000128) 50m 00:39.59 39,59	01:23.26
55. Renske van Bloois (TriVia, 201000834) 50m 00:40.10 40,10	01:24.91
56. Anna Nauta (TriVia, 201001114) 50m 00:42.99 42,99	01:31.70
57. Femke Nauta (TriVia, 201001118) 50m 00:44.38 44,38	01:34.77
58. Robbin Bagerman (ZPC Nova, 200902772) [S8] 50m 01:11.22 71,22	02:32.31
30. 50m schoolslag - Heren <i>vanaf 11 jaar (Senioren Open)</i>	
1. Mirko van Ligtenberg (Orca, 199800735)	00:31.11(+44)
2. Tiemen Jonkman (Dz&Pc, 200301193)	00:31.38(+76)
3. Joël Malda (Orca, 200301017)	00:32.64(+70)
4. Robin Diekema (Azuro, 200201431)	00:33.92(+69)
5. Eise van der Zee (Orca, 200501437)	00:34.85(+63)
6. Rowan Bosma (Bubble, 200702021)	00:38.51
7. Stefan Feer van der (Bubble, 200701607)	00:38.72(+81)
8. Jacco Schott (Bubble, 200802449)	00:44.15(+66)
9. Tije Hempenius (HZ&PC Heerenveen, 200901365)	00:46.68
31. 50m schoolslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1. Iris Nieuwhof (TriVia, 200401944)	00:35.50(+60)
2. Olena Dijkstra (Orca, 200202624)	00:36.81(+72)
3. Sterre van der Wal (HZ&PC Heerenveen, 200502356)	00:37.54
4. Amber Tiesinga (Dz&Pc, 200600782)	00:38.38
5. Joyce Toonstra (Neptunia '24, 200501298)	00:38.62
6. Marijne van der Veen (Orca, 200300960)	00:38.69(+68)
7. Mandy Noord (De Wellerobben, 200600584)	00:39.08(+74)

8. Nynke van der Zee (Orca, 200700604)	00:39.43(+65)
9. Amke Kersten (Orca, 200802816)	00:42.44(+76)
10. Nadia Veenstra (HZ&PC Heerenveen, 200602482)	00:42.49(+62)
11. Norah Kip (Neptunia '24, 200702876)	00:42.66(+74)
12. Fenna Boterman (TriVia, 200701710)	00:43.00(+76)
13. Mendie Dijk van (Bubble, 200604382)	00:43.21(+86)
14. Veerle Estelle Tuinema (De Vikings, 200701480)	00:43.33(+64)
15. Mayra Stojanovski (Neptunia '24, 200802150)	00:43.64
16. Jasmijn Meesters (Neptunia '24, 200902728)	00:43.87
17. Esmee Ykema (Neptunia '24, 200801710)	00:46.69
18. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	00:47.87
19. Yenthe Segeren (F.Z.C.'54, 200801440)	00:48.89
20. Elske de Vries (De Vikings, 200800786)	00:49.58(+72)
21. Paulien Baas (Aqualero, 200902778)	00:50.16(+71)
22. Marissa Visser (HZ&PC Heerenveen, 200903858)	00:51.52
23. Lisan Wennemars (TriVia, 201001382)	00:54.81

Limietwedstrijd HZ&PC Heerenveen - zaterdag 30 oktober 2021 om 20:43u (25 m)

32. 200m vrije slag - Dames

8 - 10 jaar (Minioren 5 en jonger)

1. Malin Roozeboom (Wvz, 201100006)	02:25.61(+69)	
50m 00:32.92 32,92	100m 01:10.52 37,60	150m 01:48.75 38,23