

Regionale Minioren Finale 2019



KNZB regio Noord, Zwemcomissie

Heerenveen 1-6-2019 t/m 2-6-2019

Regionale Minioren Finale 2019 - zaterdag 1 juni 2019 om 14:15u (25 m)

Aanvangstijd juryvergadering: 13:30u

1. 100m vlinderslag - Dames

10 - 10 jaar (Minioren 5)

- | | |
|------------------------------------------------------------|---------------|
| 1. Frouke Ludwig (Dz&Pc, 200800112) | 01:20.72(+61) |
| 50m 00:36.51 36,51 | |
| 2. Lynn Oving (TriVia, 200800074) | 01:25.09 |
| 50m 00:39.69 39,69 | |
| 3. Cinta Jacobs (Orca, 200800494) | 01:26.16 |
| 50m 00:38.85 38,85 | |
| 4. Dachen Haaijer (ZPC Hoogeveen, 200800380) | 01:29.01 |
| 50m 00:40.67 40,67 | |
| 5. Linde Fortuin (Orca, 200801530) | 01:29.08 |
| 50m 00:40.82 40,82 | |
| 6. Esmee van der Tuuk (ZPC Hoogeveen, 200800682) | 01:31.60 |
| 50m 00:43.18 43,18 | |
| 7. Julia Agricola (HZ&PC Heerenveen, 200800266) | 01:31.72 |
| 50m 00:40.72 40,72 | |
| 8. Joy ten Hoove (ZPC Hoogeveen, 200802370) | 01:33.51 |
| 50m 00:42.43 42,43 | |
| 9. Laura van Etten (HZ&PC Heerenveen, 200800264) | 01:36.43 |
| 50m 00:44.29 44,29 | |
| 10. Indy Hof (Dz&Pc, 200800630) | 01:36.80(+78) |
| 50m 00:43.24 43,24 | |
| 11. Annick van Eeuwijk (Wetterwille, 200801798) | 01:37.26(+98) |
| 50m 00:44.05 44,05 | |
| 12. Sofie Vos (ZPC Hoogeveen, 200800804) | 01:41.14 |
| 50m 00:46.29 46,29 | |
| 13. Lieke Brinkman (Borger, 200800072) | 01:41.51 |
| 50m 00:44.31 44,31 | |
| 14. Jannoula Jaspers (FZC'54-De Vikings (SG), 200800202) | 01:41.93 |
| 50m 00:45.25 45,25 | |
| 15. Vienna Maura Delea (FZC'54-De Vikings (SG), 200800962) | 01:43.53 |
| 50m 00:47.01 47,01 | |
| 16. Jenthe Visser (Dz&Pc, 200800604) | 01:44.34(+95) |
| 50m 00:47.95 47,95 | |
| 17. Femke Smilde (HZ&PC Heerenveen, 200801826) | 01:45.06 |
| 50m 00:47.33 47,33 | |
| 18. Luesza Siahaija (Aqua'68, 200801316) | 01:45.14 |
| 50m 00:46.89 46,89 | |
| 19. Sophie Hiemstra (De Granaet, 200800686) | 01:45.22 |
| 50m 00:48.97 48,97 | |

20. Isa Kerpels (Moby Dick, 200800880)						01:45.71					
50m	00:47.32	47,32									
21. Marije Jaspers (Neptunia'24, 200802152)						01:48.48					
50m	00:50.60	50,60									
22. Aimée Wolbersen (Aqua'68, 200800346)						01:49.19					
50m	00:49.92	49,92									
23. Anniek Brinkman (Borger, 200800076)						01:49.99(+64)					
50m	00:43.85	43,85									
24. Sophie Eloise Nienhuis (Wetterwille, 200801514)						01:50.70(+90)					
50m	00:50.18	50,18									
2. 400m vrije slag - Heren											
11 - 11 jaar (Minioren 6)											
1. Tieme Wiersma (Dz&Pc, 200701031)						05:09.49					
50m	00:35.55	35,55	150m	01:54.55	39,61	250m	03:13.88	39,78	350m	04:31.82	38,79
100m	01:14.94	39,39	200m	02:34.10	39,55	300m	03:53.03	39,15			
2. Ryan Huizinga (Bubble, 200700419)						05:16.66(+80)					
50m	00:34.86	34,86	150m	01:55.30	40,90	250m	03:16.61	40,69	350m	04:38.02	40,56
100m	01:14.40	39,54	200m	02:35.92	40,62	300m	03:57.46	40,85			
3. Jelte de Boer (FZC'54-De Vikings (SG), 200700345)						05:21.48					
50m	00:34.87	34,87	150m	01:52.76	39,28	250m	03:15.70	41,91	350m	04:40.19	41,70
100m	01:13.48	38,61	200m	02:33.79	41,03	300m	03:58.49	42,79			
4. Quinten Brouwer von Gonzenbach (TriVia, 200700001)						05:23.88					
50m	00:34.73	34,73	150m	01:56.49	41,00	250m	03:18.69	41,13	350m	04:42.98	41,97
100m	01:15.49	40,76	200m	02:37.56	41,07	300m	04:01.01	42,32			
5. Daniël Hardziyenka (TriVia, 200701773)						05:34.00					
50m	00:36.13	36,13	150m	02:00.39	42,93	250m	03:27.17	43,54	350m	04:53.70	43,23
100m	01:17.46	41,33	200m	02:43.63	43,24	300m	04:10.47	43,30			
6. Jere Wiersma (Dz&Pc, 200701037)						05:35.77(+66)					
50m	00:37.07	37,07	150m	02:02.00	43,60	250m	03:29.00	42,72	350m	04:54.46	42,82
100m	01:18.40	41,33	200m	02:46.28	44,28	300m	04:11.64	42,64			
7. Jordey Thole (ZPC Hoogeveen, 200700385)						05:36.83					
50m	00:37.11	37,11	150m	02:04.88	44,73	250m	03:31.91	43,23	350m	04:57.09	42,65
100m	01:20.15	43,04	200m	02:48.68	43,80	300m	04:14.44	42,53			
8. Simun Cudic (TriVia, 200702463)						05:45.52(+60)					
50m	00:37.17	37,17	150m	02:05.76	44,75	250m	03:36.83	44,85	350m	05:05.85	43,54
100m	01:21.01	43,84	200m	02:51.98	46,22	300m	04:22.31	45,48			
9. Christiaan Steneker (Orca, 200700925)						05:46.78(+62)					
50m	00:37.57	37,57	150m	02:05.27	44,46	250m	03:34.41	44,70	350m	05:03.89	44,52
100m	01:20.81	43,24	200m	02:49.71	44,44	300m	04:19.37	44,96			
10. Stefan van der Feer (Bubble, 200701607)						05:47.31					
50m	00:38.13	38,13	150m	02:05.51	44,52	250m	03:35.31	44,92	350m	05:05.10	44,95
100m	01:20.99	42,86	200m	02:50.39	44,88	300m	04:20.15	44,84			
11. Niek Hofstra (Bolsward-Workum (SG), 200700571)						05:55.24(+93)					
50m	00:39.31	39,31	150m	02:11.82	46,33	250m	03:42.73	45,52	350m	05:16.31	93,58
100m	01:25.49	46,18	200m	02:57.21	45,39	300m	04:16.31	93,58			
12. Lennard Brandsma (Dz&Pc, 200702645)						05:55.29					
50m	00:37.85	37,85	150m	02:08.11	45,84	250m	03:44.39	48,76	350m	05:16.82	45,58
100m	01:22.27	44,42	200m	02:55.63	47,52	300m	04:31.24	46,85			
13. Ids Harms (TriVia, 200702753)						06:04.94(+84)					
50m	00:38.01	38,01	150m	02:07.57	46,39	250m	03:43.30	48,00	350m	05:18.27	46,12
100m	01:21.18	43,17	200m	02:55.30	47,73	300m	04:32.15	48,85			
14. Melle van Veen (De Plons, 200700661)						06:06.72					
50m	00:40.93	40,93	150m	02:14.33	46,90	250m	03:48.84	46,14	350m	05:16.53	41,99
100m	01:27.43	46,50	200m	03:02.70	48,37	300m	04:34.54	45,70			

15. Finn Stockford (Ksn (Sg), 200700609)					06:06.90
50m	00:39.96	150m	02:13.30	250m	03:46.70
100m	01:25.96	200m	02:59.55	300m	04:34.17
16. Tim Zuurman (ZPC Hoogeveen, 200700131)					06:17.63
50m	00:40.22	150m	02:17.06	250m	03:54.61
100m	01:27.24	200m	03:06.52	300m	04:45.37
17. Vasco Strampel (HZ&PC Heerenveen, 200702073)					06:17.94
50m	00:39.47	150m	02:12.41	250m	03:50.55
100m	01:24.95	200m	03:01.40	300m	04:40.66
18. Rens de Boer (De Reest, 200700711)					06:21.74
50m	00:40.93	150m	02:17.87	250m	03:56.80
100m	01:29.11	200m	03:06.65	300m	04:44.72
19. Yannick Dijks (Orca, 200700923)					06:31.66
50m	00:43.19	150m	02:21.31	250m	04:02.53
100m	01:30.80	200m	03:11.53	300m	04:53.83
20. Gerben Bouma (Dz&Pc, 200701353)					06:37.98(+67)
50m	00:41.55	150m	02:20.87	250m	04:05.47
100m	01:30.71	200m	03:12.80	300m	04:58.25
21. Gertjan van der Meer (Wetterwille, 200701369)					06:53.31(+62)
50m	00:40.60	150m	02:23.53	250m	04:11.16
100m	01:30.24	200m	03:17.05	300m	05:05.65
DIS. Daniël Malda (Orca, 200700281)					00:00.00
3. 100m rugslag - Dames					
9 - 9 jaar (Minioren 4)					
1. Ilse Wiltjer (Dz&Pc, 200900868)					01:23.23
50m	00:40.13				
2. Vera de Boer (De Reest, 200900512)					01:24.46
50m	00:41.76				
3. Devenda van der Meer (De Granaet, 200900948)					01:28.12
50m	00:42.66				
4. Lotte Lübbers (Ksn (Sg), 200900190)					01:28.64
50m	00:42.28				
5. Nienke Koster (ZPC Hoogeveen, 200900612)					01:30.45
50m	00:43.43				
6. Daphne Westra (De Granaet, 200900344)					01:32.04
50m	00:44.24				
7. Lieke Weerman (Aqua'68, 200900664)					01:34.86
50m	00:46.34				
8. Milou Geneuglijk (Aqua'68, 200900556)					01:35.33
50m	00:46.06				
9. Joleen Noordenbos (Orca, 200900884)					01:35.39
50m	00:46.93				
10. Larissa Hendriks (Zcnf'34, 200900022)					01:38.29
50m	00:49.68				
11. Nila Deuring (Borger, 200900036)					01:38.59
50m	00:47.68				
12. lillian Mulder (Orca, 200901598)					01:45.41
50m	00:51.70				
13. Emma Koeleman (De Inktvis, 200901762)					01:45.84
50m	00:51.80				

14. Elianne Sijpkens (FZC'54-De Vikings (SG), 200900552) 50m 00:49.30 49,30	01:46.36
15. Lotte Berghout (Zcnf'34, 200901644) 50m 00:53.52 53,52	01:50.09
16. Indy Nes (FZC'54-De Vikings (SG), 200901630) 50m 00:54.84 54,84	01:55.66
17. Merle Jaasma (Orca, 200901336) 50m 00:58.14 58,14	02:04.86
DIS. Lotte Kooij (Borger, 200901378)	00:00.00
DIS. Rixt Rothschild (Borger, 200900026)	00:00.00
DIS. Anna Marie van Kan (De Granaet, 200901056)	00:00.00
DIS. Mare Nelleke Torensma (De Granaet, 200901606)	00:00.00
DIS. Anna Venema (ZPC Hoogeveen, 200900154)	00:00.00
DIS. Rose Norde (ZPC Hoogeveen, 200900870)	00:00.00
DIS. Sophie Feiertag (Zwemclub Polaris, 200901144)	00:00.00
4. 100m rugslag - Heren 10 - 10 jaar (Minioren 5)	
1. Wytse Broekstra (FZC'54-De Vikings (SG), 200800121) 50m 00:38.72 38,72	01:18.90
2. Hylke de Jong (De Granaet, 200801057) 50m 00:40.45 40,45	01:24.04
3. Hein Muller (Dz&Pc, 200800157) 50m 00:42.11 42,11	01:24.83
4. Jay Wesseling (ZPC Hoogeveen, 200800017) 50m 00:42.40 42,40	01:25.32
5. Ricardo Hassing (Apexswim, 200800097) 50m 00:41.84 41,84	01:26.23
6. Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:42.05 42,05	01:27.10
7. Koen de Vries (De Reest, 200802379) 50m 00:42.65 42,65	01:29.05
8. Damir Mustafic (Dz&Pc, 200800885) 50m 00:44.02 44,02	01:29.96
9. Milan Derkx (FZC'54-De Vikings (SG), 200800681) 50m 00:44.21 44,21	01:31.39
10. Remco Jelsma (Dz&Pc, 200800639) 50m 00:45.59 45,59	01:32.34
11. Levi Hendriksen (ZPC Hoogeveen, 200800655) 50m 00:45.49 45,49	01:33.17
12. Tinco Stam (Bolsward-Workum (SG), 200800615) 50m 00:45.03 45,03	01:33.38
13. Tom Mulder (Bubble, 200801935) 50m 00:44.69 44,69	01:33.80
14. Paul Meijer (HZ&PC Heerenveen, 200800177) 50m 00:47.37 47,37	01:34.85
15. Rick Teitsma (Aqualero, 200800173) 50m 00:46.85 46,85	01:36.55
16. Ido Kootstra (TriVia, 200801577)	01:37.93

	50m 00:47.30 47,30	
17.	Colin Beuker (Zwemclub Polaris, 200802023) 50m 00:47.25 47,25	01:38.24
18.	Jente-Piebe Dijkstra (Wetterwille, 200800299) 50m 00:47.98 47,98	01:39.61
19.	Ruben Vehoff (De Wellerobben, 200800201) 50m 00:48.54 48,54	01:40.60
20.	David Tebberman (Aqua'68, 200800897) 50m 00:48.17 48,17	01:41.09
21.	Darius Westra (Ksn (Sg), 200800335) 50m 00:50.84 50,84	01:45.26
	DIS: Tim Yarne Bosch (De Granaet, 200800665)	00:00.00
	DIS: Filip Piszczynski (Ksn (Sg), 200802125)	00:00.00
	DIS: Yanick van den Berg (Wetterwille, 200800667)	00:00.00
5.	100m schoolslag - Dames 7 - 8 jaar (Minioren 2 en 3)	
1.	Amber Minnema (Avéna, 201000142) 50m 00:51.48 51,48	01:48.59
2.	Marre van der Wal (FZC'54-De Vikings (SG), 201000046) 50m 00:54.83 54,83	01:52.78
3.	Ylja Meulman (Dz&Pc, 201000384) 50m 00:54.83 54,83	01:56.70
4.	Ilse Jongepier (Thor, 201000006) 50m 00:57.60 57,60	01:58.62
5.	Lobke Hempenius (HZ&PC Heerenveen, 201100522) 50m 00:58.53 58,53	02:02.60
6.	Femke ter Horst (ZPC Hoogeveen, 201000108) 50m 01:00.31 60,31	02:04.03
7.	Femke Agricola (HZ&PC Heerenveen, 201000230) 50m 01:00.30 60,30	02:04.27
8.	Mirthe de Haan (Zcnf'34, 201000866) 50m 00:58.64 58,64	02:04.37
9.	Silke van der Ploeg (Orca, 201000052) 50m 00:59.33 59,33	02:04.81
10.	Isa Segenhout (Orca, 201000128) 50m 00:59.54 59,54	02:04.95
11.	Wyneke Edou van der Heide (De Granaet, 201100028) 50m 00:58.09 58,09	02:05.41
12.	Nicole Pestman (De Granaet, 201000668) 50m 00:58.85 58,85	02:05.66
13.	Elise Dorlandt (HZ&PC Heerenveen, 201000232) 50m 00:57.91 57,91	02:05.91
14.	Norell Kroeze (Zwemclub Polaris, 201100378) 50m 01:02.51 62,51	02:10.12
15.	Ilse Smilde (HZ&PC Heerenveen, 201000466) 50m 01:00.51 60,51	02:11.14
16.	Lycke Stam (Bolsward-Workum (SG), 201000308) 50m 01:02.25 62,25	02:13.53

17. Aline Strijker (Ksn (Sg), 201100362)	02:16.29
50m 01:02.42 62,42	
18. Esther Pomper (Ksn (Sg), 201000432)	02:18.72
50m 01:04.07 64,07	
DIS. Marit van der Flier (De Wellerobben, 201000938)	00:00.00
6. 100m schoolslag - Heren	
7 - 9 jaar (Minioren 4 en later)	
1. Daan Westerhof (Ksn (Sg), 200900223)	01:36.94(+57)
50m 00:46.69 46,69	
2. Gerjan Berends (Ksn (Sg), 200900169)	01:38.23
50m 00:46.02 46,02	
3. Sven Koornstra (FZC'54-De Vikings (SG), 200900189)	01:41.79
50m 00:49.49 49,49	
4. Levi Makkinje (Moby Dick, 200900451)	01:41.84
50m 00:48.15 48,15	
5. Friso Moedt (HZ&PC Heerenveen, 200900437)	01:43.68
50m 00:49.33 49,33	
6. Ruben De Vries (Wetterwille, 200900517)	01:45.68
50m 00:52.03 52,03	
7. Wilco Driessen (Pwc, 200900041)	01:46.52
50m 00:51.28 51,28	
8. Roy Hofman (Apexswim, 200900439)	01:47.12
50m 00:51.62 51,62	
9. Pieter de Boer (Bolsward-Workum (SG), 200900103)	01:48.14
50m 00:52.89 52,89	
10. Valentijn Vitale (De Granaet, 200900737)	01:48.97
50m 00:50.65 50,65	
11. Mats Buikema (Wetterwille, 200900113)	01:52.00
50m 00:53.95 53,95	
12. Raoul Melein (Avéna, 200900473)	01:52.29
50m 00:53.33 53,33	
13. Rick Zuurman (ZPC Hoogeveen, 200900049)	01:55.77
50m 00:55.43 55,43	
14. Tije Hempenius (HZ&PC Heerenveen, 200901365)	01:56.56
50m 00:55.05 55,05	
15. Robin Mintjes (Apexswim, 201000957)	01:57.49
50m 00:58.50 58,50	
16. Stijn Dijkstra (Dz&Pc, 201000279)	01:58.15
50m 00:57.12 57,12	
17. Mark van het Meer, van het (HZ&PC Heerenveen, 200900435)	01:58.59
50m 00:54.05 54,05	
18. Mathijs Boersma (ZPC Hoogeveen, 201000313)	02:01.93
50m 00:57.31 57,31	
19. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	02:02.34
50m 00:57.55 57,55	
20. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	02:06.03
50m 00:59.13 59,13	
DIS. Tijn Bijma (FZC'54-De Vikings (SG), 200900397)	00:00.00
DIS. kasper lubbers (Orca, 201100025)	00:00.00(+52)

DIS: Deaquan Ramos (Zwemclub Polaris, 200901709)	00:00.00
7. 100m vrije slag - Dames 10 - 10 jaar (Minioren 5)	
1. Frouke Ludwig (Dz&Pc, 200800112) 50m 00:32.88 32,88	01:08.68
2. Dachen Haaijer (ZPC Hoogeveen, 200800380) 50m 00:33.37 33,37	01:08.84(+70)
3. Indy Hof (Dz&Pc, 200800630) 50m 00:35.29 35,29	01:11.28(+76)
4. Sofie Vos (ZPC Hoogeveen, 200800804) 50m 00:34.64 34,64	01:12.15
5. Esmee van der Tuuk (ZPC Hoogeveen, 200800682) 50m 00:34.90 34,90	01:12.44
6. Cinta Jacobs (Orca, 200800494) 50m 00:35.16 35,16	01:13.34
7. Julia Agricola (HZ&PC Heerenveen, 200800266) 50m 00:34.81 34,81	01:13.40
8. Linde Fortuin (Orca, 200801530) 50m 00:36.17 36,17	01:14.93
9. Joy ten Hoove (ZPC Hoogeveen, 200802370) 50m 00:37.09 37,09	01:16.01(+89)
10. Laura van Etten (HZ&PC Heerenveen, 200800264) 50m 00:36.95 36,95	01:17.79
11. Lynn Oving (TriVia, 200800074) 50m 00:37.91 37,91	01:18.02(+83)
12. Lieke Brinkman (Borger, 200800072) 50m 00:37.00 37,00	01:18.32
13. Anniek Brinkman (Borger, 200800076) 50m 00:37.99 37,99	01:18.74
14. Jannoula Jaspers (FZC'54-De Vikings (SG), 200800202) 50m 00:37.59 37,59	01:18.84
15. Femke Smilde (HZ&PC Heerenveen, 200801826) 50m 00:37.30 37,30	01:20.46
16. Annick van Eeuwijk (Wetterwille, 200801798) 50m 00:38.91 38,91	01:20.76(+86)
17. Vienna Maura Delea (FZC'54-De Vikings (SG), 200800962) 50m 00:38.82 38,82	01:21.37
18. Jildou van der Hoek (Dz&Pc, 200801654) 50m 00:38.20 38,20	01:21.49
19. Luesza Siahajja (Aqua'68, 200801316) 50m 00:38.30 38,30	01:22.06
20. Lyanne Pathuis (Bubble, 200800042) 50m 00:38.77 38,77	01:23.41
21. Lynn Kamman (Aqua'68, 200800954) 50m 00:39.84 39,84	01:24.08(+62)
22. Cato Werners (De Reest, 200803194) 50m 00:39.90 39,90	01:25.09
23. Luka Wassink (ZPC Hoogeveen, 200801032) 50m 00:41.08 41,08	01:25.47

24. Tilly Werners (De Reest, 200803196)	01:25.70
50m 00:40.75 40,75	
25. Sophie Eloise Nienhuis (Wetterwille, 200801514)	01:25.76(+84)
50m 00:40.81 40,81	
26. Jenthe Visser (Dz&Pc, 200800604)	01:26.46(+92)
50m 00:41.58 41,58	
27. Isa Kerpels (Moby Dick, 200800880)	01:27.86
50m 00:41.41 41,41	
28. Aimée Wolbersen (Aqua'68, 200800346)	01:28.60
50m 00:42.23 42,23	
29. Sophie Hiemstra (De Granaet, 200800686)	01:29.80
50m 00:42.98 42,98	
30. Femke Griemink (Ksn (Sg), 200802376)	01:30.10
50m 00:41.14 41,14	
31. Nina Bentum (ZPC Hoogeveen, 200800050)	01:30.55
50m 00:43.39 43,39	
32. Ilya Postma (FZC'54-De Vikings (SG), 200802684)	01:32.09
50m 00:41.50 41,50	
8. 100m rugslag - Heren	
11 - 11 jaar (Minioren 6)	
1. Tieme Wiersma (Dz&Pc, 200701031)	01:13.16
50m 00:35.75 35,75	
2. Ryan Huizinga (Bubble, 200700419)	01:14.24
50m 00:36.35 36,35	
3. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	01:15.04
50m 00:35.90 35,90	
4. Jere Wiersma (Dz&Pc, 200701037)	01:19.13
50m 00:38.57 38,57	
5. Lennard Brandsma (Dz&Pc, 200702645)	01:20.49
50m 00:40.04 40,04	
6. Jelte de Boer (FZC'54-De Vikings (SG), 200700345)	01:22.87
50m 00:39.95 39,95	
7. Christiaan Steneker (Orca, 200700925)	01:23.82
50m 00:40.17 40,17	
8. Daniël Hardziyenka (TriVia, 200701773)	01:24.48
50m 00:42.35 42,35	
9. Daniël Malda (Orca, 200700281)	01:24.94
50m 00:42.04 42,04	
10. Simun Cudic (TriVia, 200702463)	01:25.10
50m 00:41.43 41,43	
11. Rowan Bosma (Bubble, 200702021)	01:26.97
50m 00:43.36 43,36	
12. Stefan van der Feer (Bubble, 200701607)	01:27.51
50m 00:42.53 42,53	
13. Jordey Thole (ZPC Hoogeveen, 200700385)	01:29.23
50m 00:43.71 43,71	
14. Melle van Veen (De Plons, 200700661)	01:29.33
50m 00:43.16 43,16	
15. Borre Tichelaar (HZ&PC Heerenveen, 200702075)	01:29.92

50m 00:43.31 43,31

16. Yannick Dijks (Orca, 200700923)	01:32.77
50m 00:46.08 46,08	
17. Gerben Bouma (Dz&Pc, 200701353)	01:36.06
50m 00:46.67 46,67	
18. Rens de Boer (De Reest, 200700711)	01:36.93
50m 00:47.72 47,72	
DIS. Niek Hofstra (Bolsward-Workum (SG), 200700571)	00:00.00
DIS. Vasco Strampel (HZ&PC Heerenveen, 200702073)	00:00.00
DIS. Finn Stockford (Ksn (Sg), 200700609)	00:00.00
DIS. Tim Zuurman (ZPC Hoogeveen, 200700131)	00:00.00
9. 50m vlinderslag - Dames	
9 - 9 jaar (Minioren 4)	
1. Daphne Westra (De Granaet, 200900344)	00:40.90
2. Lotte Lübbers (Ksn (Sg), 200900190)	00:41.07(+69)
3. Fenna Westerneng (De Reest, 200900070)	00:42.18(+76)
4. Fardau Cazemier (Zcnf'34, 200901736)	00:42.23
5. Devenda van der Meer (De Granaet, 200900948)	00:45.20
6. Joleen Noordenbos (Orca, 200900884)	00:47.36(+63)
7. Marjolie Spelde (Thor, 200900266)	00:47.64
8. Milou Geneuglijk (Aqua'68, 200900556)	00:48.23
9. Nila Deuring (Borger, 200900036)	00:48.77
10. Rixt Rothschild (Borger, 200900026)	00:48.97
11. Vera de Boer (De Reest, 200900512)	00:49.06
12. Emma Koeleman (De Inktvis, 200901762)	00:49.93
13. Nienke Koster (ZPC Hoogeveen, 200900612)	00:50.73
14. Lotte Berghout (Zcnf'34, 200901644)	00:51.80
15. Larissa Hendriks (Zcnf'34, 200900022)	00:56.48
16. Mare Nelleke Torensma (De Granaet, 200901606)	00:57.64
17. Lieke Weerman (Aqua'68, 200900664)	00:57.69
18. lilian Mulder (Orca, 200901598)	00:57.79
19. Sophie Feiertag (Zwemclub Polaris, 200901144)	00:59.55
20. Anna Venema (ZPC Hoogeveen, 200900154)	01:03.26
21. Elianne Sijpkens (FZC'54-De Vikings (SG), 200900552)	01:06.43
22. Merle Jaasma (Orca, 200901336)	01:08.30
DIS. Ilse Wiltjer (Dz&Pc, 200900868)	00:00.00
DIS. Linne Tichelaar (HZ&PC Heerenveen, 200902194)	00:00.00
10. 50m vlinderslag - Heren	
10 - 10 jaar (Minioren 5)	
1. Wytse Broekstra (FZC'54-De Vikings (SG), 200800121)	00:38.83
2. Hylke de Jong (De Granaet, 200801057)	00:38.96

3. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	00:41.01
4. Damir Mustafic (Dz&Pc, 200800885)	00:42.16
5. Rick Teitsma (Aqualero, 200800173)	00:42.89
6. Hein Muller (Dz&Pc, 200800157)	00:43.16(+78)
7. Paul Meijer (HZ&PC Heerenveen, 200800177)	00:43.47(+63)
8. Tinco Stam (Bolsward-Workum (SG), 200800615)	00:43.77
9. Filip Piszczynski (Ksn (Sg), 200802125)	00:43.89
10. Remco Jelsma (Dz&Pc, 200800639)	00:44.62
11. Ricardo Hassing (Apexswim, 200800097)	00:44.63
12. Milan Derkx (FZC'54-De Vikings (SG), 200800681)	00:44.87
13. Roeland Oosterhuis (Aqua'68, 200800165)	00:45.43
14. Tom Mulder (Bubble, 200801935)	00:45.51
15. Yanick van den Berg (Wetterwille, 200800667)	00:46.06
16. Jay Wesseling (ZPC Hoogeveen, 200800017)	00:46.52
17. David Tebberman (Aqua'68, 200800897)	00:47.94(+59)
18. Koen de Vries (De Reest, 200802379)	00:49.64
19. Jente-Piebe Dijkstra (Wetterwille, 200800299)	00:49.87(+76)
20. Tim Yarne Bosch (De Granaet, 200800665)	00:52.46(+74)
21. Darius Westra (Ksn (Sg), 200800335)	00:52.57
22. Hidde Bruins Slot (Pwc, 200800317)	00:54.54(+117)
23. Jorn van Kammen (Wetterwille, 200801289)	00:56.79
11. 100m vrije slag - Dames	
<i>7 - 8 jaar (Minioren 2 en 3)</i>	
1. Marre van der Wal (FZC'54-De Vikings (SG), 201000046)	01:28.20
50m 00:41.76 41,76	
2. Nicole Pestman (De Granaet, 201000668)	01:29.05
50m 00:40.90 40,90	
3. Ilse Jongepier (Thor, 201000006)	01:33.17
50m 00:43.64 43,64	
4. Femke ter Horst (ZPC Hoogeveen, 201000108)	01:34.24
50m 00:44.42 44,42	
5. Amber Minnema (Avéna, 201000142)	01:37.30
50m 00:46.49 46,49	
6. Isa Segenhout (Orca, 201000128)	01:38.22
50m 00:45.46 45,46	
7. Ylja Meulman (Dz&Pc, 201000384)	01:40.32
50m 00:49.36 49,36	
8. Silke van der Ploeg (Orca, 201000052)	01:45.38
50m 00:50.21 50,21	
9. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	01:45.44
50m 00:49.09 49,09	
10. Julia Boer (Ksn (Sg), 201000828)	01:46.09
50m 00:49.25 49,25	
11. Wyneke Edou van der Heide (De Granaet, 201100028)	01:46.53

	50m 00:49.19 49,19	
12.	Lycke Stam (Bolsward-Workum (SG), 201000308) 50m 00:48.10 48,10	01:48.11
13.	Femke Agricola (HZ&PC Heerenveen, 201000230) 50m 00:50.68 50,68	01:48.86(+75)
14.	Mirthe de Haan (Zcnf'34, 201000866) 50m 00:48.97 48,97	01:50.11
15.	Ilse Smilde (HZ&PC Heerenveen, 201000466) 50m 00:50.35 50,35	01:52.03
16.	Norell Kroeze (Zwemclub Polaris, 201100378) 50m 00:54.77 54,77	02:01.71
17.	Marit van der Flier (De Wellerobben, 201000938) 50m 00:53.71 53,71	02:03.36
18.	Aline Strijker (Ksn (Sg), 201100362) 50m 00:59.36 59,36	02:14.95
	DIS: Esther Pomper (Ksn (Sg), 201000432)	00:00.00
12.	100m vrije slag - Heren 7 - 9 jaar (<i>Minioren 4 en later</i>)	
1.	Daan Westerhof (Ksn (Sg), 200900223) 50m 00:37.12 37,12	01:16.06
2.	Roy Hofman (Apexswim, 200900439) 50m 00:37.85 37,85	01:18.32
3.	Sven Koornstra (FZC'54-De Vikings (SG), 200900189) 50m 00:37.65 37,65	01:18.44
4.	Wilco Driessen (Pwc, 200900041) 50m 00:40.13 40,13	01:20.91
5.	Gerjan Berends (Ksn (Sg), 200900169) 50m 00:38.83 38,83	01:21.51
6.	Ruben De Vries (Wetterwille, 200900517) 50m 00:43.77 43,77	01:28.95
7.	Mats Buikema (Wetterwille, 200900113) 50m 00:41.50 41,50	01:29.29
8.	Valentijn Vitale (De Granaet, 200900737) 50m 00:42.34 42,34	01:32.45
9.	Mark van het Meer, van het (HZ&PC Heerenveen, 200900435) 50m 00:43.84 43,84	01:32.55
10.	Stan Rothschild (Borger, 201000353) 50m 00:43.17 43,17	01:33.82
11.	Finn Eghuizen (HZ&PC Heerenveen, 200900431) 50m 00:44.98 44,98	01:34.12(+74)
12.	Pieter de Boer (Bolsward-Workum (SG), 200900103) 50m 00:46.28 46,28	01:34.38
13.	Lucas van Dijk (Borger, 200901053) 50m 00:44.47 44,47	01:34.66
14.	Robin Mintjes (Apexswim, 201000957) 50m 00:45.01 45,01	01:36.36
15.	Kyran Kroeze (Zwemclub Polaris, 200901707) 50m 00:43.13 43,13	01:38.46
16.	Tije Hempenius (HZ&PC Heerenveen, 200901365)	01:39.33

	50m 00:47.07 47,07			
17.	kasper lubbers (Orca, 201100025)			01:40.76
	50m 00:47.77 47,77			
18.	Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)			01:42.79
	50m 00:47.89 47,89			
19.	Deaquan Ramos (Zwemclub Polaris, 200901709)			01:42.89(+84)
	50m 00:50.01 50,01			
20.	Ramon Vos (ZPC Hoogeveen, 201100051)			01:43.34
	50m 00:47.86 47,86			
21.	Raoul Melein (Avéna, 200900473)			01:43.70
	50m 00:48.45 48,45			
22.	Guido Brander (Zcnf'34, 201000625)			01:44.40
	50m 00:46.93 46,93			
23.	Wessel Post (Zwemclub Polaris, 201000485)			01:46.13
	50m 00:49.66 49,66			
DIS.	Rick Zuurman (ZPC Hoogeveen, 200900049)			00:00.00
13.	200m wisselslag - Dames			
	10 - 10 jaar (Minioren 5)			
1.	Frouke Ludwig (Dz&Pc, 200800112)			02:49.02(+67)
	50m 00:35.86 35,86	100m 01:17.65 41,79	150m 02:11.00 53,35	
2.	Dachen Haaijer (ZPC Hoogeveen, 200800380)			02:54.00
	50m 00:40.88 40,88	100m 01:23.39 42,51	150m 02:13.82 50,43	
3.	Indy Hof (Dz&Pc, 200800630)			03:00.04(+78)
	50m 00:44.49 44,49	100m 01:30.63 46,14	150m 02:21.71 51,08	
4.	Lynn Oving (TriVia, 200800074)			03:02.39
	50m 00:41.10 41,10	100m 01:29.32 48,22	150m 02:22.14 52,82	
5.	Esmee van der Tuuk (ZPC Hoogeveen, 200800682)			03:02.68
	50m 00:42.89 42,89	100m 01:27.07 44,18	150m 02:22.80 55,73	
6.	Linde Fortuin (Orca, 200801530)			03:05.04
	50m 00:41.79 41,79	100m 01:26.81 45,02	150m 02:25.18 58,37	
7.	Julia Agricola (HZ&PC Heerenveen, 200800266)			03:05.05
	50m 00:43.46 43,46	100m 01:29.96 46,50	150m 02:24.66 54,70	
8.	Sofie Vos (ZPC Hoogeveen, 200800804)			03:06.61
	50m 00:45.51 45,51	100m 01:30.49 44,98	150m 02:25.94 55,45	
9.	Cinta Jacobs (Orca, 200800494)			03:07.61
	50m 00:39.69 39,69	100m 01:29.56 49,87	150m 02:25.40 55,84	
10.	Jannoula Jaspers (FZC'54-De Vikings (SG), 200800202)			03:08.00
	50m 00:44.81 44,81	100m 01:31.34 46,53	150m 02:25.05 53,71	
11.	Zeineb Bigri (TriVia, 200802184)			03:12.40
	50m 00:46.63 46,63	100m 01:33.14 46,51	150m 02:30.72 57,58	
12.	Jenthe Visser (Dz&Pc, 200800604)			03:13.01
	50m 00:47.88 47,88	100m 01:37.67 49,79	150m 02:31.82 54,15	
13.	Laura van Etten (HZ&PC Heerenveen, 200800264)			03:13.56
	50m 00:45.46 45,46	100m 01:33.54 48,08	150m 02:31.55 58,01	
14.	Annick van Eeuwijk (Wetterwille, 200801798)			03:17.57(+75)
	50m 00:46.39 46,39	100m 01:36.00 49,61	150m 02:31.57 55,57	
15.	Vienna Maura Delea (FZC'54-De Vikings (SG), 200800962)			03:19.62
	50m 00:46.89 46,89	100m 01:36.15 49,26	150m 02:33.70 57,55	
16.	Anniek Brinkman (Borger, 200800076)			03:20.01

	50m 00:44.51 44,51	100m 01:35.06 50,55	150m 02:36.10 61,04	
17. Sophie Eloise Nienhuis (Wetterwille, 200801514)	50m 00:49.34 49,34	100m 01:40.74 51,40	150m 02:37.31 56,57	03:20.31(+90)
18. Lieke Brinkman (Borger, 200800072)	50m 00:46.92 46,92	100m 01:36.45 49,53	150m 02:37.37 60,92	03:21.21
19. Luesza Siahajja (Aqua'68, 200801316)	50m 00:46.17 46,17	100m 01:39.02 52,85	150m 02:36.73 57,71	03:23.48(+85)
20. Jildou van der Hoek (Dz&Pc, 200801654)	50m 00:54.75 54,75	100m 01:44.00 49,25	150m 02:38.89 54,89	03:24.55
21. Lynn Kamman (Aqua'68, 200800954)	50m 00:48.38 48,38	100m 01:46.25 57,87	150m 02:43.47 57,22	03:31.08
22. Marije Jaspers (Neptunia'24, 200802152)	50m 00:52.80 52,80	100m 01:46.80 54,00	150m 02:48.93 62,13	03:31.89
23. Aimée Wolbersen (Aqua'68, 200800346)	50m 00:51.69 51,69	100m 01:46.55 54,86	150m 02:49.49 62,94	03:37.76
DIS. Sophie Hiemstra (De Granaet, 200800686)				00:00.00
14. 100m schoolslag - Heren				
<i>11 - 11 jaar (Minioren 6)</i>				
1. Ryan Huizinga (Bubble, 200700419)	50m 00:41.84 41,84			01:26.97(+77)
2. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	50m 00:42.37 42,37			01:27.65(+62)
3. Daniël Hardziyenka (TriVia, 200701773)	50m 00:42.72 42,72			01:28.86
4. Tieme Wiersma (Dz&Pc, 200701031)	50m 00:42.72 42,72			01:29.29
5. Jere Wiersma (Dz&Pc, 200701037)	50m 00:43.90 43,90			01:31.96
6. Jelte de Boer (FZC'54-De Vikings (SG), 200700345)	50m 00:44.77 44,77			01:32.84(+51)
7. Jordey Thole (ZPC Hoogeveen, 200700385)	50m 00:44.46 44,46			01:34.98
8. Rowan Bosma (Bubble, 200702021)	50m 00:47.27 47,27			01:38.91(+80)
9. Stefan van der Feer (Bubble, 200701607)	50m 00:48.55 48,55			01:39.54(+68)
10. Christiaan Steneker (Orca, 200700925)	50m 00:46.74 46,74			01:39.55
11. Niek Hofstra (Bolsward-Workum (SG), 200700571)	50m 00:49.25 49,25			01:40.26
12. Daniël Malda (Orca, 200700281)	50m 00:47.51 47,51			01:41.78(+71)
13. Gerben Bouma (Dz&Pc, 200701353)	50m 00:49.34 49,34			01:43.27
14. Finn Stockford (Ksn (Sg), 200700609)	50m 00:48.58 48,58			01:44.51
15. Simun Cudic (TriVia, 200702463)	50m 00:49.06 49,06			01:44.63
16. Borre Tichelaar (HZ&PC Heerenveen, 200702075)				01:44.78(+64)

	50m 00:50.05 50,05	
17. Vasco Strampel (HZ&PC Heerenveen, 200702073)	50m 00:50.21 50,21	01:45.73(+52)
18. Tim Zuurman (ZPC Hoogeveen, 200700131)	50m 00:50.39 50,39	01:47.01
19. Sem Hiddingh (Thor, 200700141)	50m 00:49.88 49,88	01:47.32
20. Melle van Veen (De Plons, 200700661)	50m 00:49.96 49,96	01:47.33
21. Niels Castelijns (Aqua'68, 200701959)	50m 00:51.79 51,79	01:51.45
22. Rens de Boer (De Reest, 200700711)	50m 00:54.34 54,34	01:55.72
15. 100m vrije slag - Dames		
9 - 9 jaar (Minioren 4)		
1. Ilse Wiltjer (Dz&Pc, 200900868)	50m 00:36.24 36,24	01:15.52
2. Daphne Westra (De Granaet, 200900344)	50m 00:36.93 36,93	01:17.40
3. Rixt Rothschild (Borger, 200900026)	50m 00:37.93 37,93	01:19.47
4. Vera de Boer (De Reest, 200900512)	50m 00:39.04 39,04	01:20.76
5. Lotte Lübbers (Ksn (Sg), 200900190)	50m 00:38.72 38,72	01:21.46
6. Lieke Weerman (Aqua'68, 200900664)	50m 00:37.92 37,92	01:22.85
7. Marjolie Spelde (Thor, 200900266)	50m 00:39.53 39,53	01:23.47
8. Devenda van der Meer (De Granaet, 200900948)	50m 00:40.23 40,23	01:23.70
9. Fardau Cazemier (Zcnf'34, 200901736)	50m 00:41.55 41,55	01:27.21
10. Nienke Koster (ZPC Hoogeveen, 200900612)	50m 00:41.09 41,09	01:27.41
11. Milou Geneuglijk (Aqua'68, 200900556)	50m 00:41.47 41,47	01:28.24
12. Joleen Noordenbos (Orca, 200900884)	50m 00:41.89 41,89	01:29.08
13. Nila Deuring (Borger, 200900036)	50m 00:41.90 41,90	01:30.67
14. Emma Koeleman (De Inktvis, 200901762)	50m 00:43.35 43,35	01:31.64
15. Anna Marie van Kan (De Granaet, 200901056)	50m 00:43.98 43,98	01:33.94
16. Larissa Hendriks (Zcnf'34, 200900022)	50m 00:44.88 44,88	01:35.26
17. Sophie Feiertag (Zwemclub Polaris, 200901144)	50m 00:47.03 47,03	01:38.85

18. Mare Nelleke Torensma (De Granaet, 200901606)	01:39.94
50m 00:47.63 47,63	
19. lilian Mulder (Orca, 200901598)	01:41.12(+59)
50m 00:46.60 46,60	
20. Elianne Sijpkens (FZC'54-De Vikings (SG), 200900552)	01:44.76
50m 00:48.62 48,62	
21. Lotte Berghout (Zcnf'34, 200901644)	01:45.74
50m 00:49.54 49,54	
22. Indy Nes (FZC'54-De Vikings (SG), 200901630)	01:47.70
50m 00:49.44 49,44	
DIS. Fenna Westerneng (De Reest, 200900070)	01:17.79(+77)
50m 00:37.21 37,21	
16. 100m vrije slag - Heren	
10 - 10 jaar (Minioren 5)	
1. Wytse Broekstra (FZC'54-De Vikings (SG), 200800121)	01:10.84
50m 00:34.03 34,03	
2. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	01:15.99(+62)
50m 00:35.98 35,98	
3. Hylke de Jong (De Granaet, 200801057)	01:17.53(+83)
50m 00:36.17 36,17	
4. Hein Muller (Dz&Pc, 200800157)	01:17.87(+80)
50m 00:37.62 37,62	
5. Remco Jelsma (Dz&Pc, 200800639)	01:18.03
50m 00:38.34 38,34	
6. Damir Mustafic (Dz&Pc, 200800885)	01:19.45
50m 00:36.95 36,95	
7. Yanick van den Berg (Wetterwille, 200800667)	01:20.33(+73)
50m 00:37.21 37,21	
8. Roeland Oosterhuis (Aqua'68, 200800165)	01:20.59
50m 00:39.83 39,83	
9. Koen de Vries (De Reest, 200802379)	01:21.10
50m 00:38.35 38,35	
10. Milan Derkx (FZC'54-De Vikings (SG), 200800681)	01:21.52
50m 00:38.35 38,35	
11. Rick Teitsma (Aqualero, 200800173)	01:21.58(+55)
50m 00:39.59 39,59	
12. Ricardo Hassing (Apexswim, 200800097)	01:21.60
50m 00:39.38 39,38	
13. Paul Meijer (HZ&PC Heerenveen, 200800177)	01:23.75(+71)
50m 00:41.37 41,37	
14. Tom Mulder (Bubble, 200801935)	01:23.83(+71)
50m 00:39.39 39,39	
15. Jay Wesseling (ZPC Hoogeveen, 200800017)	01:23.86
50m 00:41.02 41,02	
16. Tinco Stam (Bolsward-Workum (SG), 200800615)	01:24.67
50m 00:41.33 41,33	
17. Thijs Vos (De Reest, 200800593)	01:25.21
50m 00:40.42 40,42	
18. Jente-Piebe Dijkstra (Wetterwille, 200800299)	01:26.61(+54)
50m 00:40.33 40,33	

19. Ruben Vehoff (De Wellerobben, 200800201)					01:27.76
	50m	00:42.39	42,39		
20. Colin Beuker (Zwemclub Polaris, 200802023)					01:29.33
	50m	00:42.69	42,69		
21. Jorn van Kammen (Wetterwille, 200801289)					01:30.26
	50m	00:42.41	42,41		
22. Ido Kootstra (TriVia, 200801577)					01:30.79
	50m	00:43.07	43,07		
23. David Tebberman (Aqua'68, 200800897)					01:32.59
	50m	00:42.09	42,09		
24. Levi Hendriksen (ZPC Hoogeveen, 200800655)					01:34.73
	50m	00:44.89	44,89		
17. 4x50m vrije slag					
7 - 9 jaar (Minioren 4 en later)					
1. HZ&PC Heerenveen					02:55.91
Mark van het Meer, van het 2009	50m	00:42.04	42,04		
Finn Eghuizen 2009	100m	01:23.82	41,78		
Linne Tichelaar 2009	150m	02:09.99	46,17		
Ilse Smilde 2010	200m	02:55.91	45,92		
2. HZ&PC Heerenveen					02:58.64
Jelte Ruitenbergh 2009	50m	00:44.49	44,49		
Friso Moedt 2009	100m	01:22.97	38,48		
Femke Agricola 2010	150m	02:12.30	49,33		
Lobke Hempenius 2011	200m	02:58.64	46,34		
3. Zwemclub Polaris					03:14.99
Sophie Feiertag 2009	50m	00:44.04	44,04		
Kyran Kroeze 2009	100m	01:31.13	47,09		
Norell Kroeze 2011	150m	02:27.22	56,09		
Deaquan Ramos 2009 (+55)	200m	03:14.99	47,77		
DIS. FZC'54-De Vikings (SG)					00:00.00
Sven Koornstra 2009	200m	00:00.00	00,00		
DIS. Ksn (Sg)					00:00.00
Daan Westerhof 2009	200m	00:00.00	00,00		
DIS. ZPC Hoogeveen					00:00.00
Ramon Vos 2011	50m	00:49.08	49,08		
Nienke Koster 2009	200m	00:00.00	-49,08		

Regionale Minioren Finale 2019 - zondag 2 juni 2019 om 14:15u (25 m)

Aanvangstijd juryvergadering: 13:30u

18. 400m vrije slag - Dames					
10 - 10 jaar (Minioren 5)					
1. Frouke Ludwig (Dz&Pc, 200800112)					05:08.66(+58)
	50m	00:34.60	34,60	150m 01:53.28	40,00
	100m	01:13.28	38,68	200m 02:33.41	40,13
				250m 03:13.21	39,80
				300m 03:53.40	40,19
				350m 04:31.67	38,27
2. Sofie Vos (ZPC Hoogeveen, 200800804)					05:30.55(+85)
	50m	00:35.96	35,96	150m 01:59.32	42,46
	100m	01:16.86	40,90	200m 02:42.51	43,19
				250m 03:25.64	43,13
				300m 04:08.95	43,31
3. Dachen Haaijer (ZPC Hoogeveen, 200800380)					05:32.74
	50m	00:36.11	36,11	150m 02:01.13	43,41
	100m	01:17.72	41,61	200m 02:44.53	43,40
				250m 03:28.26	43,73
				300m 04:11.71	43,45
350m 04:54.10	42,39				
4. Julia Agricola (HZ&PC Heerenveen, 200800266)					05:33.64(+77)
	50m	00:34.66	34,66	150m 01:57.54	42,61
	100m	01:14.93	40,27	200m 02:41.37	43,83
				250m 03:25.08	43,71
				300m 04:09.01	43,93
				350m 04:52.79	43,78

5. Indy Hof (Dz&Pc, 200800630)	50m 00:37.57 37,57	100m 01:20.37 42,80	150m 02:03.91 43,54	200m 02:48.39 44,48	250m 03:32.99 44,60	300m 04:18.24 45,25	350m 05:01.43 43,19	05:39.68
6. Esmee van der Tuuk (ZPC Hoogeveen, 200800682)	50m 00:38.64 38,64	100m 01:21.92 43,28	150m 02:06.45 44,53	200m 02:50.66 44,21	250m 03:35.63 44,97	300m 04:20.91 45,28	350m 05:04.86 43,95	05:45.24
7. Linde Fortuin (Orca, 200801530)	50m 00:38.28 38,28	100m 01:21.10 42,82	150m 02:06.17 45,07	200m 02:51.01 44,84	250m 03:36.13 45,12	300m 04:22.47 46,34	350m 05:07.14 44,67	05:49.55
8. Cinta Jacobs (Orca, 200800494)	50m 00:37.23 37,23	100m 01:19.16 41,93	150m 02:04.71 45,55	200m 02:50.56 45,85	250m 03:37.60 47,04	300m 04:24.37 46,77	350m 05:10.84 46,47	05:51.62
9. Lynn Oving (TriVia, 200800074)	50m 00:40.79 40,79	100m 01:24.89 44,10	150m 02:11.04 46,15	200m 02:57.19 46,15	250m 03:43.49 46,30	300m 04:30.27 46,78	350m 05:15.24 44,97	05:56.96
10. Zeineb Bigri (TriVia, 200802184)	50m 00:38.80 38,80	100m 01:23.27 44,47	150m 02:10.06 46,79	200m 02:57.07 47,01	250m 03:44.39 47,32	300m 04:31.85 47,46	350m 05:18.13 46,28	06:02.14(+74)
11. Laura van Etten (HZ&PC Heerenveen, 200800264)	50m 00:39.82 39,82	100m 01:25.52 45,70	150m 02:12.88 47,36	200m 02:59.57 46,69	250m 03:46.74 47,17	300m 04:34.64 47,90	350m 05:17.81 43,17	06:02.52
12. Anniek Brinkman (Borger, 200800076)	50m 00:40.53 40,53	100m 01:26.36 45,83	150m 02:13.04 46,68	200m 03:00.41 47,37	250m 03:48.10 47,69	300m 04:36.15 48,05	350m 05:23.52 47,37	06:07.37
13. Lieke Brinkman (Borger, 200800072)	50m 00:41.74 41,74	100m 01:27.84 46,10	150m 02:15.71 47,87	200m 03:03.64 47,93	250m 03:51.78 48,14	300m 04:40.25 48,47	350m 05:27.36 47,11	06:08.87
14. Joy ten Hoove (ZPC Hoogeveen, 200802370)	50m 00:42.30 42,30	100m 01:29.35 47,05	150m 02:17.20 47,85	200m 03:04.91 47,71	250m 03:52.55 47,64	300m 04:41.16 48,61	350m 05:28.09 46,93	06:10.04
15. Jenthe Visser (Dz&Pc, 200800604)	50m 00:41.19 41,19	100m 01:28.05 46,86	150m 02:16.70 48,65	200m 03:05.02 48,32	250m 03:52.59 47,57	300m 04:41.73 49,14	350m 05:28.23 46,50	06:10.52(+90)
16. Annick van Eeuwijk (Wetterwille, 200801798)	50m 00:43.66 43,66	100m 01:31.04 47,38	150m 02:18.47 47,43	200m 03:07.10 48,63	250m 03:55.25 48,15	300m 04:44.81 49,56	350m 05:32.45 47,64	06:15.25
17. Vienna Maura Delea (FZC'54-De Vikings (SG), 200800962)	50m 00:43.09 43,09	100m 01:30.61 47,52	150m 02:18.48 47,87	200m 03:06.91 48,43	250m 03:56.02 49,11	300m 04:45.42 49,40	350m 05:32.69 47,27	06:17.15
18. Femke Smilde (HZ&PC Heerenveen, 200801826)	50m 00:41.03 41,03	100m 01:28.31 47,28	150m 02:17.61 49,30	200m 03:06.61 49,00	250m 03:56.77 50,16	300m 04:45.98 49,21	350m 05:33.53 47,55	06:18.63
19. Jildou van der Hoek (Dz&Pc, 200801654)	50m 00:41.41 41,41	100m 01:28.52 47,11	150m 02:17.02 48,50	200m 03:06.12 49,10	250m 03:56.42 50,30	300m 04:45.73 49,31	350m 05:35.47 49,74	06:23.22(+69)
20. Sabine Oostingh (Ksn (Sg), 200800254)	50m 00:42.47 42,47	100m 01:31.33 48,86	150m 02:22.62 51,29	200m 03:13.48 50,86	250m 04:03.95 50,47	300m 04:54.54 50,59	350m 05:44.72 50,18	06:27.08
21. Aimée Wolbersen (Aqua'68, 200800346)	50m 00:42.10 42,10	100m 01:32.15 50,05	150m 02:22.91 50,76	200m 03:13.41 50,50	250m 04:04.59 51,18	300m 04:54.64 50,05	350m 05:44.50 49,86	06:30.72
22. Isa Kerpels (Moby Dick, 200800880)	50m 00:42.45 42,45	100m 01:32.75 50,30	150m 02:24.31 51,56	200m 03:16.09 51,78	250m 04:09.03 52,94	300m 05:01.17 52,14	350m 05:52.73 51,56	06:41.79

23. Luka Wassink (ZPC Hoogeveen, 200801032)				06:48.47			
50m	00:46.30	150m	02:29.97	250m	04:17.63	350m	06:02.61
100m	01:38.31	200m	03:23.90	300m	05:11.78		
46,30	51,66	53,73	50,83				
52,01	53,93	54,15					
19. 200m wisselslag - Heren							
11 - 11 jaar (Minioren 6)							
1. Ryan Huizinga (Bubble, 200700419)				02:39.90(+79)			
50m	00:34.82	100m	01:16.28	150m	02:03.95		
34,82	41,46	47,67					
2. Quinten Brouwer von Gonzenbach (TriVia, 200700001)				02:44.17(+82)			
50m	00:36.35	100m	01:18.17	150m	02:07.89		
36,35	41,82	49,72					
3. Tieme Wiersma (Dz&Pc, 200701031)				02:45.83			
50m	00:39.26	100m	01:18.36	150m	02:06.97		
39,26	39,10	48,61					
4. Jelte de Boer (FZC'54-De Vikings (SG), 200700345)				02:50.24(+56)			
50m	00:37.67	100m	01:22.40	150m	02:12.10		
37,67	44,73	49,70					
5. Jere Wiersma (Dz&Pc, 200701037)				02:53.59			
50m	00:36.79	100m	01:20.81	150m	02:12.27		
36,79	44,02	46					
6. Daniël Hardziyenka (TriVia, 200701773)				02:58.87			
50m	00:42.07	100m	01:27.42	150m	02:18.64		
42,07	45,35	51,22					
7. Jordey Thole (ZPC Hoogeveen, 200700385)				02:59.18			
50m	00:40.03	100m	01:27.37	150m	02:18.86		
40,03	47,34	49					
8. Niek Hofstra (Bolsward-Workum (SG), 200700571)				03:04.72(+104)			
50m	00:44.80	100m	01:33.25	150m	02:25.32		
44,80	48,45	52,07					
9. Daniël Malda (Orca, 200700281)				03:05.43(+76)			
50m	00:42.91	100m	01:28.54	150m	02:24.81		
42,91	45,63	56,27					
10. Simun Cudic (TriVia, 200702463)				03:06.91			
50m	00:41.19	100m	01:26.79	150m	02:26.67		
41,19	45,60	88					
11. Rowan Bosma (Bubble, 200702021)				03:07.55(+88)			
50m	00:45.13	100m	01:33.29	150m	02:28.12		
45,13	48,16	83					
12. Lennard Brandsma (Dz&Pc, 200702645)				03:10.11			
50m	00:39.28	100m	01:24.91	150m	02:30.14		
39,28	45,63	23					
13. Finn Stockford (Ksn (Sg), 200700609)				03:17.46			
50m	00:49.30	100m	01:39.57	150m	02:38.30		
49,30	50,27	73					
14. Tim Zuurman (ZPC Hoogeveen, 200700131)				03:18.73			
50m	00:49.11	100m	01:36.19	150m	02:33.13		
49,11	47,08	94					
15. Vasco Strampel (HZ&PC Heerenveen, 200702073)				03:21.87(+56)			
50m	00:45.21	100m	01:35.88	150m	02:36.09		
45,21	50,67	21					
16. Gerben Bouma (Dz&Pc, 200701353)				03:29.08(+64)			
50m	00:53.70	100m	01:44.98	150m	02:43.77		
53,70	51,28	79					
17. Rens de Boer (De Reest, 200700711)				03:31.75			
50m	00:55.03	100m	01:45.05	150m	02:46.79		
55,03	50,02	74					
18. Sem Hiddingh (Thor, 200700141)				03:33.57			
50m	00:52.73	100m	01:44.99	150m	02:45.89		
52,73	52,26	90					
19. Yannick Dijks (Orca, 200700923)				03:43.00			
50m	00:58.64	100m	01:49.79	150m	02:58.63		
58,64	51,15	84					
DIS. Stefan van der Feer (Bubble, 200701607)				00:00.00(+66)			
50m	00:43.01	100m	01:30.81				
43,01	47,80						
DIS. Christiaan Steneker (Orca, 200700925)				00:00.00			
DIS. Gertjan van der Meer (Wetterwille, 200701369)				00:00.00(+57)			
50m	00:57.11						
57,11							

20. 100m wisselslag - Dames

<i>7 - 8 jaar (Minioren 2 en 3)</i>		
1. Marre van der Wal (FZC'54-De Vikings (SG), 201000046)		01:37.55
	50m 00:46.30 46,30	
2. Ilse Jongepier (Thor, 201000006)		01:43.22(+68)
	50m 00:50.00 50,00	
3. Femke ter Horst (ZPC Hoogeveen, 201000108)		01:44.36
	50m 00:46.51 46,51	
4. Nicole Pestman (De Granaet, 201000668)		01:44.39
	50m 00:44.67 44,67	
5. Amber Minnema (Avéna, 201000142)		01:44.69
	50m 00:53.44 53,44	
6. Isa Segenhout (Orca, 201000128)		01:50.75(+55)
	50m 00:53.47 53,47	
7. Ilse Smilde (HZ&PC Heerenveen, 201000466)		01:53.21
	50m 00:49.99 49,99	
8. Ylja Meulman (Dz&Pc, 201000384)		01:53.95
	50m 00:57.94 57,94	
9. Femke Agricola (HZ&PC Heerenveen, 201000230)		01:55.09(+86)
	50m 00:54.83 54,83	
10. Silke van der Ploeg (Orca, 201000052)		01:55.36
	50m 00:56.51 56,51	
11. Mirthe de Haan (Zcnf'34, 201000866)		01:55.55
	50m 00:53.78 53,78	
12. Marit van der Flier (De Wellerobben, 201000938)		01:59.83
	50m 00:58.38 58,38	
DIS. Lycke Stam (Bolsward-Workum (SG), 201000308)		00:00.00
DIS. Wyneke Edou van der Heide (De Granaet, 201100028)		00:00.00
DIS. Esther Pomper (Ksn (Sg), 201000432)		00:00.00
DIS. Marleen Oostingh (Ksn (Sg), 201000032)		00:00.00(+55)
21. 100m wisselslag - Heren		
<i>7 - 9 jaar (Minioren 4 en later)</i>		
1. Daan Westerhof (Ksn (Sg), 200900223)		01:24.86(+63)
	50m 00:39.87 39,87	
2. Roy Hofman (Apexswim, 200900439)		01:28.80
	50m 00:39.95 39,95	
3. Sven Koornstra (FZC'54-De Vikings (SG), 200900189)		01:29.07
	50m 00:42.47 42,47	
4. Gerjan Berends (Ksn (Sg), 200900169)		01:29.49
	50m 00:42.90 42,90	
5. Wilco Driessen (Pwc, 200900041)		01:31.02
	50m 00:44.00 44,00	
6. Ruben De Vries (Wetterwille, 200900517)		01:36.87
	50m 00:47.39 47,39	
7. Pieter de Boer (Bolsward-Workum (SG), 200900103)		01:38.96(+62)
	50m 00:48.20 48,20	
8. Mats Buikema (Wetterwille, 200900113)		01:39.56
	50m 00:49.04 49,04	
9. Robin Mintjes (Apexswim, 201000957)		01:44.11
	50m 00:48.29 48,29	

10. Mark van het Meer, van het (HZ&PC Heerenveen, 200900435) 50m 00:51.18 51,18	01:44.81
11. Raoul Melein (Avéna, 200900473) 50m 00:49.46 49,46	01:45.28
12. Valentijn Vitale (De Granaet, 200900737) 50m 00:50.29 50,29	01:45.65
13. Finn Eghuizen (HZ&PC Heerenveen, 200900431) 50m 00:49.97 49,97	01:45.83(+82)
14. Deaquan Ramos (Zwemclub Polaris, 200901709) 50m 00:49.72 49,72	01:47.42
15. Tije Hempenius (HZ&PC Heerenveen, 200901365) 50m 00:50.60 50,60	01:47.84
16. kasper lubbers (Orca, 201100025) 50m 00:52.23 52,23	01:48.09
17. Rick Zuurman (ZPC Hoogeveen, 200900049) 50m 00:51.81 51,81	01:48.24
18. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013) 50m 00:51.80 51,80	01:50.17(+58)
19. Stan Rothschild (Borger, 201000353) 50m 00:54.03 54,03	01:50.72
20. Daan Mulder (Ksn (Sg), 201100267) 50m 00:52.02 52,02	01:54.20
21. Wessel Post (Zwemclub Polaris, 201000485) 50m 00:57.20 57,20	01:57.70
22. Guido Brander (Zcnf'34, 201000625) 50m 00:58.10 58,10	01:59.06
23. Ramon Vos (ZPC Hoogeveen, 201100051) 50m 00:57.84 57,84	02:01.96
22. 100m schoolslag - Dames	
9 - 9 jaar (Minioren 4)	
1. Ilse Wiltjer (Dz&Pc, 200900868) 50m 00:46.91 46,91	01:38.51
2. Daphne Westra (De Granaet, 200900344) 50m 00:47.00 47,00	01:39.67(+93)
3. Larissa Hendriks (Zcnf'34, 200900022) 50m 00:49.62 49,62	01:43.19
4. Fenna Westerneng (De Reest, 200900070) 50m 00:49.86 49,86	01:44.72(+72)
5. Lotte Lübbers (Ksn (Sg), 200900190) 50m 00:47.33 47,33	01:45.22
6. Rixt Rothschild (Borger, 200900026) 50m 00:49.69 49,69	01:45.26
7. Merle Jaasma (Orca, 200901336) 50m 00:49.92 49,92	01:45.46
8. Lieke Weerman (Aqua'68, 200900664) 50m 00:49.13 49,13	01:47.25
9. Nienke Koster (ZPC Hoogeveen, 200900612) 50m 00:51.18 51,18	01:49.28
10. Linne Tichelaar (HZ&PC Heerenveen, 200902194)	01:50.46

	50m 00:51.55 51,55	
11.	Devenda van der Meer (De Granaet, 200900948) 50m 00:52.49 52,49	01:50.49
12.	Inge van Wijk (Neptunia'24, 200900788) 50m 00:52.08 52,08	01:52.57
13.	Vera de Boer (De Reest, 200900512) 50m 00:52.72 52,72	01:52.72(+60)
14.	Emma Koeleman (De Inktvis, 200901762) 50m 00:55.63 55,63	01:55.74
15.	Fardau Cazemier (Zcnf'34, 200901736) 50m 00:57.02 57,02	01:57.58
16.	Mare Nelleke Torensma (De Granaet, 200901606) 50m 00:55.51 55,51	01:57.64
17.	Marjolie Spelde (Thor, 200900266) 50m 00:56.26 56,26	02:00.27
18.	Joleen Noordenbos (Orca, 200900884) 50m 00:56.83 56,83	02:00.95(+78)
19.	Fenna Balt (FZC'54-De Vikings (SG), 200900464) 50m 00:56.94 56,94	02:01.73
20.	Lotte Berghout (Zcnf'34, 200901644) 50m 00:58.26 58,26	02:02.58
21.	Ronja Lubbers (Orca, 200900194) 50m 00:58.15 58,15	02:03.58
22.	Rose Norde (ZPC Hoogeveen, 200900870) 50m 01:00.76 60,76	02:08.64
23.	Sophie Feiertag (Zwemclub Polaris, 200901144) 50m 00:59.68 59,68	02:09.21
	DIS. Anna Venema (ZPC Hoogeveen, 200900154)	00:00.00
23.	100m schoolslag - Heren 10 - 10 jaar (Minioren 5)	
1.	Wytse Broekstra (FZC'54-De Vikings (SG), 200800121) 50m 00:41.27 41,27	01:29.69
2.	Hein Muller (Dz&Pc, 200800157) 50m 00:44.07 44,07	01:32.52(+79)
3.	Rick Teitsma (Aqualero, 200800173) 50m 00:47.20 47,20	01:40.34
4.	Jay Wesseling (ZPC Hoogeveen, 200800017) 50m 00:49.20 49,20	01:41.19
5.	Hylke de Jong (De Granaet, 200801057) 50m 00:48.14 48,14	01:41.83(+77)
6.	Gijs Koehoorn (HZ&PC Heerenveen, 200800275) 50m 00:48.84 48,84	01:42.84
7.	David Tebberman (Aqua'68, 200800897) 50m 00:48.86 48,86	01:44.00
8.	Remco Jelsma (Dz&Pc, 200800639) 50m 00:50.23 50,23	01:44.54
9.	Milan Derkx (FZC'54-De Vikings (SG), 200800681) 50m 00:50.22 50,22	01:45.74
10.	Paul Meijer (HZ&PC Heerenveen, 200800177)	01:46.42(+62)

	50m 00:51.16 51,16	
11. Damir Mustafic (Dz&Pc, 200800885)	50m 00:48.34 48,34	01:46.86(+86)
12. Jorn van Kammen (Wetterwille, 200801289)	50m 00:51.08 51,08	01:46.89
13. Jurgen ten Berg (Orca, 200801275)	50m 00:51.48 51,48	01:47.15
14. Koen de Vries (De Reest, 200802379)	50m 00:51.16 51,16	01:47.32
15. Filip Piszczynski (Ksn (Sg), 200802125)	50m 00:50.37 50,37	01:47.97(+65)
16. Jente-Piebe Dijkstra (Wetterwille, 200800299)	50m 00:50.72 50,72	01:48.12(+60)
17. Ricardo Hassing (Apexswim, 200800097)	50m 00:50.71 50,71	01:48.42
18. Tinco Stam (Bolsward-Workum (SG), 200800615)	50m 00:52.99 52,99	01:48.61
19. Levi Hendriksen (ZPC Hoogeveen, 200800655)	50m 00:51.33 51,33	01:49.77
20. Thijs Vos (De Reest, 200800593)	50m 00:53.35 53,35	01:50.99
21. Hidde Bruins Slot (Pwc, 200800317)	50m 00:49.75 49,75	01:51.98(+124)
22. Darius Westra (Ksn (Sg), 200800335)	50m 00:52.99 52,99	01:53.09(+101)
23. Colin Beuker (Zwemclub Polaris, 200802023)	50m 00:56.38 56,38	01:59.88
24. 100m schoolslag - Dames		
	10 - 10 jaar (Minioren 5)	
1. Dachen Haaijer (ZPC Hoogeveen, 200800380)	50m 00:43.10 43,10	01:29.30
2. Indy Hof (Dz&Pc, 200800630)	50m 00:44.24 44,24	01:31.12
3. Jannoula Jaspers (FZC'54-De Vikings (SG), 200800202)	50m 00:45.81 45,81	01:36.16
4. Jenthe Visser (Dz&Pc, 200800604)	50m 00:45.31 45,31	01:36.33(+94)
5. Luesza Siahajja (Aqua'68, 200801316)	50m 00:45.19 45,19	01:36.34
6. Julia Agricola (HZ&PC Heerenveen, 200800266)	50m 00:47.69 47,69	01:37.69
7. Tilly Werners (De Reest, 200803196)	50m 00:46.85 46,85	01:37.86
8. Lynn Kamman (Aqua'68, 200800954)	50m 00:47.03 47,03	01:38.42(+65)
9. Frouke Ludwig (Dz&Pc, 200800112)	50m 00:47.88 47,88	01:39.25(+77)
10. Lynn Oving (TriVia, 200800074)	50m 00:47.24 47,24	01:40.26

11. Annick van Eeuwijk (Wetterwille, 200801798)	01:41.13(+80)
50m 00:48.18 48,18	
12. Cinta Jacobs (Orca, 200800494)	01:41.75(+70)
50m 00:47.62 47,62	
13. Mayra Stojanovski (Neptunia'24, 200802150)	01:41.96
50m 00:46.97 46,97	
14. Linde Fortuin (Orca, 200801530)	01:42.49
50m 00:49.17 49,17	
15. Sofie Vos (ZPC Hoogeveen, 200800804)	01:42.67(+84)
50m 00:48.72 48,72	
16. Jildou van der Hoek (Dz&Pc, 200801654)	01:43.36
50m 00:49.10 49,10	
17. Anniek Brinkman (Borger, 200800076)	01:44.24
50m 00:49.01 49,01	
18. Esmee van der Tuuk (ZPC Hoogeveen, 200800682)	01:44.49
50m 00:49.34 49,34	
19. Jenna Wiersma (Orca, 200801906)	01:45.73(+77)
50m 00:49.44 49,44	
20. Lieke Brinkman (Borger, 200800072)	01:46.24
50m 00:50.63 50,63	
21. Isa Kerpels (Moby Dick, 200800880)	01:46.53
50m 00:49.38 49,38	
22. Sophie Hiemstra (De Granaet, 200800686)	01:50.12
50m 00:52.64 52,64	
23. Aimée Wolbersen (Aqua'68, 200800346)	01:51.97
50m 00:51.81 51,81	
DIS. Zeineb Bigri (TriVia, 200802184)	00:00.00(+76)
25. 100m vrije slag - Heren	
11 - 11 jaar (Minioren 6)	
1. Ryan Huizinga (Bubble, 200700419)	01:05.36(+67)
50m 00:31.29 31,29	
2. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	01:07.35(+72)
50m 00:31.78 31,78	
3. Jelte de Boer (FZC'54-De Vikings (SG), 200700345)	01:10.39(+53)
50m 00:33.68 33,68	
4. Tieme Wiersma (Dz&Pc, 200701031)	01:10.77
50m 00:33.90 33,90	
5. Lennard Brandsma (Dz&Pc, 200702645)	01:11.22
50m 00:34.54 34,54	
6. Jere Wiersma (Dz&Pc, 200701037)	01:12.97(+61)
50m 00:34.73 34,73	
7. Christiaan Stenekker (Orca, 200700925)	01:14.64
50m 00:34.55 34,55	
8. Jordey Thole (ZPC Hoogeveen, 200700385)	01:15.20
50m 00:36.39 36,39	
9. Daniël Hardziyenka (TriVia, 200701773)	01:15.26
50m 00:36.31 36,31	
10. Simun Cudic (TriVia, 200702463)	01:15.48
50m 00:36.74 36,74	

11. Rowan Bosma (Bubble, 200702021) 50m 00:37.04 37,04	01:15.83(+79)
12. Borre Tichelaar (HZ&PC Heerenveen, 200702075) 50m 00:36.48 36,48	01:17.66(+59)
13. Stefan van der Feer (Bubble, 200701607) 50m 00:37.53 37,53	01:17.92
14. Niek Hofstra (Bolsward-Workum (SG), 200700571) 50m 00:37.93 37,93	01:18.62
15. Tim Zuurman (ZPC Hoogeveen, 200700131) 50m 00:37.81 37,81	01:18.84(+102)
16. Finn Stockford (Ksn (Sg), 200700609) 50m 00:35.78 35,78	01:18.94
17. Vasco Strampel (HZ&PC Heerenveen, 200702073) 50m 00:38.31 38,31	01:19.95(+72)
18. Daniël Malda (Orca, 200700281) 50m 00:38.26 38,26	01:21.59(+61)
19. Rens de Boer (De Reest, 200700711) 50m 00:39.23 39,23	01:23.08
20. Sem Hiddingh (Thor, 200700141) 50m 00:39.92 39,92	01:23.95
21. Yannick Dijks (Orca, 200700923) 50m 00:40.56 40,56	01:25.80
22. Gerben Bouma (Dz&Pc, 200701353) 50m 00:40.69 40,69	01:30.51
26. 50m vlinderslag - Dames	
7 - 8 jaar (Minioren 2 en 3)	
1. Marre van der Wal (FZC'54-De Vikings (SG), 201000046)	00:46.83
2. Femke ter Horst (ZPC Hoogeveen, 201000108)	00:48.53
3. Nicole Pestman (De Granaet, 201000668)	00:49.52
4. Ilse Jongepier (Thor, 201000006)	00:50.44
5. Lana Schiphof (Orca, 201000654)	00:52.82
6. Lycke Stam (Bolsward-Workum (SG), 201000308)	00:54.17
7. Ilse Smilde (HZ&PC Heerenveen, 201000466)	00:56.19(+52)
8. Silke van der Ploeg (Orca, 201000052)	00:57.40
9. Amber Minnema (Avéna, 201000142)	00:57.44
10. Wyneke Edou van der Heide (De Granaet, 201100028)	00:58.38
11. Marit van der Flier (De Wellerobben, 201000938)	00:58.65
12. Mirthe de Haan (Zcnf'34, 201000866)	00:59.95
13. Femke Agricola (HZ&PC Heerenveen, 201000230)	01:00.32
14. Isa Segenhout (Orca, 201000128)	01:01.15
15. Elise Dorlandt (HZ&PC Heerenveen, 201000232)	01:02.02
16. Aline Strijker (Ksn (Sg), 201100362)	01:10.15
17. Ylja Meulman (Dz&Pc, 201000384)	01:12.43
18. Esther Pomper (Ksn (Sg), 201000432)	01:16.61

27. 50m vlinderslag - Heren

7 - 9 jaar (Minioren 4 en later)

1. Daan Westerhof (Ksn (Sg), 200900223)	00:38.68
2. Roy Hofman (Apexswim, 200900439)	00:39.93
3. Gerjan Berends (Ksn (Sg), 200900169)	00:41.53
4. Sven Koorstra (FZC'54-De Vikings (SG), 200900189)	00:44.16
5. Ruben De Vries (Wetterwille, 200900517)	00:46.54
6. Mats Buikema (Wetterwille, 200900113)	00:46.99
7. Wilco Driessen (Pwc, 200900041)	00:48.73
8. Friso Moedt (HZ&PC Heerenveen, 200900437)	00:48.94
9. Pieter de Boer (Bolsward-Workum (SG), 200900103)	00:50.67(+57)
10. Raoul Melein (Avéna, 200900473)	00:54.89(+52)
11. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	00:54.97
12. kasper lubbers (Orca, 201100025)	00:55.01
13. Deaquan Ramos (Zwemclub Polaris, 200901709)	00:55.36(+84)
14. Robin Mintjes (Apexswim, 201000957)	00:55.64
15. Rick Zuurman (ZPC Hoogeveen, 200900049)	00:55.67
16. Mark van het Meer, van het (HZ&PC Heerenveen, 200900435)	00:58.14
17. Tije Hempenius (HZ&PC Heerenveen, 200901365)	00:58.30
18. Valentijn Vitale (De Granaet, 200900737)	00:58.79
19. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	00:59.82
20. Wessel Post (Zwemclub Polaris, 201000485)	01:00.36
21. Guido Brander (Zcnf'34, 201000625)	01:01.85
22. Daan Mulder (Ksn (Sg), 201100267)	01:02.19
23. Stijn Dijkstra (Dz&Pc, 201000279)	01:02.72

28. 200m wisselslag - Dames

9 - 9 jaar (Minioren 4)

1. Ilse Wiltjer (Dz&Pc, 200900868)	03:05.93
50m 00:41.65 41,65 100m 01:28.81 47,16 150m 02:26.01 57,20	
2. Daphne Westra (De Granaet, 200900344)	03:09.44(+78)
50m 00:43.27 43,27 100m 01:31.81 48,54 150m 02:26.27 54,46	
3. Fenna Westerneng (De Reest, 200900070)	03:16.12
50m 00:46.65 46,65 100m 01:35.11 48,46 150m 02:32.54 57,43	
4. Lotte Lübbers (Ksn (Sg), 200900190)	03:17.17
50m 00:42.80 42,80 100m 01:34.12 51,32 150m 02:32.72 58,60	
5. Rixt Rothschild (Borger, 200900026)	03:17.95(+72)
50m 00:47.47 47,47 100m 01:37.00 49,53 150m 02:32.98 55,98	
6. Vera de Boer (De Reest, 200900512)	03:20.41
50m 00:48.98 48,98 100m 01:35.35 46,37 150m 02:34.81 59,46	
7. Devenda van der Meer (De Granaet, 200900948)	03:20.80
50m 00:45.63 45,63 100m 01:32.95 47,32 150m 02:33.85 60,90	
8. Milou Geneuglijk (Aqua'68, 200900556)	03:26.39
50m 00:49.07 49,07 100m 01:41.85 52,78 150m 02:42.24 60,39	

9. Fardau Cazemier (Zcnf'34, 200901736)				03:29.40(+81)
50m	00:49.03	100m	01:44.27	
10. Nienke Koster (ZPC Hoogeveen, 200900612)				03:33.81
50m	00:51.18	100m	01:44.00	
11. Lieke Weerman (Aqua'68, 200900664)				03:34.42
50m	00:57.20	100m	01:46.85	
12. Marjolie Spelde (Thor, 200900266)				03:35.33
50m	00:52.32	100m	01:47.44	
13. Joleen Noordenbos (Orca, 200900884)				03:38.66
50m	00:52.50	100m	01:44.07	
14. Emma Koeleman (De Inktvis, 200901762)				03:41.16
50m	00:50.71	100m	01:48.61	
15. Larissa Hendriks (Zcnf'34, 200900022)				03:43.95
50m	00:59.01	100m	01:53.95	
16. Lotte Berghout (Zcnf'34, 200901644)				03:47.32
50m	00:53.02	100m	01:49.56	
17. Sophie Feiertag (Zwemclub Polaris, 200901144)				03:58.25
50m	00:59.89	100m	01:56.28	
18. Merle Jaasma (Orca, 200901336)				04:29.90
50m	01:12.24	100m	02:23.79	
DIS. Lena Offringa (Bolsward-Workum (SG), 200901150)				00:00.00
DIS. Mare Nelleke Torensma (De Granaet, 200901606)				00:00.00
50m	00:58.10			
DIS. Anna Venema (ZPC Hoogeveen, 200900154)				00:00.00
50m	01:03.97			
29. 200m wisselslag - Heren				
10 - 10 jaar (Minioren 5)				
1. Wytse Broekstra (FZC'54-De Vikings (SG), 200800121)				02:57.20
50m	00:41.62	100m	01:25.48	
2. Hylke de Jong (De Granaet, 200801057)				03:08.75
50m	00:42.23	100m	01:28.10	
3. Hein Muller (Dz&Pc, 200800157)				03:08.78(+78)
50m	00:45.41	100m	01:32.12	
4. Remco Jelsma (Dz&Pc, 200800639)				03:12.11
50m	00:49.78	100m	01:36.02	
5. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)				03:12.84(+62)
50m	00:46.17	100m	01:35.56	
6. Paul Meijer (HZ&PC Heerenveen, 200800177)				03:17.58
50m	00:45.92	100m	01:36.65	
7. Milan Derkx (FZC'54-De Vikings (SG), 200800681)				03:20.65
50m	00:45.13	100m	01:34.05	
8. Rick Teitsma (Aqualero, 200800173)				03:21.41
50m	00:45.95	100m	01:36.20	
9. Tinco Stam (Bolsward-Workum (SG), 200800615)				03:22.39(+66)
50m	00:47.46	100m	01:37.86	
10. Filip Piszczynski (Ksn (Sg), 200802125)				03:22.88(+65)
50m	00:45.14	100m	01:36.91	
11. Yanick van den Berg (Wetterwille, 200800667)				03:23.97(+69)
50m	00:48.05	100m	01:37.91	

12. Ricardo Hassing (Apexswim, 200800097)				03:25.67(+72)
	50m 00:51.50	51,50	100m 01:39.74	48,24
			150m 02:40.09	60,35
13. Tom Mulder (Bubble, 200801935)				03:25.68
	50m 00:49.32	49,32	100m 01:39.17	49,85
			150m 02:42.29	63,12
14. Damir Mustafic (Dz&Pc, 200800885)				03:26.11
	50m 00:46.43	46,43	100m 01:37.54	51,11
			150m 02:41.40	63,86
15. Jente-Piebe Dijkstra (Wetterwille, 200800299)				03:29.24(+63)
	50m 00:51.27	51,27	100m 01:45.90	54,63
			150m 02:44.06	58,16
16. Ruben Vehoff (De Wellerobben, 200800201)				03:33.46
	50m 00:49.76	49,76	100m 01:45.29	55,53
			150m 02:45.65	60,36
17. Ido Kootstra (TriVia, 200801577)				03:36.91
	50m 00:52.10	52,10	100m 01:44.59	52,49
			150m 02:45.38	60,79
18. Levi Hendriksen (ZPC Hoogeveen, 200800655)				03:41.92
	50m 00:52.57	52,57	100m 01:46.75	54,18
			150m 02:51.61	64,86
19. Tim Yarne Bosch (De Granaet, 200800665)				03:43.03(+73)
	50m 00:56.72	56,72	100m 01:51.78	55,06
			150m 02:55.53	63,75
20. Thijs Vos (De Reest, 200800593)				03:47.82
	50m 01:01.61	61,61	100m 02:01.04	59,43
			150m 03:03.28	62,24
21. Jorn van Kammen (Wetterwille, 200801289)				03:54.11
	50m 01:03.90	63,90	100m 02:04.52	60,62
			150m 03:04.00	59,48
22. Darius Westra (Ksn (Sg), 200800335)				03:57.66
	50m 00:53.10	53,10	100m 01:50.92	57,82
			150m 02:56.79	65,87
DIS. Twan Klein (Gzvw, 200800727)				00:00.00
	50m 00:54.42	54,42		
DIS. Jay Wesseling (ZPC Hoogeveen, 200800017)				00:00.00
	50m 00:49.15	49,15		
30. 100m rugslag - Dames				
10 - 10 jaar (Minioren 5)				
1. Frouke Ludwig (Dz&Pc, 200800112)				01:16.33
	50m 00:36.86	36,86		
2. Esmee van der Tuuk (ZPC Hoogeveen, 200800682)				01:19.07
	50m 00:38.66	38,66		
3. Dachen Haaijer (ZPC Hoogeveen, 200800380)				01:19.26
	50m 00:38.49	38,49		
4. Linde Fortuin (Orca, 200801530)				01:25.29
	50m 00:41.32	41,32		
5. Indy Hof (Dz&Pc, 200800630)				01:25.42
	50m 00:42.64	42,64		
6. Julia Agricola (HZ&PC Heerenveen, 200800266)				01:26.29
	50m 00:41.31	41,31		
7. Jannoula Jaspers (FZC'54-De Vikings (SG), 200800202)				01:27.08
	50m 00:42.57	42,57		
8. Zeineb Bigri (TriVia, 200802184)				01:27.19
	50m 00:42.48	42,48		
9. Lynn Oving (TriVia, 200800074)				01:27.29
	50m 00:42.91	42,91		
10. Femke Smilde (HZ&PC Heerenveen, 200801826)				01:27.61
	50m 00:42.26	42,26		
11. Joy ten Hoove (ZPC Hoogeveen, 200802370)				01:27.84
	50m 00:43.53	43,53		

12. Lieke Brinkman (Borger, 200800072)	01:28.36
50m 00:42.71 42,71	
13. Jenthe Visser (Dz&Pc, 200800604)	01:29.01
50m 00:44.76 44,76	
14. Anniek Brinkman (Borger, 200800076)	01:29.38
50m 00:43.42 43,42	
15. Vienna Maura Delea (FZC'54-De Vikings (SG), 200800962)	01:29.94
50m 00:42.48 42,48	
16. Cinta Jacobs (Orca, 200800494)	01:30.01
50m 00:43.59 43,59	
17. Annick van Eeuwijk (Wetterwille, 200801798)	01:30.48
50m 00:44.81 44,81	
18. Jildou van der Hoek (Dz&Pc, 200801654)	01:31.09
50m 00:45.00 45,00	
19. Lyanne Pathuis (Bubble, 200800042)	01:32.04
50m 00:43.00 43,00	
20. Tilly Werners (De Reest, 200803196)	01:37.18
50m 00:47.47 47,47	
21. Sabine Oostingh (Ksn (Sg), 200800254)	01:39.11
50m 00:48.33 48,33	
DIS. Laura van Etten (HZ&PC Heerenveen, 200800264)	00:00.00
DIS. Sofie Vos (ZPC Hoogeveen, 200800804)	00:00.00
31. 100m vlinderslag - Heren	
11 - 11 jaar (Minioren 6)	
1. Ryan Huizinga (Bubble, 200700419)	01:16.08(+68)
50m 00:35.23 35,23	
2. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	01:18.31(+55)
50m 00:36.29 36,29	
3. Jelte de Boer (FZC'54-De Vikings (SG), 200700345)	01:20.77(+55)
50m 00:37.12 37,12	
4. Jere Wiersma (Dz&Pc, 200701037)	01:26.59
50m 00:37.74 37,74	
5. Daniël Hardziyenka (TriVia, 200701773)	01:30.34
50m 00:42.41 42,41	
6. Tieme Wiersma (Dz&Pc, 200701031)	01:31.45
50m 00:41.31 41,31	
7. Jordey Thole (ZPC Hoogeveen, 200700385)	01:33.00
50m 00:42.87 42,87	
8. Simun Cudic (TriVia, 200702463)	01:33.82(+59)
50m 00:41.43 41,43	
9. Daniël Malda (Orca, 200700281)	01:37.27(+78)
50m 00:44.06 44,06	
10. Stefan van der Feer (Bubble, 200701607)	01:38.68
50m 00:46.77 46,77	
11. Lennard Brandsma (Dz&Pc, 200702645)	01:38.73(+62)
50m 00:44.92 44,92	
12. Niek Hofstra (Bolsward-Workum (SG), 200700571)	01:39.78(+71)
50m 00:46.16 46,16	

13. Finn Stockford (Ksn (Sg), 200700609)	01:43.46
50m 00:47.88 47,88	
14. Vasco Strampel (HZ&PC Heerenveen, 200702073)	01:47.32
50m 00:47.53 47,53	
15. Jochem Douma (Thor, 200701683)	01:49.67(+84)
50m 00:50.16 50,16	
16. Niels Castelijns (Aqua'68, 200701959)	01:51.65
50m 00:51.20 51,20	
17. Gerben Bouma (Dz&Pc, 200701353)	01:58.52
50m 00:54.78 54,78	
18. Sem Hiddingh (Thor, 200700141)	02:03.17
50m 00:55.86 55,86	
19. Gertjan van der Meer (Wetterwille, 200701369)	02:04.75(+59)
50m 00:57.55 57,55	
20. Yannick Dijks (Orca, 200700923)	02:07.92
50m 00:59.79 59,79	
21. Rens de Boer (De Reest, 200700711)	02:08.63
50m 01:01.26 61,26	
32. 100m rugslag - Dames	
7 - 8 jaar (Minioren 2 en 3)	
1. Nicole Pestman (De Granaet, 201000668)	01:37.30
50m 00:46.34 46,34	
2. Marre van der Wal (FZC'54-De Vikings (SG), 201000046)	01:38.93
50m 00:48.00 48,00	
3. Femke ter Horst (ZPC Hoogeveen, 201000108)	01:42.10
50m 00:49.74 49,74	
4. Ilse Jongepier (Thor, 201000006)	01:45.01
50m 00:52.04 52,04	
5. Lana Schiphof (Orca, 201000654)	01:47.18
50m 00:51.39 51,39	
6. Silke van der Ploeg (Orca, 201000052)	01:54.21
50m 00:55.25 55,25	
7. Femke Agricola (HZ&PC Heerenveen, 201000230)	02:01.47
50m 00:58.74 58,74	
DIS. Amber Minnema (Avéna, 201000142)	00:00.00
DIS. Lobke Hempenius (HZ&PC Heerenveen, 201100522)	00:00.00
DIS. Esther Pomper (Ksn (Sg), 201000432)	00:00.00
DIS. Marleen Oostingh (Ksn (Sg), 201000032)	00:00.00
DIS. Isa Segenhout (Orca, 201000128)	00:00.00
33. 100m rugslag - Heren	
7 - 9 jaar (Minioren 4 en later)	
1. Roy Hofman (Apexswim, 200900439)	01:24.63
50m 00:41.50 41,50	
2. Wilco Driessen (Pwc, 200900041)	01:32.18
50m 00:45.77 45,77	
3. Daan Westerhof (Ksn (Sg), 200900223)	01:32.27
50m 00:44.92 44,92	
4. Sven Koornstra (FZC'54-De Vikings (SG), 200900189)	01:32.78
50m 00:45.47 45,47	

5. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)		01:42.30
50m	00:50.81 50,81	
6. Mats Buikema (Wetterwille, 200900113)		01:44.53
50m	00:51.69 51,69	
7. Friso Moedt (HZ&PC Heerenveen, 200900437)		01:45.29
50m	00:52.28 52,28	
8. Stan Rothschild (Borger, 201000353)		01:46.00
50m	00:52.40 52,40	
9. Finn Eghuizen (HZ&PC Heerenveen, 200900431)		01:46.27
50m	00:52.12 52,12	
10. Deaquan Ramos (Zwemclub Polaris, 200901709)		01:46.93
50m	00:52.66 52,66	
11. Tije Hempenius (HZ&PC Heerenveen, 200901365)		01:47.30
50m	00:52.47 52,47	
12. kasper lubbers (Orca, 201100025)		01:48.36
50m	00:54.18 54,18	
13. Rick Zuurman (ZPC Hoogeveen, 200900049)		01:48.96
50m	00:52.85 52,85	
14. Valentijn Vitale (De Granaet, 200900737)		01:49.64
50m	00:53.40 53,40	
15. Wessel Post (Zwemclub Polaris, 201000485)		01:52.53
50m	00:55.08 55,08	
16. Raoul Melein (Avéna, 200900473)		01:55.98
50m	00:55.16 55,16	
DIS: Pieter de Boer (Bolsward-Workum (SG), 200900103)		00:00.00
DIS: Tijn Bijma (FZC'54-De Vikings (SG), 200900397)		00:00.00
DIS: Mark van het Meer, van het (HZ&PC Heerenveen, 200900435)		00:00.00
DIS: Gerjan Berends (Ksn (Sg), 200900169)		00:00.00
DIS: Ruben De Vries (Wetterwille, 200900517)		00:00.00
DIS: Ramon Vos (ZPC Hoogeveen, 201100051)		00:00.00
34. 4x50m wisselslag		
9 - 11 jaar (Minioren 6 en later)		
1. Dz&Pc		02:24.95
Frouke Ludwig 2008	50m 00:35.88 35,88	
Tieme Wiersma 2007	100m 01:17.11 41,23	
Jere Wiersma 2007 (+26)	150m 01:53.26 36,15	
Indy Hof 2008 (+42)	200m 02:24.95 31,69	
2. TriVia		02:29.88
Zeineb Bigri 2008	50m 00:39.57 39,57	
Daniël Hardziyenko 2007	100m 01:22.13 42,56	
Quinten Brouwer von Gonzenbach 2007 (+59)	150m 01:56.16 34,03	
Lynn Oving 2008 (+68)	200m 02:29.88 33,72	
3. FZC'54-De Vikings (SG)		02:31.51
Jannoula Jaspers 2008	50m 00:39.63 39,63	
Wytse Broekstra 2008	100m 01:21.33 41,70	
Jelte de Boer 2007	150m 01:56.79 35,46	
Vienna Maura Delea 2008	200m 02:31.51 34,72	
4. ZPC Hoogeveen		02:33.30
Esmee van der Tuuk 2008	50m 00:37.22 37,22	
Dachen Haaijer 2008 (+65)	100m 01:19.33 42,11	

	Jordey Thole 2007 (+58)	150m	01:58.99	39,66	
	Jay Wesseling 2008 (+55)	200m	02:33.30	34,31	
5.	Orca				02:37.63
	Christiaan Steneker 2007	50m	00:38.20	38,20	
	Linde Fortuin 2008	100m	01:24.84	46,64	
	Cinta Jacobs 2008 (+24)	150m	02:02.08	37,24	
	Daniël Malda 2007 (+18)	200m	02:37.63	35,55	
6.	Dz&Pc				02:42.85
	Jenthe Visser 2008	50m	00:41.22	41,22	
	Hein Muller 2008	100m	01:26.62	45,40	
	Damir Mustafic 2008	150m	02:10.23	43,61	
	Ilse Wiltjer 2009 (+82)	200m	02:42.85	32,62	
7.	Ksn (Sg)				02:43.17
	Sabine Oostingh 2008	50m	00:44.69	44,69	
	Gerjan Berends 2009	100m	01:29.59	44,90	
	Daan Westerhof 2009	150m	02:09.11	39,52	
	Lotte Lübbers 2009	200m	02:43.17	34,06	
8.	De Granaet				02:46.83
	Devenda van der Meer 2009	50m	00:42.72	42,72	
	Daphne Westra 2009	100m	01:28.86	46,14	
	Hylke de Jong 2008	150m	02:09.63	40,77	
	Tim Yarne Bosch 2008	200m	02:46.83	37,20	
9.	ZPC Hoogeveen				02:48.90
	Sofie Vos 2008	50m	00:40.00	40,00	
	Tim Zuurman 2007 (+70)	100m	01:28.14	48,14	
	Joy ten Hoove 2008 (+84)	150m	02:07.28	39,14	
	Levi Hendriksen 2008	200m	02:48.90	41,62	
10.	Orca				03:06.34
	Yannick Dijks 2007	50m	00:43.42	43,42	
	Jurgen ten Berg 2008	100m	01:35.47	52,05	
	Joleen Noordenbos 2009	150m	02:26.95	51,48	
	Jenna Wiersma 2008	200m	03:06.34	39,39	
DIS.	De Reest				00:00.00
	Koen de Vries 2008	200m	00:00.00	0,00	
DIS.	HZ&PC Heerenveen				00:00.00
	Vasco Strampel 2007	200m	00:00.00	0,00	