

Limietwedstrijd invitatie zvorca 16102021



ZV Orca

Leeuwarden 16-10-2021

Nummer: 1 - zaterdag 16 oktober 2021 om 17:00u (25 m)

Aanvangstijd juryvergadering: 16:30u

1. 50m vrije slag - Heren

vanaf 11 jaar (Senioren Open)

1. Vince van der Pal (Swol 1894, 200401869)	00:23.20
2. Matthijs van Meerendonk (Orca, 199900375)	00:24.23
3. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)	00:24.47
4. Hessel Broekstra (De Vikings, 200400253)	00:24.76
5. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)	00:25.45
6. Jaime Fais (TriVia, 200400291)	00:25.75
7. Mathijs Baarda (Orca, 200300633)	00:25.89
8. David da Silva Miranda (De Vikings, 200500019)	00:25.97
9. Joël Malda (Orca, 200301017)	00:26.16
10. Tiemen Jonkman (Dz&Pc, 200301193)	00:26.47
11. Eise van der Zee (Orca, 200501437)	00:26.49
12. Jetze de Vries (De Vikings, 200602589)	00:26.62
13. Djurre van der Wal (HZ&PC Heerenveen, 200500301)	00:27.32
14. Dimas de vries (Orca, 200304277)	00:27.89
15. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	00:28.17
16. Harmen van der Ploeg (Azuro, 200203695)	00:29.20
17. Ruben Trompetter (Dz&Pc, 200500997)	00:29.23
18. Vasco Strampel (HZ&PC Heerenveen, 200702073)	00:29.51
19. Jorn Kroes (Azuro, 200600049)	00:29.70
20. Edwin Bulten (Azuro, 200600553)	00:29.95
21. Jochum van Hattum (Dz&Pc, 200601231)	00:31.39
22. Remco Jelsma (Dz&Pc, 200800639)	00:32.42
23. Tinco Stam (De Vikings, 200800615)	00:33.72
24. Yannick Dijks (Orca, 200700923)	00:35.76
25. Duncan Zandstra (Orca, 200803581)	00:36.51
26. Jurgen ten Berg (Orca, 200801275)	00:37.40
DIS. Stijn Dijkstra (Dz&Pc, 201000279)	00:34.70

2. 50m vrije slag - Dames

vanaf 11 jaar (Senioren Open)

1. Sara Korthuis (TriVia, 200600494)	00:26.91
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2. Anne Fleur Willemsen (Azuro, 199901396)	00:27.16
3. Marte Hieke van der Kamp (Orca, 200500218)	00:27.38
4. Myrthe Offenga (De Vikings, 199901874)	00:27.57
5. Esmée Mulder (Swol 1894, 200800038)	00:27.85
6. Olena Dijkstra (Orca, 200202624)	00:28.13
7. Myrthe Natzijl (Orca, 200400076)	00:28.23
8. Mare Broekstra (De Vikings, 200600616)	00:28.51
9. Aniek Vuist (HZ&PC Heerenveen, 200600958)	00:29.42
10. Ilana Gentile (Orca, 200801558)	00:30.21
11. Marijne van der Veen (Orca, 200300960)	00:30.27
12. Anna Klomp (Swol 1894, 200600006)	00:30.47
13. Sterre van der Wal (HZ&PC Heerenveen, 200502356)	00:30.86
14. Amber Boomsma (HZ&PC Heerenveen, 200401416)	00:31.18
15. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	00:31.27
16. Jannoula Jaspers (De Vikings, 200800202)	00:31.48
17. Anneroo de Vries (Azuro, 200405216)	00:31.67
18. Joyce Toonstra (Neptunia '24, 200501298)	00:31.95
19. Amber Godlieb (Azuro, 200702978)	00:31.97
20. Silke Hooghiemstra (Neptunia '24, 200901224)	00:32.66
21. Amke Kersten (Orca, 200802816)	00:32.91
22. Rosalie Meesters (Neptunia '24, 200702878)	00:32.92
23. Leona Ronda (Orca, 200603772)	00:33.23
24. Jelena Krikke (Dz&Pc, 200405874)	00:33.72
25. Mare Meerman (Orca, 200804084)	00:34.27
26. Isa Segenhout (Orca, 201000128)	00:35.84
27. Jasmijn Meesters (Neptunia '24, 200902728)	00:35.86
28. Norah Kip (Neptunia '24, 200702876)	00:35.93
29. Lycke Stam (De Vikings, 201000308)	00:39.88
30. Laura Munne (Dz&Pc, 198302916) [S10]	00:39.90
DIS. Lois Jalving (HZ&PC Heerenveen, 200400280)	00:30.07
DIS. Gabriella da Silva Miranda (De Vikings, 200700088)	00:30.84
3. 100m rugslag - Heren	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Domingo Kuipers (Orca, 200501787)	00:57.89(+61)
50m 00:27.86 27,86	
2. Sven Klink (Swol 1894, 200500349)	00:59.97(+72)
50m 00:29.53 29,53	
3. Colin Bes (ZC Polaris, 200500201)	01:00.92(+76)
50m 00:29.58 29,58	
4. Wytse Broekstra (De Vikings, 200800121)	01:03.12(+64)
50m 00:30.64 30,64	

5. Mirko van Ligtenberg (Orca, 199800735) 50m 00:30.01 30,01	01:03.60(+62)
6. Jarno Ottens (Azuro, 200000273) 50m 00:30.49 30,49	01:04.49(+66)
7. Quinten Brouwer von Gonzenbach (TriVia, 200700001) 50m 00:31.71 31,71	01:05.86(+65)
8. Remco Dijkstra (HZ&PC Heerenveen, 200100789) 50m 00:30.63 30,63	01:06.99(+78)
9. Storm Boxum (Swol 1894, 200700421) 50m 00:32.86 32,86	01:07.62
10. Wout Kroeze (Azuro, 200601441) 50m 00:34.81 34,81	01:11.02(+76)
11. Robin Schutrup (Swol 1894, 200701193) 50m 00:34.51 34,51	01:11.48(+74)
12. Ids Harms (TriVia, 200702753) 50m 00:35.58 35,58	01:12.13(+77)
13. Damir Mustafic (Dz&Pc, 200800885) 50m 00:34.87 34,87	01:13.41
14. Lars van Zessen (HZ&PC Heerenveen, 200603045) 50m 00:36.83 36,83	01:17.35(+71)
15. Tinco Stam (De Vikings, 200800615) 50m 00:45.29 45,29	01:30.22(+70)
4. 100m rugslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1. Marte Hieke van der Kamp (Orca, 200500218) 50m 00:32.66 32,66	01:06.50(+70)
2. Daniëlle Meinema (Swol 1894, 200300534) 50m 00:33.32 33,32	01:08.09(+72)
3. Leonie van Wier (HZ&PC Heerenveen, 200200436) 50m 00:33.94 33,94	01:10.75(+65)
4. Fleur Bos (Orca, 200500674) 50m 00:34.23 34,23	01:11.14(+83)
5. Nynke van der Zee (Orca, 200700604) 50m 00:34.80 34,80	01:11.96(+73)
6. Maud Roffel (HZ&PC Heerenveen, 200700840) 50m 00:34.85 34,85	01:12.24(+77)
7. Maud Koehoorn (HZ&PC Heerenveen, 200501418) 50m 00:35.59 35,59	01:12.79(+70)
8. Amber Tiesinga (Dz&Pc, 200600782) 50m 00:35.86 35,86	01:14.43(+74)
9. Ilse Wiltjer (Dz&Pc, 200900868) 50m 00:37.30 37,30	01:15.97(+56)
10. Laura van Etten (HZ&PC Heerenveen, 200800264) 50m 00:37.10 37,10	01:16.42(+77)
11. Cato Tulen (Swol 1894, 200701946) 50m 00:37.54 37,54	01:18.30
12. Anna van Eeken (HZ&PC Heerenveen, 200401414) 50m 00:38.84 38,84	01:20.66(+81)
13. Jildou van der Hoek (Dz&Pc, 200801654)	01:20.80(+92)

	50m 00:39.59 39,59	
14.	Fenne de Jong (HZ&PC Heerenveen, 200800532) [S10] 50m 00:42.64 42,64	01:27.07(+67)
15.	Hannelore Buze (HZ&PC Heerenveen, 200801226) 50m 00:40.81 40,81	01:29.38(+77)
16.	Elise Dorlandt (HZ&PC Heerenveen, 201000232) 50m 00:42.60 42,60	01:29.49(+78)
17.	Silke Smedinga (Orca, 201002234) 50m 00:56.92 56,92	01:58.74(+66)
DIS.	Femke Smilde (HZ&PC Heerenveen, 200801826) 50m 00:37.09 37,09	01:18.43(+74)
DIS.	Rosalie Meesters (Neptunia '24, 200702878) 50m 00:43.30 43,30	01:27.77(+77)
5.	100m schoolslag - Heren <i>vanaf 11 jaar (Senioren Open)</i>	
1.	David da Silva Miranda (De Vikings, 200500019) 50m 00:33.09 33,09	01:09.57
2.	Tiemen Jonkman (Dz&Pc, 200301193) 50m 00:33.17 33,17	01:12.67
3.	Jetze de Vries (De Vikings, 200602589) 50m 00:34.73 34,73	01:15.34
4.	Jorn Kroes (Azuro, 200600049) 50m 00:38.55 38,55	01:22.74
5.	Robin Schutrup (Swol 1894, 200701193) 50m 00:39.83 39,83	01:22.95
6.	Diede Veld (Swol 1894, 200800011) 50m 00:40.00 40,00	01:24.00
7.	Edwin Bulten (Azuro, 200600553) 50m 00:42.14 42,14	01:29.98
8.	Jochum van Hattum (Dz&Pc, 200601231) 50m 00:44.81 44,81	01:36.33
9.	Jurgen ten Berg (Orca, 200801275) 50m 00:46.65 46,65	01:37.13
10.	Stijn Dijkstra (Dz&Pc, 201000279) 50m 00:50.88 50,88	01:46.01
6.	100m schoolslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1.	Emma Hofstee (TriVia, 200401282) 50m 00:34.69 34,69	01:14.64
2.	Hedwig Bolt (HZ&PC Heerenveen, 200602660) 50m 00:35.16 35,16	01:14.65
3.	Iris Nieuwhof (TriVia, 200401944) 50m 00:36.50 36,50	01:16.75
4.	Lise Kleinbekman (Dz&Pc, 200502870) 50m 00:36.69 36,69	01:20.25
5.	Sterre van der Wal (HZ&PC Heerenveen, 200502356) 50m 00:38.98 38,98	01:23.05
6.	Chantal Tiesinga (Dz&Pc, 200302452) 50m 00:39.86 39,86	01:23.43

7. Anna van Eeken (HZ&PC Heerenveen, 200401414)				01:24.78
50m	00:39.82	39,82		
8. Jildou van der Hoek (Dz&Pc, 200801654)				01:27.24
50m	00:41.27	41,27		
9. Amber Boomsma (HZ&PC Heerenveen, 200401416)				01:27.41
50m	00:40.72	40,72		
10. Joyce Toonstra (Neptunia '24, 200501298)				01:27.58
50m	00:41.13	41,13		
11. Anneroo de Vries (Azuro, 200405216)				01:29.38
50m	00:43.32	43,32		
12. Amke Kersten (Orca, 200802816)				01:32.63
50m	00:43.39	43,39		
13. Norah Kip (Neptunia '24, 200702876)				01:32.74
50m	00:43.50	43,50		
14. Cato Tulen (Swol 1894, 200701946)				01:33.94
50m	00:43.88	43,88		
15. Laura van Etten (HZ&PC Heerenveen, 200800264)				01:35.61
50m	00:45.95	45,95		
16. Ilse Wiltjer (Dz&Pc, 200900868)				01:36.98
50m	00:45.10	45,10		
17. Femke Smilde (HZ&PC Heerenveen, 200801826)				01:37.04
50m	00:45.71	45,71		
18. Hannelore Buzé (HZ&PC Heerenveen, 200801226)				01:40.24
50m	00:46.62	46,62		
19. Joleen Noordenbos (Orca, 200900884)				01:40.70
50m	00:47.83	47,83		
20. Elise Dorlandt (HZ&PC Heerenveen, 201000232)				01:47.20
50m	00:52.01	52,01		
21. Elske de Vries (De Vikings, 200800786)				01:50.18
50m	00:53.33	53,33		
22. Lycke Stam (De Vikings, 201000308)				01:51.28
50m	00:52.76	52,76		
23. Silke Smedinga (Orca, 201002234)				02:05.45
50m	00:57.76	57,76		
DIS. Jasmijn Meesters (Neptunia '24, 200902728)				01:35.38
50m	00:46.57	46,57		
7. 200m vrije slag - Heren				
vanaf 11 jaar (Senioren Open)				
1. Yanieck Weijland (Blue Marlins (SG), 200500329)				01:55.13
50m	00:26.93	26,93	100m 00:56.06	29,13
150m	01:25.77	29,71		
2. David Kuipers (Orca, 200003633)				01:58.19
50m	00:27.74	27,74	100m 00:57.52	29,78
150m	01:28.21	30,69		
3. Jip Bakker (Orca, 200600287)				02:01.36
50m	00:28.01	28,01	100m 00:58.80	30,79
150m	01:30.25	31,45		
4. Eise van der Zee (Orca, 200501437)				02:04.39
50m	00:28.11	28,11	100m 00:59.21	31,10
150m	01:31.67	32,46		
5. Wytse Broekstra (De Vikings, 200800121)				02:05.69
50m	00:28.48	28,48	100m 01:00.21	31,73
150m	01:32.84	32,63		
6. Meindert Dekkinga (Dz&Pc, 200400377)				02:11.16
50m	00:28.85	28,85	100m 01:01.47	32,62
150m	01:35.89	34,42		

7. Diede Veld (Swol 1894, 200800011)				02:12.85	
50m	00:29.94 29,94	100m	01:04.04 34,10	150m	01:39.51 35,47
8. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)				02:14.82	
50m	00:30.12 30,12	100m	01:05.78 35,66	150m	01:40.67 34,89
9. Ids Harms (TriVia, 200702753)				02:16.98	
50m	00:31.01 31,01	100m	01:05.53 34,52	150m	01:42.27 36,74
10. Damir Mustafic (Dz&Pc, 200800885)				02:21.26	
50m	00:31.71 31,71	100m	01:08.23 36,52	150m	01:45.70 37,47
11. Remco Jelsma (Dz&Pc, 200800639)				02:32.91	
50m	00:35.04 35,04	100m	01:14.24 39,20	150m	01:54.97 40,73
12. Hein Muller (Dz&Pc, 200800157)				02:37.51	
50m	00:36.32 36,32	100m	01:17.66 41,34	150m	01:58.97 41,31
13. Dinand Kop (Zv de Ham, 200901001)				02:44.67	
50m	00:36.03 36,03	100m	01:17.18 41,15	150m	02:01.73 44,55
14. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)				03:01.86	
50m	00:39.57 39,57	100m	01:26.78 47,21	150m	02:15.40 48,62
8. 200m vrije slag - Dames					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Myrthe Natzijl (Orca, 200400076)				02:10.11	
50m	00:30.54 30,54	100m	01:03.85 33,31	150m	01:37.73 33,88
2. Hedwig Bolt (HZ&PC Heerenveen, 200602660)				02:12.34	
50m	00:29.93 29,93	100m	01:03.21 33,28	150m	01:37.58 34,37
3. Amélie Wortel (Orca, 200500814)				02:14.80	
50m	00:30.83 30,83	100m	01:04.87 34,04	150m	01:39.68 34,81
4. Lianne van Wier (HZ&PC Heerenveen, 200200438)				02:19.29	
50m	00:30.75 30,75	100m	01:04.70 33,95	150m	01:41.04 36,34
5. Fay Boxum (Swol 1894, 200900060)				02:19.58	
50m	00:31.16 31,16	100m	01:06.51 35,35	150m	01:43.22 36,71
6. Mare Broekstra (De Vikings, 200600616)				02:20.52	
50m	00:31.29 31,29	100m	01:07.42 36,13	150m	01:45.19 37,77
7. Aniek Ausema (Azuro, 200602084)				02:21.01	
50m	00:32.17 32,17	100m	01:07.46 35,29	150m	01:44.72 37,26
8. Kiki Bootsman (Azuro, 200502850)				02:24.10	
50m	00:31.35 31,35	100m	01:06.06 34,71	150m	01:44.16 38,10
9. Marijne van der Veen (Orca, 200300960)				02:29.48	
50m	00:31.92 31,92	100m	01:08.55 36,63	150m	01:48.79 40,24
10. Marre van der Wal (HZ&PC Heerenveen, 201000046)				02:31.63	
50m	00:34.55 34,55	100m	01:13.40 38,85	150m	01:53.17 39,77
11. Esther Roele (HZ&PC Heerenveen, 200001056)				02:37.49	
50m	00:34.67 34,67	100m	01:14.70 40,03	150m	01:55.50 40,80
12. Jelena Krikke (Dz&Pc, 200405874)				02:42.84	
50m	00:36.79 36,79	100m	01:18.29 41,50	150m	02:00.66 42,37
13. Isa Segenhout (Orca, 201000128)				02:57.68	
50m	00:41.03 41,03	100m	01:27.60 46,57	150m	02:14.05 46,45
14. Ylja Meulman (Dz&Pc, 201000384)				03:03.44	
50m	00:41.35 41,35	100m	01:29.77 48,42	150m	02:18.09 48,32
15. Laura Munne (Dz&Pc, 198302916) [S10]				03:25.59	
50m	00:44.44 44,44	100m	01:34.24 49,80	150m	02:30.04 55,80

9. 200m vlinderslag - Heren

vanaf 11 jaar (Senioren Open)

1. Domingo Kuipers (Orca, 200501787)				02:09.52	
50m	00:29.08	100m	01:02.63	150m	01:36.43
2. Niek Issard (Dz&Pc, 200700037)				02:22.33	
50m	00:30.98	100m	01:07.50	150m	01:44.16
3. Djurre van der Wal (HZ&PC Heerenveen, 200500301)				02:24.71	
50m	00:31.54	100m	01:08.69	150m	01:46.01
4. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)				02:30.56	
50m	00:28.30	100m	01:04.42	150m	01:45.07
5. Vasco Strampel (HZ&PC Heerenveen, 200702073)				03:13.86	
50m	00:37.37	100m	01:24.64	150m	02:18.10
10. 200m vlinderslag - Dames					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Alinda Dingshoff (ZPC Hoogeveen, 200000928)				02:13.94	
50m	00:29.90	100m	01:02.41	150m	01:37.10
2. Marte Hieke van der Kamp (Orca, 200500218)				02:30.47	
50m	00:32.00	100m	01:10.13	150m	01:49.63
3. Sara Korthuis (TriVia, 200600494)				02:37.96	
50m	00:31.83	100m	01:12.03	150m	01:54.91
4. Fleur Bos (Orca, 200500674)				02:41.72	
50m	00:33.56	100m	01:15.28	150m	01:58.44
5. Nienke Bakker (TriVia, 200501178)				02:45.63	
50m	00:33.77	100m	01:14.72	150m	01:58.88
6. Jannoula Jaspers (De Vikings, 200800202)				03:06.87	
50m	00:37.37	100m	01:25.85	150m	02:16.83
7. Monique Tienstra (TriVia, 200600354)				03:07.63	
50m	00:38.76	100m	01:27.30	150m	02:18.01
8. Silke Koehoorn (HZ&PC Heerenveen, 200300968)				03:09.26	
50m	00:38.59	100m	01:25.41	150m	02:17.06
11. 50m rugslag - Heren					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Sven Klink (Swol 1894, 200500349)				00:28.19(+73)	
2. Hessel Broekstra (De Vikings, 200400253)				00:28.97(+64)	
3. Remco Dijkstra (HZ&PC Heerenveen, 200100789)				00:29.60(+79)	
4. Jaime Fais (TriVia, 200400291)				00:30.75(+57)	
5. Eise van der Zee (Orca, 200501437)				00:31.72(+72)	
6. Jochum van Hattum (Dz&Pc, 200601231)				00:36.72(+71)	
7. Yannick Dijks (Orca, 200700923)				00:40.25(+81)	
8. Duncan Zandstra (Orca, 200803581)				00:50.23(+66)	
12. 50m rugslag - Dames					
<i>vanaf 11 jaar (Senioren Open)</i>					
1. Esmée Mulder (Swol 1894, 200800038)				00:31.48(+55)	
2. Marte Hieke van der Kamp (Orca, 200500218)				00:31.74(+68)	
3. Myrthe Natzijs (Orca, 200400076)				00:31.85(+70)	
4. Olena Dijkstra (Orca, 200202624)				00:32.25(+78)	
4. Myrthe Offenga (De Vikings, 199901874)				00:32.25(+61)	

6. Maud Roffel (HZ&PC Heerenveen, 200700840)	00:33.54(+81)
7. Maud Koehoorn (HZ&PC Heerenveen, 200501418)	00:34.28(+73)
8. Nynke van der Zee (Orca, 200700604)	00:34.35(+71)
9. Amber Tiesinga (Dz&Pc, 200600782)	00:35.14(+71)
10. Silke Hooghiemstra (Neptunia '24, 200901224)	00:35.58(+76)
11. Leona Ronda (Orca, 200603772)	00:35.98(+85)
12. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	00:36.28(+66)
13. Gabriella da Silva Miranda (De Vikings, 200700088)	00:36.72(+65)
14. Anna van Eeken (HZ&PC Heerenveen, 200401414)	00:37.13(+87)
15. Mare Meerman (Orca, 200804084)	00:38.21
16. Rosalie Meesters (Neptunia '24, 200702878)	00:40.27(+76)
17. Jasmijn Meesters (Neptunia '24, 200902728)	00:41.35(+71)
DIS. Joleen Noordenbos (Orca, 200900884)	00:37.50(+69)
13. 100m vlinderslag - Heren	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Matthijs van Meerendonk (Orca, 199900375)	00:57.81
50m 00:27.07 27,07	
2. Vince van der Pal (Swol 1894, 200401869)	01:00.40
50m 00:28.06 28,06	
3. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)	01:01.06
50m 00:27.55 27,55	
4. Harmen van der Ploeg (Azuro, 200203695)	01:05.15
50m 00:30.05 30,05	
5. Niek Issard (Dz&Pc, 200700037)	01:05.44
50m 00:29.86 29,86	
6. Jip Bakker (Orca, 200600287)	01:05.60
50m 00:30.82 30,82	
7. Djurre van der Wal (HZ&PC Heerenveen, 200500301)	01:07.35
50m 00:30.39 30,39	
8. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	01:09.30
50m 00:31.04 31,04	
9. Wytse Broekstra (De Vikings, 200800121)	01:09.58
50m 00:31.36 31,36	
10. Remco Dijkstra (HZ&PC Heerenveen, 200100789)	01:10.92
50m 00:31.07 31,07	
11. Robin Schutrup (Swol 1894, 200701193)	01:15.64
50m 00:34.77 34,77	
12. Lars van Zessen (HZ&PC Heerenveen, 200603045)	01:19.85
50m 00:35.58 35,58	
13. Vasco Strampel (HZ&PC Heerenveen, 200702073)	01:20.86
50m 00:35.76 35,76	
14. 100m vlinderslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Alinda Dingshoff (ZPC Hoogeveen, 200000928)	01:01.30
50m 00:28.59 28,59	
2. Anne Fleur Willemsen (Azuro, 199901396)	01:04.63

	50m 00:30.52 30,52	
3. Emma Hofstee (TriVia, 200401282)	50m 00:29.76 29,76	01:05.45
4. Lianne van Wier (HZ&PC Heerenveen, 200200438)	50m 00:31.32 31,32	01:11.43
5. Iris Nieuwhof (TriVia, 200401944)	50m 00:33.83 33,83	01:14.27
6. Aniek Vuist (HZ&PC Heerenveen, 200600958)	50m 00:32.73 32,73	01:15.78
7. Anna Klomp (Swol 1894, 200600006)	50m 00:34.84 34,84	01:17.14
8. Maud Roffel (HZ&PC Heerenveen, 200700840)	50m 00:38.76 38,76	01:21.25
9. Lois Jalving (HZ&PC Heerenveen, 200400280)	50m 00:36.05 36,05	01:22.10
10. Silke Hooghiemstra (Neptunia '24, 200901224)	50m 00:39.60 39,60	01:27.11
11. Marre van der Wal (HZ&PC Heerenveen, 201000046)	50m 00:38.45 38,45	01:27.40
12. Esther Roele (HZ&PC Heerenveen, 200001056)	50m 00:38.75 38,75	01:30.37
13. Joyce Toonstra (Neptunia '24, 200501298)	50m 00:40.85 40,85	01:31.48
14. Cato Tulen (Swol 1894, 200701946)	50m 00:40.52 40,52	01:31.49
15. Jelena Krikke (Dz&Pc, 200405874)	50m 00:40.82 40,82	01:34.86
16. Fenne de Jong (HZ&PC Heerenveen, 200800532) [S10]	50m 00:45.12 45,12	01:40.44
17. Isa Segenhout (Orca, 201000128)	50m 00:47.79 47,79	01:47.08
15. 100m vrije slag - Heren <i>vanaf 11 jaar (Senioren Open)</i>		
1. Vince van der Pal (Swol 1894, 200401869)	50m 00:24.97 24,97	00:51.25
2. Hessel Broekstra (De Vikings, 200400253)	50m 00:25.80 25,80	00:53.59
3. Colin Bes (ZC Polaris, 200500201)	50m 00:25.94 25,94	00:54.17
4. Mirko van Ligtenberg (Orca, 199800735)	50m 00:25.84 25,84	00:54.18
5. Jarno Ottens (Azuro, 200000273)	50m 00:27.25 27,25	00:57.55
6. Jaime Fais (TriVia, 200400291)	50m 00:26.95 26,95	00:57.65
7. Mathijs Baarda (Orca, 200300633)	50m 00:27.05 27,05	00:57.80
8. Jetze de Vries (De Vikings, 200602589)	50m 00:28.06 28,06	00:58.15

9. Joël Malda (Orca, 200301017)	00:58.19
50m 00:27.66 27,66	
10. Ruben Trompetter (Dz&Pc, 200500997)	01:01.39
50m 00:29.91 29,91	
11. Wout Kroeze (Azuro, 200601441)	01:01.91
50m 00:30.18 30,18	
12. Lars van Zessen (HZ&PC Heerenveen, 200603045)	01:02.93
50m 00:29.84 29,84	
13. Damir Mustafic (Dz&Pc, 200800885)	01:03.15
50m 00:30.21 30,21	
14. Dimas de vries (Orca, 200304277)	01:03.46
50m 00:30.55 30,55	
15. Robin Schutrup (Swol 1894, 200701193)	01:04.07
50m 00:30.81 30,81	
16. Remco Jelsma (Dz&Pc, 200800639)	01:11.02
50m 00:34.14 34,14	
17. Dinand Kop (Zv de Ham, 200901001)	01:13.73
50m 00:34.02 34,02	
18. Yannick Dijks (Orca, 200700923)	01:18.39
50m 00:37.58 37,58	
19. Stijn Dijkstra (Dz&Pc, 201000279)	01:18.62
50m 00:37.48 37,48	
16. 100m vrije slag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Marte Hieke van der Kamp (Orca, 200500218)	00:59.47
50m 00:28.94 28,94	
2. Lianne van Wier (HZ&PC Heerenveen, 200200438)	01:00.89
50m 00:29.10 29,10	
3. Leonie van Wier (HZ&PC Heerenveen, 200200436)	01:01.44
50m 00:28.82 28,82	
4. Hedwig Bolt (HZ&PC Heerenveen, 200602660)	01:02.53
50m 00:29.50 29,50	
5. Olena Dijkstra (Orca, 200202624)	01:03.01
50m 00:29.76 29,76	
6. Amélie Wortel (Orca, 200500814)	01:03.16
50m 00:29.95 29,95	
7. Mare Broekstra (De Vikings, 200600616)	01:03.41
50m 00:30.57 30,57	
8. Chantal Tiesinga (Dz&Pc, 200302452)	01:03.53
50m 00:30.38 30,38	
9. Ilana Gentile (Orca, 200801558)	01:04.74
50m 00:31.23 31,23	
10. Kiki Bootsman (Azuro, 200502850)	01:04.81
50m 00:30.93 30,93	
11. Sterre van der Wal (HZ&PC Heerenveen, 200502356)	01:06.42
50m 00:31.75 31,75	
12. Lois Jalving (HZ&PC Heerenveen, 200400280)	01:06.78
50m 00:31.87 31,87	
13. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	01:07.84
50m 00:33.06 33,06	

14. Anna Klomp (Swol 1894, 200600006)		01:08.49
50m 00:32.42 32,42		
15. Amber Tiesinga (Dz&Pc, 200600782)		01:08.85
50m 00:33.41 33,41		
16. Amber Boomsma (HZ&PC Heerenveen, 200401416)		01:08.94
50m 00:33.10 33,10		
17. Lise Kleinbekman (Dz&Pc, 200502870)		01:09.35
50m 00:32.82 32,82		
18. Joleen Noordenbos (Orca, 200900884)		01:10.66
50m 00:34.75 34,75		
19. Marre van der Wal (HZ&PC Heerenveen, 201000046)		01:10.83
50m 00:34.44 34,44		
20. Laura van Etten (HZ&PC Heerenveen, 200800264)		01:10.94
50m 00:33.77 33,77		
21. Femke Smilde (HZ&PC Heerenveen, 200801826)		01:11.03
50m 00:33.24 33,24		
22. Rosalie Meesters (Neptunia '24, 200702878)		01:11.67
50m 00:34.40 34,40		
23. Amber Godlieb (Azuro, 200702978)		01:11.77
50m 00:34.14 34,14		
24. Esther Roele (HZ&PC Heerenveen, 200001056)		01:11.78
50m 00:34.09 34,09		
25. Aniek Vuist (HZ&PC Heerenveen, 200600958)		01:11.98
50m 00:33.60 33,60		
26. Leona Ronda (Orca, 200603772)		01:12.15
50m 00:34.61 34,61		
27. Cato Tulen (Swol 1894, 200701946)		01:12.31
50m 00:34.61 34,61		
28. Amke Kersten (Orca, 200802816)		01:12.63
50m 00:34.39 34,39		
29. Hannelore Buze (HZ&PC Heerenveen, 200801226)		01:15.35
50m 00:36.23 36,23		
30. Jasmijn Meesters (Neptunia '24, 200902728)		01:19.99
50m 00:39.15 39,15		
31. Elise Dorlandt (HZ&PC Heerenveen, 201000232)		01:20.10
50m 00:38.52 38,52		
32. Fenne de Jong (HZ&PC Heerenveen, 200800532) [S10]		01:20.81
50m 00:39.30 39,30		
33. Elske de Vries (De Vikings, 200800786)		01:21.27
50m 00:38.97 38,97		
34. Silke Smedinga (Orca, 201002234)		01:47.84
50m 00:49.26 49,26		
17. 200m rugslag - Heren		
vanaf 11 jaar (Senioren Open)		
1. Niek Issard (Dz&Pc, 200700037)		02:20.75(+85)
50m 00:32.88 32,88 100m 01:08.84 35,96 150m 01:45.20 36,36		
2. Jip Bakker (Orca, 200600287)		02:21.19(+69)
50m 00:33.27 33,27 100m 01:09.25 35,98 150m 01:45.93 36,68		
3. Meindert Dekkinga (Dz&Pc, 200400377)		02:26.48(+71)

	50m 00:33.44 33,44	100m 01:10.45 37,01	150m 01:48.47 38,02					
4. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	50m 00:33.58 33,58	100m 01:10.24 36,66	150m 01:49.23 38,99	02:26.53(+63)				
5. Diede Veld (Swol 1894, 200800011)	50m 00:35.48 35,48	100m 01:12.79 37,31	150m 01:50.79 38,00	02:28.73(+70)				
6. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	50m 00:36.25 36,25	100m 01:16.06 39,81	150m 01:55.88 39,82	02:35.07(+70)				
7. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	50m 00:47.25 47,25	100m 01:40.23 52,98	150m 02:33.24 53,01	03:20.67(+80)				
DIS. Hein Muller (Dz&Pc, 200800157)	50m 00:41.23 41,23	100m 01:24.43 43,20	150m 02:08.20 43,77	02:49.16(+69)				
18. 200m rugslag - Dames								
<i>vanaf 11 jaar (Senioren Open)</i>								
1. Myrthe Natzijl (Orca, 200400076)	50m 00:34.10 34,10	100m 01:10.86 36,76	150m 01:48.67 37,81	02:25.54(+70)				
2. Nynke van der Zee (Orca, 200700604)	50m 00:36.09 36,09	100m 01:15.90 39,81	150m 01:57.20 41,30	02:35.71(+74)				
3. Fleur Bos (Orca, 200500674)	50m 00:35.99 35,99	100m 01:15.88 39,89	150m 01:56.69 40,81	02:36.22(+88)				
4. Jannoula Jaspers (De Vikings, 200800202)	50m 00:36.96 36,96	100m 01:18.91 41,95	150m 02:02.34 43,43	02:43.34(+53)				
5. Aniek Ausema (Azuro, 200602084)	50m 00:38.90 38,90	100m 01:19.61 40,71	150m 02:02.28 42,67	02:44.36(+91)				
6. Gabriella da Silva Miranda (De Vikings, 200700088)	50m 00:39.12 39,12	100m 01:20.75 41,63	150m 02:03.31 42,56	02:44.41(+68)				
7. Jildou van der Hoek (Dz&Pc, 200801654)	50m 00:39.91 39,91	100m 01:22.28 42,37	150m 02:06.24 43,96	02:49.66(+92)				
DIS. Ylja Meulman (Dz&Pc, 201000384)	50m 00:51.61 51,61	100m 01:45.28 53,67	150m 02:38.45 53,17	03:30.85(+83)				
19. 400m wisselslag - Heren								
<i>vanaf 11 jaar (Senioren Open)</i>								
1. Yanieck Weijland (Blue Marlins (SG), 200500329)	50m 00:28.53 28,53	100m 01:01.76 33,23	150m 01:36.69 34,93	200m 02:11.34 34,65	250m 02:48.87 37,53	300m 03:27.52 38,65	350m 04:00.04 32,52	04:31.46
2. Sven Klink (Swol 1894, 200500349)	50m 00:29.71 29,71	100m 01:03.67 33,96	150m 01:39.78 36,11	200m 02:14.85 35,07	250m 02:53.65 38,80	300m 03:32.73 39,08	350m 04:04.56 31,83	04:34.82
3. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)	50m 00:29.09 29,09	100m 01:02.69 33,60	150m 01:38.34 35,65	200m 02:13.84 35,50	250m 02:53.14 39,30	300m 03:32.99 39,85	350m 04:06.29 33,30	04:38.13
4. David Kuipers (Orca, 200003633)	50m 00:30.44 30,44	100m 01:05.10 34,66	150m 01:41.35 36,25	200m 02:17.10 35,75	250m 03:00.82 43,72	300m 03:43.39 42,57	350m 04:15.69 32,30	04:45.62
5. Eise van der Zee (Orca, 200501437)	50m 00:31.71 31,71	100m 01:10.13 38,42	150m 01:48.77 38,64	200m 02:27.50 38,73	250m 03:13.14 45,64	300m 03:59.67 46,53	350m 04:34.34 34,67	05:07.02
6. Storm Boxum (Swol 1894, 200700421)	50m 00:33.70 33,70	100m 01:14.30 40,60	150m 01:54.72 40,42	200m 02:34.23 39,51	250m 03:16.85 42,62	300m 04:00.44 43,59	350m 04:35.69 35,25	05:10.01
7. Ids Harms (TriVia, 200702753)	50m 00:34.39 34,39	100m 01:17.47 43,08	150m 02:01.91 44,44	200m 02:43.24 41,33	250m 03:36.65 53,41	300m 04:31.05 54,40	350m 05:11.20 40,15	05:48.94

20. 400m wisselslag - Dames

vanaf 11 jaar (Senioren Open)

1. Alinda Dingshoff (ZPC Hoogeveen, 200000928)					04:57.76
50m	00:30.25 30,25	150m	01:42.37 38,10	250m	03:03.76 44,16
100m	01:04.27 34,02	200m	02:19.60 37,23	300m	03:48.68 44,92
350m	04:23.86 35,18				
2. Daniëlle Meinema (Swol 1894, 200300534)					05:08.89
50m	00:32.62 32,62	150m	01:50.95 40,48	250m	03:14.04 43,38
100m	01:10.47 37,85	200m	02:30.66 39,71	300m	03:58.48 44,44
350m	04:34.51 36,03				
3. Emma Hofstee (TriVia, 200401282)					05:10.53
50m	00:31.16 31,16	150m	01:48.33 41,03	250m	03:12.91 44,48
100m	01:07.30 36,14	200m	02:28.43 40,10	300m	03:58.60 45,69
350m	04:36.07 37,47				
4. Sara Korthuis (TriVia, 200600494)					05:10.77
50m	00:33.36 33,36	150m	01:51.56 39,09	250m	03:16.20 46,01
100m	01:12.47 39,11	200m	02:30.19 38,63	300m	04:03.54 47,34
350m	04:38.14 34,60				
5. Marte Hieke van der Kamp (Orca, 200500218)					05:11.72
50m	00:32.60 32,60	150m	01:50.78 39,77	250m	03:14.63 46,05
100m	01:11.01 38,41	200m	02:28.58 37,80	300m	04:01.50 46,87
350m	04:38.05 36,55				
6. Esmée Mulder (Swol 1894, 200800038)					05:19.44
50m	00:32.49 32,49	150m	01:51.84 40,82	250m	03:17.19 45,09
100m	01:11.02 38,53	200m	02:32.10 40,26	300m	04:03.49 46,30
350m	04:42.29 38,80				
7. Fay Boxum (Swol 1894, 200900060)					05:25.27
50m	00:34.75 34,75	150m	01:57.57 41,05	250m	03:24.02 47,06
100m	01:16.52 41,77	200m	02:36.96 39,39	300m	04:10.58 46,56
350m	04:48.67 38,09				
8. Ilana Gentile (Orca, 200801558)					05:38.95
50m	00:35.18 35,18	150m	02:00.70 43,11	250m	03:33.40 49,64
100m	01:17.59 42,41	200m	02:43.76 43,06	300m	04:23.39 49,99
350m	05:01.81 38,42				
9. Silke Koehoorn (HZ&PC Heerenveen, 200300968)					06:15.01
50m	00:38.20 38,20	150m	02:14.65 48,97	250m	03:57.17 53,96
100m	01:25.68 47,48	200m	03:03.21 48,56	300m	04:51.37 54,20
350m	05:34.15 42,78				
10. Monique Tienstra (TriVia, 200600354)					06:38.77
50m	00:40.00 40,00	150m	02:25.17 55,07	250m	04:12.90 57,02
100m	01:30.10 50,10	200m	03:15.88 50,71	300m	05:09.50 56,60
350m	05:55.55 46,05				