

# Minioren circuit deel 4



HZ&PC Heerenveen

Heerenveen 9-4-2022

Minioren Circuit deel 4 - zaterdag 9 april 2022 om 17:00u (25 m)

Aanvangstijd juryvergadering: 16:30u

## 1. 4x50m vrije slag

9 - 11 jaar

### 1. De Vikings

Kyara Balt 2011 50m 00:40.50 40,50  
Julissa Veenstra 2011 200m 02:31.05 110,55

02:31.05

### 2. SG. Bolsward-Workum

Luuk de Voogd 2010 50m 00:39.34 39,34  
Eline de Boer 2011 200m 02:45.73 126,39

02:45.73

### 3. SG. Bolsward-Workum

Femke de Vries 2012 50m 00:40.68 40,68  
Jelte Terpstra 2011 200m 02:57.53 136,85

02:57.53

### 4. F.Z.C.'54

Jesse Cuperus 2010 50m 00:45.65 45,65  
Silke Prins 2011 200m 03:08.09 142,44

03:08.09

### 5. Avena

Ninthe Bonthuis 2012 50m 00:48.79 48,79  
Redmer Annema 2011 200m 03:24.21 155,42

03:24.21

### 6. De Vikings

Nanne Woldring 2011 50m 00:51.47 51,47  
Femke De Vries 2012 200m 03:34.12 162,65

03:34.12

## 2. 100m schoolslag - Heren

8 - 9 jaar (Minioren 3 en 4)

### 1. Jelmar Hartmann (HZ&PC Heerenveen, 201200329)

50m 00:52.20 52,20

01:52.41

### 2. Tim Koornstra (De Vikings, 201200231)

01:59.19

### 3. Roan Krikke (HZ&PC Heerenveen, 201200501)

50m 01:02.74 62,74

02:16.29

DIS: Sietse Bleeker (Avena, 201201417)

00:00.00

## 3. 100m vrije slag - Dames

8 - 9 jaar (Minioren 3 en 4)

### 1. Femke de Vries (SG. Bolsward-Workum, 201200010)

50m 00:47.27 47,27

01:40.49

### 2. Fardau Loots (HZ&PC Heerenveen, 201300376)

50m 00:54.99 54,99

01:51.24

### 3. Fenna Ytsma (HZ&PC Heerenveen, 201200890)

02:04.08

### 4. Femke De Vries (De Vikings, 201200202)

50m 00:55.29 55,29

02:10.35

## 4. 100m rugslag - Heren

10 - 11 jaar (Minioren 5 en 6)

### 1. Jorick Johannes (HZ&PC Heerenveen, 201000403)

50m 00:39.37 39,37

01:20.50

### 2. Yorre van der Wal (De Vikings, 201000017)

01:21.50

	50m 00:40.74 40,74	
3. Victor de Haan (HZ&PC Heerenveen, 201001921)		01:30.16
4. Mattias Stolk (HZ&PC Heerenveen, 201000525)		01:32.40
5. Luca Karsten Schöler (HZ&PC Heerenveen, 201101451)	50m 00:44.77 44,77	01:34.31
6. Luuk de Voogd (SG. Bolsward-Workum, 201000055)	50m 00:48.38 48,38	01:37.92
7. Rinze Bruins Slot (SG. Bolsward-Workum, 201100335)	50m 00:49.24 49,24	01:39.67
8. Nanne Woldring (De Vikings, 201102035)	50m 01:07.90 67,90	02:14.46
DIS. Tycho Wienbelt (De Vikings, 201001397)		00:00.00
DIS. Hylke Verkaik (Neptunia '24, 201001305)		00:00.00
DIS. Thymen Klaas Wiersma (SG. Bolsward-Workum, 201101331)		00:00.00
5. 200m vrije slag - Dames		
10 - 10 jaar (Minioren 5)		
1. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	50m 00:37.81 37,81 100m 01:23.12 45,31	02:53.06
2. Hanna Cimic (HZ&PC Heerenveen, 201100586)	50m 00:41.15 41,15 100m 01:28.28 47,13	03:03.47
3. Julissa Veenstra (De Vikings, 201100840)	50m 00:42.08 42,08	03:05.78
4. Kyara Balt (De Vikings, 201100306)	50m 00:42.75 42,75 100m 01:31.23 48,48	03:11.28
5. Marije Zijlstra (SG. Bolsward-Workum, 201100728)	50m 00:45.57 45,57 100m 01:38.32 52,75	03:24.74
6. Eline de Boer (SG. Bolsward-Workum, 201100256)	50m 00:45.82 45,82 100m 01:39.68 53,86	03:32.82
7. Zoe Schurer (SG. Bolsward-Workum, 201100726)	50m 00:46.92 46,92 100m 01:43.01 56,09	03:33.25
8. Famke Ytsma (HZ&PC Heerenveen, 201101920)	50m 00:52.96 52,96 100m 01:56.47 63,51	04:04.60
6. 200m vrije slag - Dames		
11 - 11 jaar (Junioren 1)		
1. Marre van der Wal (De Vikings, 201000046)	50m 00:33.55 33,55 100m 01:10.73 37,18	02:25.01
2. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	50m 00:36.31 36,31 100m 01:17.96 41,65	02:40.57
3. Lycke Stam (De Vikings, 201000308)	50m 00:39.60 39,60 100m 01:27.77 48,17	03:04.49
4. Mare Offringa (SG. Bolsward-Workum, 201001110)	50m 00:37.49 37,49 100m 01:24.09 46,60	03:04.95
5. Jildau Folmer (SG. Bolsward-Workum, 201002600)	50m 00:41.96 41,96 100m 01:31.53 49,57	03:17.15
6. Melissa Zeegers (De Vikings, 201002612)	50m 00:44.04 44,04 100m 01:36.84 52,80	03:23.05
7. Fenne Kouer (Neptunia '24, 201003318)	50m 00:46.86 46,86 100m 01:41.98 55,12	03:25.08

8. Sytske de Vries (SG. Bolsward-Workum, 201000256)	03:27.91
50m 00:47.89 47,89    100m 01:43.60 55,71	
9. Britt Jellesma (SG. Bolsward-Workum, 201000310)	03:28.88
50m 00:47.86 47,86    100m 01:40.47 52,61	
10. Sybrich Ouderkerken (SG. Bolsward-Workum, 201000592)	03:37.73
50m 00:47.88 47,88    100m 01:42.91 55,03	
11. Fardau Schippers (SG. Bolsward-Workum, 201002598)	03:38.96
50m 00:46.39 46,39    100m 01:40.97 54,58	
12. Silke Hooghiemstra (De Vikings, 201003160)	03:50.06
50m 00:48.35 48,35    100m 01:48.32 59,97	
13. Bente Aveskamp (Neptunia '24, 201003144)	03:56.52
50m 00:51.95 51,95    100m 01:52.69 60,74	
7. 25m vlinderslag -	
9 - 10 jaar (Minioren 4 en 5) Dames	
1. Melanie Matthews-Brzozowski (Neptunia '24, 201102352)	00:23.92
2. Lonne van Veen (F.Z.C.'54, 201102558)	00:25.41
3. Silke Prins (F.Z.C.'54, 201100856)	00:26.24
4. Ranomi Zeegers (De Vikings, 201201512)	00:26.33
5. Marlies Dijkstra (F.Z.C.'54, 201100436)	00:30.29
6. Elbrich Hoekema (SG. Bolsward-Workum, 201200736)	00:31.09
7. Lieke Boelsma (HZ&PC Heerenveen, 201201672)	00:32.59
9 - 11 jaar (Minioren 4,5,6) Heren	
1. Gijs Leeneman (Avena, 201200479)	00:22.38
2. Jelte Terpstra (SG. Bolsward-Workum, 201100259)	00:26.00
3. Jari Veenstra (SG. Bolsward-Workum, 201000057)	00:27.30
4. Jesse Cuperus (F.Z.C.'54, 201000921)	00:27.66
8. 25m schoolslag -	
5 - 8 jaar (Minioren 3 en jonger) Dames	
1. Silke Dijkstra (F.Z.C.'54, 201300302)	00:24.58
2. Lene Merij Hiemstra (F.Z.C.'54, 201300304)	00:26.13
3. Marre Zijlstra (F.Z.C.'54, 201300888)	00:27.17
4. Vajen de Vries (Neptunia '24, 201300120)	00:27.76
5. Senna Oosterkamp (HZ&PC Heerenveen, 201300976)	00:28.35
7. Ilse de Jong (F.Z.C.'54, 201300886)	00:29.15
8. Froukje Nijkamp (De Vikings, 201300286)	00:29.65
9. Catoo Feenstra (F.Z.C.'54, 201300890)	00:29.67
10. Sara Dijkstra (F.Z.C.'54, 201300300)	00:31.46
11. Maud de Vries (F.Z.C.'54, 201300892)	00:31.60
5 - 8 jaar (Minioren 3 en jonger) Heren	
2. Ridzerd Zijlstra (SG. Bolsward-Workum, 201300587)	00:27.17
3. Abe Schurer (SG. Bolsward-Workum, 201300603)	00:27.53
4. Jelte Onnes (De Vikings, 201400271)	00:28.41
5. Evan Bakker (HZ&PC Heerenveen, 201300769)	00:30.85

6. Jim Bahlmann (HZ&PC Heerenveen, 201400301)	00:30.89
7. Timo Hartmann (HZ&PC Heerenveen, 201400303)	00:35.11
9. 100m wisselslag - Heren <i>8 - 9 jaar (Minioren 3 en 4)</i>	
1. Jelmar Hartmann (HZ&PC Heerenveen, 201200329)	01:32.52
2. Tim Koornstra (De Vikings, 201200231)	01:51.43
3. Roan Krikke (HZ&PC Heerenveen, 201200501)	01:52.28
10. 100m schoolslag - Dames <i>8 - 9 jaar (Minioren 3 en 4)</i>	
1. Femke de Vries (SG. Bolsward-Workum, 201200010) 50m 00:53.15 53,15	01:51.61
2. Fenna Ytsma (HZ&PC Heerenveen, 201200890) 50m 01:02.53 62,53	02:13.33
3. Femke De Vries (De Vikings, 201200202) 50m 01:07.35 67,35	02:23.98
4. Fardau Loots (HZ&PC Heerenveen, 201300376) 50m 01:11.87 71,87	02:24.09
DIS. Ninthe Bonthuis (Avena, 201201566)	00:00.00
11. 100m schoolslag - Heren <i>10 - 11 jaar (Minioren 5 en 6)</i>	
1. Yorre van der Wal (De Vikings, 201000017) 50m 00:44.10 44,10	01:32.35
2. Mattias Stolk (HZ&PC Heerenveen, 201000525) 50m 00:44.89 44,89	01:34.28
3. Jorick Johannes (HZ&PC Heerenveen, 201000403) 50m 00:47.23 47,23	01:38.31
4. Tycho Wienbelt (De Vikings, 201001397) 50m 00:50.76 50,76	01:48.35
5. Victor de Haan (HZ&PC Heerenveen, 201001921) 50m 00:52.84 52,84	01:52.90
6. Luuk de Voogd (SG. Bolsward-Workum, 201000055) 50m 00:52.30 52,30	01:53.30
7. Luca Karsten Schöler (HZ&PC Heerenveen, 201101451) 50m 00:53.00 53,00	01:54.59
8. Hylke Verkaik (Neptunia '24, 201001305) 50m 00:56.56 56,56	01:59.20
9. Silvan Boersma (Avena, 201102301) 50m 00:57.68 57,68	02:02.47
10. Thymen Klaas Wiersma (SG. Bolsward-Workum, 201101331)	02:10.24
11. Redmer Annema (Avena, 201102169) 50m 01:08.25 68,25	02:24.25
DIS. Nanne Woldring (De Vikings, 201102035)	00:00.00
12. 100m rugslag - Dames <i>10 - 10 jaar (Minioren 5)</i>	
1. Lobke Hempenius (HZ&PC Heerenveen, 201100522) 50m 00:44.27 44,27	01:30.50
2. Julissa Veenstra (De Vikings, 201100840) 50m 00:45.39 45,39	01:35.86

3. Kyara Balt (De Vikings, 201100306) 50m 00:47.87 47,87	01:37.06
4. Eline de Boer (SG. Bolsward-Workum, 201100256) 50m 00:53.98 53,98	01:50.24
5. Marije Zijlstra (SG. Bolsward-Workum, 201100728)	01:52.95
6. Zoe Schurer (SG. Bolsward-Workum, 201100726) 50m 01:00.63 60,63	01:57.82
7. Famke Ytsma (HZ&PC Heerenveen, 201101920) 50m 01:00.15 60,15	02:01.22
DIS. Hanna Cimic (HZ&PC Heerenveen, 201100586)	00:00.00
13. 100m rugslag - Dames	
<i>11 - 11 jaar (Junioren 1)</i>	
1. Marre van der Wal (De Vikings, 201000046) 50m 00:37.88 37,88	01:17.84
2. Elise Dorlandt (HZ&PC Heerenveen, 201000232) 50m 00:42.72 42,72	01:27.18
3. Lycke Stam (De Vikings, 201000308) 50m 00:42.60 42,60	01:29.44
4. Mare Offringa (SG. Bolsward-Workum, 201001110) 50m 00:45.09 45,09	01:34.90
5. Sytske de Vries (SG. Bolsward-Workum, 201000256) 50m 00:49.08 49,08	01:41.41
6. Sybrich Ouderkerken (SG. Bolsward-Workum, 201000592) 50m 00:52.71 52,71	01:48.54
7. Fardau Schippers (SG. Bolsward-Workum, 201002598) 50m 00:57.84 57,84	02:01.55
8. Fleur Helvrich (F.Z.C.'54, 201001220) 50m 00:59.51 59,51	02:03.85
9. Bente Aveskamp (Neptunia '24, 201003144) 50m 01:08.58 68,58	02:13.57
DIS. Silke Hooghiemstra (De Vikings, 201003160)	00:00.00
DIS. Melissa Zeegers (De Vikings, 201002612)	00:00.00
DIS. Sophie Legerstee (Neptunia '24, 201003146)	00:00.00
DIS. Fenne Kouer (Neptunia '24, 201003318)	00:00.00
DIS. Anne van Mourik (F.Z.C.'54, 201001204)	00:00.00
DIS. Britt Jellesma (SG. Bolsward-Workum, 201000310)	00:00.00
14. 50m vrije slag -	
<i>9 - 10 jaar (Minioren 4 en 5) Dames</i>	
1. Silke Prins (F.Z.C.'54, 201100856)	00:43.15
2. Marlies Dijkstra (F.Z.C.'54, 201100436)	00:46.10
3. Melanie Matthews-Brzozowski (Neptunia '24, 201102352)	00:48.52
4. Ranomi Zeegers (De Vikings, 201201512)	00:50.14
5. Lonne van Veen (F.Z.C.'54, 201102558)	00:51.59
6. Ninthe Bonthuis (Avena, 201201566)	00:51.60
7. Elbrich Hoekema (SG. Bolsward-Workum, 201200736)	00:55.31

8. Lieke Boelsma (HZ&PC Heerenveen, 201201672)	00:56.95
<i>9 - 11 jaar (Minioren 4,5,6) Heren</i>	
1. Gijs Leeneman (Avena, 201200479)	00:40.45
2. Jelte Terpstra (SG. Bolsward-Workum, 201100259)	00:45.36
3. Jesse Cuperus (F.Z.C.'54, 201000921)	00:46.22
4. Jari Veenstra (SG. Bolsward-Workum, 201000057)	00:48.89
5. Silvan Boersma (Avena, 201102301)	00:50.51
6. Sietse Bleeker (Avena, 201201417)	00:55.46
7. Quinten van Zanten (De Vikings, 201102249)	01:00.87
8. Redmer Annema (Avena, 201102169)	01:02.96
15. 50m vrije slag -	
<i>5 - 8 jaar (Minioren 3 en jonger) Dames</i>	
2. Lene Merij Hiemstra (F.Z.C.'54, 201300304)	00:52.08
3. Ilse de Jong (F.Z.C.'54, 201300886)	00:52.30
4. Froukje Nijkamp (De Vikings, 201300286)	00:53.15
5. Sara Dijkstra (F.Z.C.'54, 201300300)	00:54.29
6. Senna Oosterkamp (HZ&PC Heerenveen, 201300976)	00:55.28
7. Silke Dijkstra (F.Z.C.'54, 201300302)	00:55.78
8. Vajen de Vries (Neptunia '24, 201300120)	00:56.58
9. Marre Zijlstra (F.Z.C.'54, 201300888)	01:01.48
10. Cato Feenstra (F.Z.C.'54, 201300890)	01:10.04
11. Maud de Vries (F.Z.C.'54, 201300892)	01:11.83
<i>5 - 8 jaar (Minioren 3 en jonger) Heren</i>	
2. Evan Bakker (HZ&PC Heerenveen, 201300769)	00:49.88
3. Abe Schurer (SG. Bolsward-Workum, 201300603)	01:01.88
4. Ridzerd Zijlstra (SG. Bolsward-Workum, 201300587)	01:01.95
5. Jelte Onnes (De Vikings, 201400271)	01:09.21
6. Jim Bahlmann (HZ&PC Heerenveen, 201400301)	01:09.40
7. Timo Hartmann (HZ&PC Heerenveen, 201400303)	01:18.76
16. 100m vrije slag - Heren	
<i>8 - 9 jaar (Minioren 3 en 4)</i>	
1. Jelmar Hartmann (HZ&PC Heerenveen, 201200329)	01:21.33
50m 00:37.59 37,59	
2. Tim Koornstra (De Vikings, 201200231)	01:41.11
50m 00:48.89 48,89	
DIS. Roan Krikke (HZ&PC Heerenveen, 201200501)	00:00.00
17. 100m wisselslag - Dames	
<i>8 - 9 jaar (Minioren 3 en 4)</i>	
1. Femke de Vries (SG. Bolsward-Workum, 201200010)	01:45.59
2. Fardau Loots (HZ&PC Heerenveen, 201300376)	02:06.52
3. Fenna Ytsma (HZ&PC Heerenveen, 201200890)	02:16.65
4. Femke De Vries (De Vikings, 201200202)	02:20.68

18. 200m vrije slag - Heren

10 - 11 jaar (Minioren 5 en 6)

1. Jorick Johannes (HZ&PC Heerenveen, 201000403) 02:32.21  
50m 00:35.36 35,36 100m 01:13.93 38,57
2. Yorre van der Wal (De Vikings, 201000017) 02:37.22  
50m 00:36.89 36,89 100m 01:15.39 38,50
3. Mattias Stolk (HZ&PC Heerenveen, 201000525) 02:45.77  
50m 00:38.18 38,18 100m 01:21.13 42,95
4. Victor de Haan (HZ&PC Heerenveen, 201001921) 02:46.56  
50m 00:37.42 37,42 100m 01:20.18 42,76
5. Tycho Wienbelt (De Vikings, 201001397) 03:00.65  
50m 00:38.68 38,68 100m 01:26.34 47,66
6. Rinze Bruins Slot (SG. Bolsward-Workum, 201100335) 03:13.12  
50m 00:41.96 41,96 100m 01:31.56 49,60
7. Luuk de Voogd (SG. Bolsward-Workum, 201000055) 03:16.61  
50m 00:40.65 40,65 100m 01:30.97 50,32
8. Luca Karsten Schüler (HZ&PC Heerenveen, 201101451) 03:20.77  
50m 00:40.29 40,29 100m 01:30.82 50,53
9. Hylke Verkaik (Neptunia '24, 201001305) 03:43.31  
50m 00:49.94 49,94 100m 01:48.70 58,76
10. Thymen Klaas Wiersma (SG. Bolsward-Workum, 201101331) 03:50.62  
50m 00:53.04 53,04 100m 01:54.33 61,29

19. 100m schoolslag - Dames

10 - 10 jaar (Minioren 5)

1. Julissa Veenstra (De Vikings, 201100840) 01:39.79  
50m 00:45.84 45,84
2. Lobke Hempenius (HZ&PC Heerenveen, 201100522) 01:42.95  
50m 00:48.73 48,73
3. Marije Zijlstra (SG. Bolsward-Workum, 201100728) 01:55.43  
50m 00:54.38 54,38
4. Kyara Balt (De Vikings, 201100306) 01:58.81  
50m 00:56.56 56,56
5. Eline de Boer (SG. Bolsward-Workum, 201100256) 02:03.53  
50m 00:58.57 58,57
- DIS. Hanna Cimic (HZ&PC Heerenveen, 201100586) 00:00.00
- DIS. Famke Ytsma (HZ&PC Heerenveen, 201101920) 00:00.00
- DIS. Zoe Schurer (SG. Bolsward-Workum, 201100726) 00:00.00

20. 100m schoolslag - Dames

11 - 11 jaar (Junioren 1)

1. Marre van der Wal (De Vikings, 201000046) 01:20.26  
50m 00:37.81 37,81
2. Elise Dorlandt (HZ&PC Heerenveen, 201000232) 01:41.37  
50m 00:47.55 47,55
3. Mare Offringa (SG. Bolsward-Workum, 201001110) 01:42.42  
50m 00:47.63 47,63
4. Sytske de Vries (SG. Bolsward-Workum, 201000256) 01:46.95  
50m 00:48.59 48,59
5. Lycke Stam (De Vikings, 201000308) 01:48.08
6. Fenne Kouer (Neptunia '24, 201003318) 01:50.08

	50m 00:51.55 51,55	
7. Silke Hooghiemstra (De Vikings, 201003160)	50m 00:53.03 53,03	01:52.45
8. Melissa Zeegers (De Vikings, 201002612)	50m 00:52.11 52,11	01:52.90
9. Jildau Folmer (SG. Bolsward-Workum, 201002600)	50m 00:53.42 53,42	01:52.90
10. Sybrich Ouderkerken (SG. Bolsward-Workum, 201000592)	50m 00:54.08 54,08	01:53.60
11. Britt Jellesma (SG. Bolsward-Workum, 201000310)	50m 00:55.58 55,58	01:58.58
12. Sophie Legerstee (Neptunia '24, 201003146)	50m 00:55.68 55,68	02:00.69
13. Fardau Schippers (SG. Bolsward-Workum, 201002598)	50m 00:56.63 56,63	02:02.84
14. Bente Aveskamp (Neptunia '24, 201003144)	50m 00:58.40 58,40	02:03.19
15. Anne van Mourik (F.Z.C.'54, 201001204)	50m 00:58.99 58,99	02:06.86
16. Fleur Helvrich (F.Z.C.'54, 201001220)	50m 01:07.03 67,03	02:28.85
21. 4x25m vrije slag		
5 - 8 jaar (Minioren 3 en jonger)		