

Speedo 2009-2010 Deel 3
Hoogeveen, 23.1.2010

Programmanr. 1 Jongens, 100m vrije slag Minioren 6
23.1.10 - 10:30 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|----------------------|---------|----------------------|---------|----------------|---------|
| 1. | Gauke Eilander | 9800603 | ZPC Bikkel Hoogeveen | 1:10.85 | 1:09.89 | 1:09.89 |
| 2. | Friso van der Meulen | 9800617 | Aqua'68 | 1:11.36 | 1:09.96 | 1:09.96 |
| 3. | Beeke Beeksma | 9801537 | De Kikker | 1:13.04 | 1:11.46 | 1:11.46 |
| 4. | Robin van Grol | 9800129 | De Kikker | 1:13.02 | 1:13.96 | 1:13.96 |
| 5. | Ingmar Hartman | 9801013 | ZC Borger | 1:19.92 | 1:20.39 | 1:20.39 |
| 6. | Lars van der Heide | 9800967 | ZC Borger | 1:22.05 | 1:20.71 | 1:20.71 |
| 7. | Rico Vroom | 9802363 | Ritola Z&PC | 1:30.54 | 1:21.51 | 1:21.51 |
| 8. | Bryan Chen | 9803201 | ZC Borger | 1:21.70 | 1:22.20 | 1:22.20 |
| 9. | Arjan Vaatstra | 9801909 | De Valken | 1:25.02 | 1:23.06 | 1:23.06 |
| 10. | Cesaro Angevaare | 9802227 | De Spatters | 1:27.99 | 1:26.31 | 1:26.31 |
| 11. | Arjan Heldoorn | 9801995 | Aqualero | 1:34.42 | 1:29.33 | 1:29.33 |
| 12. | Wouter de Lang | 9801147 | ZPC Bikkel Hoogeveen | 1:32.60 | 1:31.81 | 1:31.81 |
| 13. | Dennis Ansing | 9801997 | Aqualero | 1:44.92 | 1:39.27 | 1:39.27 |
| 14. | Jesse Huizing | 9803915 | Aqualero | NT | 1:48.77 | 1:48.77 |

Programmanr. 2 Meisjes, 100m schoolslag Minioren 5
23.1.10 - 10:35 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|-------------------|---------|----------------------|---------|----------------|---------|
| 1. | Mathilde Nijzingh | 9900086 | De Spatters | 1:34.04 | 1:33.52 | 1:33.52 |
| 2. | Hilde Dekker | 9901926 | Ritola Z&PC | 1:36.74 | 1:38.45 | 1:38.45 |
| 3. | Simone Krans | 9900756 | De Kikker | 1:38.87 | 1:38.53 | 1:38.53 |
| 4. | Marije Slot | 9900966 | ZPC Bikkel Hoogeveen | 1:43.19 | 1:45.39 | 1:45.39 |
| 5. | Rachel Oosterloo | 9900866 | Aqua'68 | 1:53.37 | 1:46.37 | 1:46.37 |
| 6. | Eileen Kremer | 9902034 | ZPC Bikkel Hoogeveen | 1:46.46 | 1:48.19 | 1:48.19 |
| 7. | Cynthia Koerhuis | 9900088 | De Spatters | 1:51.60 | 1:48.80 | 1:48.80 |
| 8. | Anouk Heizenberg | 9901148 | Aqualero | 1:56.47 | 1:48.94 | 1:48.94 |
| 9. | Manon Schouten | 9900860 | ZC Borger | 1:48.85 | 1:50.51 | 1:50.51 |
| 10. | Esmee Schlepers | 9902080 | De Reest | 1:52.85 | 1:51.35 | 1:51.35 |
| 11. | Michelle Steller | 9902786 | Aqualero | 2:00.32 | 1:56.98 | 1:56.98 |
| 12. | Noëlle Beugels | 9900746 | De Spatters | 2:00.81 | 1:57.38 | 1:57.38 |
| 13. | Jose Emmink | 9902446 | ZPC Bikkel Hoogeveen | 1:59.47 | 1:57.80 | 1:57.80 |
| 14. | Karolien Nevels | 9900042 | De Kikker | 1:54.34 | 1:59.24 | 1:59.24 |
| 15. | Corina van Zanten | 9903566 | Aqualero | NT | 2:14.33 | 2:14.33 |
| DIS | Danique Prins | 9900744 | De Spatters | 2:04.12 | 2:04.21 | 2:04.21 |

SR - Meer dan één dollijnbeenslag na start en/of keerpunt.

Programmanr. 3 Jongens, 100m vrije slag Minioren 4 3 en 2
23.1.10 - 10:45 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|---------------------|---------|----------------------|---------|----------------|---------|
| 1. | Jari Groenhart | 0000271 | Aqua'68 | 1:20.15 | 1:15.48 | 1:15.48 |
| 2. | Wouter van Asperen | 0000125 | ZPC Bikkel Hoogeveen | 1:25.89 | 1:25.50 | 1:25.50 |
| 3. | Jochem Van der Deen | 0000539 | ZC Borger | 1:27.86 | 1:28.14 | 1:28.14 |
| 4. | Niels Hoogeveen | 0000771 | ZPC Bikkel Hoogeveen | 1:36.65 | 1:29.10 | 1:29.10 |
| 5. | Darren Chen | 0001149 | ZC Borger | 1:32.92 | 1:29.82 | 1:29.82 |
| 6. | Arjan Dekker | 0000499 | Ritola Z&PC | 1:33.33 | 1:31.30 | 1:31.30 |
| 7. | Dylan Berghuis | 0001807 | ZC Borger | 1:55.58 | 1:33.92 | 1:33.92 |
| 8. | Bas Kost | 0000419 | ZPC Bikkel Hoogeveen | 1:56.51 | 1:44.97 | 1:44.97 |
| 9. | Junior de Bruin | 0000839 | ZPC Bikkel Hoogeveen | 1:52.54 | 1:50.61 | 1:50.61 |
| 10. | Axel Mulder | 0100563 | Aqualero | NT | 2:32.86 | 2:32.86 |

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Programmanr. 4 Meisjes, 100m schoolslag Minioren 2 en 3
23.1.10 - 10:50 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|-----------------------|---------|-------------|---------|----------------|---------|
| 1. | Naomi Broekman | 0100020 | De Spatters | 1:57.40 | 1:52.58 | 1:52.58 |
| 2. | Madelon van der Ploeg | 0100070 | De Kikker | NT | 1:56.56 | 1:56.56 |
| 3. | Natascha Iwema | 0100022 | De Spatters | 2:02.56 | 2:00.51 | 2:00.51 |

Programmanr. 5 Jongens, 100m vrije slag Minioren 5
23.1.10 - 10:55 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|---------------------|---------|----------------------|---------|----------------|---------|
| 1. | Lauren Nab | 9900023 | De Kikker | 1:19.59 | 1:17.77 | 1:17.77 |
| 2. | Maik Huser | 9900265 | De Kikker | 1:21.02 | 1:21.11 | 1:21.11 |
| 3. | Tomas van der Heide | 9900019 | De Spatters | 1:24.75 | 1:24.43 | 1:24.43 |
| 4. | M. van Meerendonk | 9900375 | Aqua'68 | 1:24.59 | 1:27.02 | 1:27.02 |
| 5. | Jamie Velthuis | 9901341 | De Spatters | 1:32.11 | 1:28.28 | 1:28.28 |
| 6. | Dylan Maaswinkel | 9900759 | De Reest | 1:27.29 | 1:30.15 | 1:30.15 |
| 7. | Mike Witten | 9901681 | ZPC Bikkel Hoogeveen | 1:31.36 | 1:30.68 | 1:30.68 |
| 8. | Melle Fischer | 9900481 | De Kikker | 1:27.97 | 1:30.80 | 1:30.80 |
| 9. | Riccardo Chiriatti | 9900869 | Aqua'68 | 1:35.49 | 1:31.13 | 1:31.13 |
| 10. | Simon Beijer | 9901599 | De Spatters | 1:34.92 | 1:33.28 | 1:33.28 |
| 11. | John Heller | 9900781 | Aqua'68 | NT | 1:35.65 | 1:35.65 |

Programmanr. 6 Meisjes, 100m schoolslag Minioren 4
23.1.10 - 10:55 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|-----------------------|---------|----------------------|---------|----------------|---------|
| 1. | Nan Hoving | 0000352 | ZC Borger | 1:49.29 | 1:46.07 | 1:46.07 |
| 2. | Liza Helldoorn | 0000270 | Aqualero | 1:48.72 | 1:47.01 | 1:47.01 |
| 3. | Maren Feunekes | 0000996 | ZC Borger | 1:48.06 | 1:47.14 | 1:47.14 |
| 4. | Frouke Beeksm | 0000346 | De Kikker | 1:45.73 | 1:49.23 | 1:49.23 |
| 5. | Anique Coelingh | 0000638 | ZPC Bikkel Hoogeveen | 1:53.18 | 1:50.48 | 1:50.48 |
| 6. | Danique Pomper | 0001566 | De Spatters | 1:58.58 | 1:51.57 | 1:51.57 |
| 7. | Anouschka Steenbergen | 0000280 | De Reest | 1:52.17 | 1:52.20 | 1:52.20 |
| 8. | Arita Tolman | 0000914 | De Valken | 1:53.50 | 1:52.70 | 1:52.70 |
| 9. | Savannah Beuving | 0000082 | De Spatters | 1:55.97 | 1:53.23 | 1:53.23 |
| 10. | Marlies Graaf de | 0002720 | Aqualero | NT | 1:59.95 | 1:59.95 |
| DIS | Alinda Dingshoff | 0000928 | ZPC Bikkel Hoogeveen | NT | | |

AA - Te vroeg weg of bewogen bij start.(geen tijd noteren)

Programmanr. 7 Jongens, 200m wisselslag Junioren 1 en 2
23.1.10 - 11:05 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m | 150m | 200m |
|------|-----------------------|---------|----------------------|---------|----------------|-------|------|---------|
| 1. | Ardi Knol | 9603447 | ZPC Bikkel Hoogeveen | 2:37.73 | 2:35.86 | 33.42 | | 2:35.86 |
| 2. | Maurice van der Ploeg | 9700305 | De Kikker | 2:39.56 | 2:39.02 | 35.45 | | 2:39.02 |
| 3. | Ryan Beugels | 9700169 | De Spatters | 2:45.86 | 2:42.77 | 37.14 | | 2:42.77 |
| 4. | Derk Jan Speelman | 9602425 | Aqua'68 | 2:59.46 | 2:48.26 | 35.89 | | 2:48.26 |
| 5. | Koen Lems | 9603709 | De Kikker | 2:50.80 | 2:48.63 | 36.84 | | 2:48.63 |
| 6. | Tom Jongmans | 9603483 | De Spatters | 3:17.30 | 2:49.64 | | | 2:49.64 |
| 7. | Mickey Wijchers | 9701965 | ZC Borger | 2:52.61 | 2:53.84 | 38.56 | | 2:53.84 |
| 8. | Finn van Wanrooij | 9600203 | Aqualero | 3:12.93 | 2:59.46 | | | 2:59.46 |
| 9. | Thijs Oost | 9601419 | ZPC Bikkel Hoogeveen | 3:13.92 | 3:02.38 | | | 3:02.38 |
| 10. | Jari Michels | 9604289 | Aqua'68 | 3:20.17 | 3:04.84 | 40.49 | | 3:04.84 |
| 11. | Bram van Spronsen | 9603571 | De Reest | 3:16.02 | 3:16.86 | | | 3:16.86 |
| 12. | Leon Doesburg | 9702073 | Vriledo | 3:37.26 | 3:16.95 | 44.45 | | 3:16.95 |

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Programmanr. 7, Jongens, 200m wisselslag, Junioren 1 en 2

| Rang | | | in.tijd | Tijd | 50m | 100m | 150m | 200m |
|------|--|---------|----------------------|---------|----------------|-------|------|---------|
| 13. | Bart Wuijster | 9604891 | De Reest | 3:49.81 | 3:29.10 | 48.60 | | 3:29.10 |
| 14. | Richard Huberts | 9700825 | Zpp | 3:36.32 | 3:29.53 | 49.32 | | 3:29.53 |
| DIS | Marco Wams | 9602081 | ZPC Bikkel Hoogeveen | 3:08.14 | 3:00.86 | | | 3:00.86 |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | | | |
| DIS | Lars van Eeks | 9603083 | Aqua'68 | 3:20.43 | 3:16.31 | 46.36 | | 3:16.31 |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | | | |
| DIS | Ruben van Weesep | 9603449 | De Reest | 3:12.76 | 3:17.43 | | | 3:17.43 |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | | |

Programmanr. 8
23.1.10 - 11:15

Meisjes, 200m wisselslag

Junioren 1 en 2
Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m | 150m | 200m |
|------|--|---------|----------------------|---------|----------------|-------|------|---------|
| 1. | Inez Duursma | 9700256 | De Spatters | 2:57.44 | 2:50.48 | 38.70 | | 2:50.48 |
| 2. | Annelie la Rivière | 9700864 | ZC Borger | 2:52.84 | 2:52.77 | 35.71 | | 2:52.77 |
| 3. | Caroline Damen | 9703088 | De Spatters | 2:54.89 | 2:55.05 | 40.04 | | 2:55.05 |
| 4. | Revecka Reiber | 9802962 | ZPC Bikkel Hoogeveen | 3:03.53 | 2:55.58 | 41.38 | | 2:55.58 |
| 5. | Sharonne Urbanus | 9700944 | ZPC Bikkel Hoogeveen | 3:01.66 | 2:59.04 | 40.17 | | 2:59.04 |
| 6. | Brigit Beukeveld | 9800216 | de Plons | 3:02.13 | 2:59.86 | 37.63 | | 2:59.86 |
| 7. | Marley Eiomkui | 9702340 | ZPC Bikkel Hoogeveen | 3:01.45 | 3:00.58 | 40.21 | | 3:00.58 |
| 8. | Rebecca Jager | 9800402 | ZC De Toekomst | 2:55.14 | 3:00.79 | 38.82 | | 3:00.79 |
| 9. | Sandra Jorwerda | 9801420 | ZC Borger | 2:57.32 | 3:01.89 | 43.16 | | 3:01.89 |
| 10. | Anne van Asperen | 9800308 | ZPC Bikkel Hoogeveen | 3:29.73 | 3:03.65 | 43.15 | | 3:03.65 |
| 11. | Coqo Hendriks | 9800180 | ZPC Bikkel Hoogeveen | 3:10.54 | 3:03.70 | 39.20 | | 3:03.70 |
| 12. | Laura Camies | 9702246 | De Kikker | 3:19.93 | 3:05.20 | 40.66 | | 3:05.20 |
| 13. | Esra Hoogeveen | 9800946 | ZPC Bikkel Hoogeveen | 3:37.17 | 3:06.13 | 40.59 | | 3:06.13 |
| 14. | Merlin Nijzingh | 9700954 | ZPC Bikkel Hoogeveen | 3:05.95 | 3:08.21 | 44.93 | | 3:08.21 |
| 15. | Fenna Kranendonk | 9801316 | Aqua'68 | 3:16.11 | 3:08.91 | 39.24 | | 3:08.91 |
| 16. | Suzanne Hospers | 9801832 | De Kikker | 3:21.20 | 3:11.89 | 44.51 | | 3:11.89 |
| 17. | Meike de Does | 9702858 | Aqua'68 | 3:21.32 | 3:15.71 | 47.99 | | 3:15.71 |
| 18. | Anne Speelman | 9701766 | Aqua'68 | 3:19.51 | 3:18.07 | 43.29 | | 3:18.07 |
| 19. | Jolieke Timmer | 9800688 | De Valken | 3:23.20 | 3:21.15 | 46.42 | | 3:21.15 |
| 20. | Evelyn Frieling | 9702154 | Vriledo | 3:25.22 | 3:25.62 | 47.65 | | 3:25.62 |
| 21. | Lisanne Engberts | 9700298 | ZPC Bikkel Hoogeveen | 3:26.44 | 3:26.17 | 51.57 | | 3:26.17 |
| 22. | Lisette Wolbers | 9800340 | De Valken | 3:32.44 | 3:26.91 | 46.51 | | 3:26.91 |
| 23. | Tessa van Dalen | 9700318 | Aqua'68 | 3:32.58 | 3:31.46 | 46.43 | | 3:31.46 |
| 24. | Marjolein Wolbers | 9801118 | De Valken | 3:40.60 | 3:31.49 | 46.50 | | 3:31.49 |
| 25. | Annika van der Zwaag | 9800338 | De Valken | 3:44.75 | 3:34.98 | 46.89 | | 3:34.98 |
| DIS | Juliëtte Hekman | 9803914 | Vriledo | 3:27.53 | | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.(geen tijd noteren)</i> | | | | | | | |
| DIS | Saranda Hofstra | 9700526 | De Kikker | 2:45.20 | 2:43.05 | 34.74 | | 2:43.05 |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | | | | |
| DIS | Myrna Huis | 9700002 | ZC Borger | 3:07.94 | 3:09.57 | 41.57 | | 3:09.57 |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | | | | |
| DIS | Danique Frieman | 9701556 | Aqua'68 | 3:21.85 | 3:17.60 | 46.19 | | 3:17.60 |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | |

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Programmanr. 9 Jongens, 100m rugslag Minioren 6
23.1.10 - 11:35 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|--|----------------------|---------|----------------------|---------|----------------|---------|
| 1. | Gauke Eilander | 9800603 | ZPC Bikkel Hoogeveen | 1:18.59 | 1:20.08 | 1:20.08 |
| 2. | Beeke Beeksmā | 9801537 | De Kikker | 1:23.01 | 1:23.52 | 1:23.52 |
| 3. | Friso van der Meulen | 9800617 | Aqua'68 | 1:28.18 | 1:23.64 | 1:23.64 |
| 4. | Robin van Grol | 9800129 | De Kikker | 1:23.80 | 1:23.90 | 1:23.90 |
| 5. | Lars van der Heide | 9800967 | ZC Borger | 1:28.40 | 1:31.36 | 1:31.36 |
| 6. | Ingmar Hartman | 9801013 | ZC Borger | 1:30.28 | 1:31.98 | 1:31.98 |
| 7. | Wouter de Lang | 9801147 | ZPC Bikkel Hoogeveen | 1:36.60 | 1:34.55 | 1:34.55 |
| 8. | Bryan Chen | 9803201 | ZC Borger | 1:33.84 | 1:34.70 | 1:34.70 |
| 9. | Dennis Ansing | 9801997 | Aqualero | 1:52.95 | 1:50.83 | 1:50.83 |
| 10. | Cesaro Angevaare | 9802227 | De Spatters | 1:57.21 | 1:55.68 | 1:55.68 |
| 11. | Jesse Huizing | 9803915 | Aqualero | NT | 1:56.39 | 1:56.39 |
| DIS | Arjan Vaatstra | 9801909 | De Valken | 1:36.60 | 1:31.24 | 1:31.24 |
| <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | | |
| DIS | Rico Vroom | 9802363 | Ritola Z&PC | 1:32.32 | 1:35.24 | 1:35.24 |
| <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | | |

Programmanr. 10 Meisjes, 100m vrije slag Minioren 5
23.1.10 - 11:40 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|-------------------|---------|----------------------|---------|----------------|---------|
| 1. | Simone Krans | 9900756 | De Kikker | 1:16.84 | 1:14.48 | 1:14.48 |
| 2. | Cynthia Koerhuis | 9900088 | De Spatters | 1:20.84 | 1:20.71 | 1:20.71 |
| 3. | Hilde Dekker | 9901926 | Ritola Z&PC | 1:22.98 | 1:22.14 | 1:22.14 |
| 4. | Mathilde Nijzingh | 9900086 | De Spatters | 1:21.00 | 1:23.55 | 1:23.55 |
| 5. | Marije Slot | 9900966 | ZPC Bikkel Hoogeveen | 1:24.55 | 1:23.58 | 1:23.58 |
| 6. | Anouk Heizenberg | 9901148 | Aqualero | 1:25.36 | 1:24.87 | 1:24.87 |
| 7. | Noëlle Beugels | 9900746 | De Spatters | 1:32.24 | 1:25.82 | 1:25.82 |
| 8. | Rachel Oosterloo | 9900866 | Aqua'68 | 1:27.81 | 1:26.07 | 1:26.07 |
| 9. | Manon Schouten | 9900860 | ZC Borger | 1:28.39 | 1:26.46 | 1:26.46 |
| 10. | Danique Prins | 9900744 | De Spatters | 1:29.67 | 1:30.45 | 1:30.45 |
| 11. | Jose Emmink | 9902446 | ZPC Bikkel Hoogeveen | 1:32.75 | 1:30.73 | 1:30.73 |
| 12. | Esmee Schlepers | 9902080 | De Reest | 1:32.60 | 1:32.35 | 1:32.35 |
| 13. | Michelle Steller | 9902786 | Aqualero | 1:47.79 | 1:36.37 | 1:36.37 |
| 14. | Karolien Nevels | 9900042 | De Kikker | 1:32.53 | 1:38.68 | 1:38.68 |
| 15. | Eileen Kremer | 9902034 | ZPC Bikkel Hoogeveen | 1:45.60 | 1:42.09 | 1:42.09 |
| 16. | Corina van Zanten | 9903566 | Aqualero | NT | 1:56.92 | 1:56.92 |

Programmanr. 11 Jongens, 100m rugslag Minioren 4 3 en 2
23.1.10 - 11:50 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|---------------------|---------|----------------------|---------|----------------|---------|
| 1. | Jari Groenhart | 0000271 | Aqua'68 | 1:34.06 | 1:30.64 | 1:30.64 |
| 2. | Wouter van Asperen | 0000125 | ZPC Bikkel Hoogeveen | 1:37.55 | 1:36.16 | 1:36.16 |
| 3. | Jochem Van der Deen | 0000539 | ZC Borger | 1:37.70 | 1:38.30 | 1:38.30 |
| 4. | Darren Chen | 0001149 | ZC Borger | 1:42.43 | 1:39.95 | 1:39.95 |
| 5. | Dylan Berghuis | 0001807 | ZC Borger | NT | 1:42.95 | 1:42.95 |
| 6. | Arjan Dekker | 0000499 | Ritola Z&PC | 1:42.47 | 1:44.22 | 1:44.22 |
| 7. | Niels Hoogeveen | 0000771 | ZPC Bikkel Hoogeveen | 1:44.41 | 1:49.57 | 1:49.57 |
| 8. | Bas Dekker | 0001817 | de Plons | NT | 1:53.74 | 1:53.74 |
| 9. | Junior de Bruin | 0000839 | ZPC Bikkel Hoogeveen | 2:01.16 | 1:56.11 | 1:56.11 |
| 10. | Bas Kost | 0000419 | ZPC Bikkel Hoogeveen | 2:01.48 | 2:01.07 | 2:01.07 |
| 11. | Axel Mulder | 0100563 | Aqualero | NT | 2:31.53 | 2:31.53 |

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Programmanr. 12 Meisjes, 50m vlinderslag Minioren 2 en 3
23.1.10 - 11:55 Resultaten

| Rang | | | in.tijd | Tijd |
|------|-----------------------|---------------------|---------|--------------|
| 1. | Madelon van der Ploeg | 0100070 De Kikker | 47.11 | 49.97 |
| 2. | Naomi Broekman | 0100020 De Spatters | 1:02.25 | 51.83 |
| DIS | Natascha Iwema | 0100022 De Spatters | 59.51 | |

AA - Te vroeg weg of bewogen bij start.(geen tijd noteren)

Programmanr. 13 Jongens, 100m rugslag Minioren 5
23.1.10 - 11:55 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|---------------------|------------------------------|---------|----------------|-----|---------|
| 1. | Lauren Nab | 9900023 De Kikker | 1:28.31 | 1:27.37 | | 1:27.37 |
| 2. | Maik Huser | 9900265 De Kikker | 1:32.29 | 1:32.89 | | 1:32.89 |
| 3. | Tomas van der Heide | 9900019 De Spatters | 1:34.78 | 1:33.01 | | 1:33.01 |
| 4. | M. van Meerendonk | 9900375 Aqua'68 | 1:37.51 | 1:35.13 | | 1:35.13 |
| 5. | Melle Fischer | 9900481 De Kikker | 1:41.39 | 1:42.33 | | 1:42.33 |
| 6. | Dylan Maaswinkel | 9900759 De Reest | 1:40.04 | 1:42.97 | | 1:42.97 |
| 7. | John Heller | 9900781 Aqua'68 | NT | 1:43.90 | | 1:43.90 |
| 8. | Jamie Velthuis | 9901341 De Spatters | 1:44.26 | 1:48.04 | | 1:48.04 |
| 9. | Riccardo Chiriatti | 9900869 Aqua'68 | NT | 1:49.14 | | 1:49.14 |
| DIS | Mike Witten | 9901681 ZPC Bikkel Hoogeveen | 1:41.18 | 1:46.90 | | 1:46.90 |

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.

DIS Simon Beijer 9901599 De Spatters NT **1:55.82** 1:55.82
RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.

Programmanr. 14 Meisjes, 50m vlinderslag Minioren 4
23.1.10 - 12:00 Resultaten

| Rang | | | in.tijd | Tijd |
|------|-----------------------|------------------------------|---------|--------------|
| 1. | Frouke Beeksma | 0000346 De Kikker | 47.16 | 43.96 |
| 2. | Nan Hoving | 0000352 ZC Borger | 45.32 | 44.78 |
| 3. | Maren Feunekes | 0000996 ZC Borger | 45.54 | 46.66 |
| 4. | Liza Heldoorn | 0000270 Aqualero | 48.72 | 47.11 |
| 5. | Arita Tolman | 0000914 De Valken | 48.20 | 47.83 |
| 6. | Danique Pomper | 0001566 De Spatters | NT | 48.89 |
| 7. | Savannah Beuving | 0000082 De Spatters | 47.84 | 50.51 |
| 8. | Anouschka Steenberghe | 0000280 De Reest | 53.96 | 50.67 |
| 9. | Anique Coelingh | 0000638 ZPC Bikkel Hoogeveen | 1:00.67 | 55.14 |

Programmanr. 15 Jongens, 200m schoolslag Junioren 1 en 2
23.1.10 - 12:05 Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m | 150m | 200m |
|------|-------------------|------------------------------|---------|----------------|-----|---------|------|---------|
| 1. | Ardi Knol | 9603447 ZPC Bikkel Hoogeveen | 3:00.88 | 2:58.16 | | 1:26.68 | | 2:58.16 |
| 2. | Koen Lems | 9603709 De Kikker | 3:02.48 | 3:02.17 | | 1:27.85 | | 3:02.17 |
| 3. | Ryan Beugels | 9700169 De Spatters | 3:05.10 | 3:07.23 | | 1:29.92 | | 3:07.23 |
| 4. | Marco Wams | 9602081 ZPC Bikkel Hoogeveen | 3:03.58 | 3:08.09 | | 1:29.38 | | 3:08.09 |
| 5. | Derk Jan Speelman | 9602425 Aqua'68 | 3:21.50 | 3:12.99 | | 1:34.65 | | 3:12.99 |
| 6. | Finn van Wanrooij | 9600203 Aqualero | 3:24.62 | 3:16.62 | | 1:34.34 | | 3:16.62 |
| 7. | Tom Jongmans | 9603483 De Spatters | 3:35.64 | 3:19.99 | | 1:35.93 | | 3:19.99 |
| 8. | Mickey Wijchers | 9701965 ZC Borger | 3:27.49 | 3:21.21 | | 1:37.65 | | 3:21.21 |
| 9. | Bram van Spronsen | 9603571 De Reest | 3:25.52 | 3:21.35 | | 1:41.23 | | 3:21.35 |
| 10. | Thijs Oost | 9601419 ZPC Bikkel Hoogeveen | 3:24.64 | 3:27.01 | | 1:39.89 | | 3:27.01 |

Speedo 2009-2010 Deel 3
Hoogeveen, 23.1.2010

Programmanr. 15, Jongens, 200m schoolslag, Junioren 1 en 2

| Rang | | | in.tijd | Tijd | 50m | 100m | 150m | 200m |
|------|------------------|---------|-------------|---------|----------------|---------|------|---------|
| 11. | Jari Michels | 9604289 | Aqua'68 | 3:29.32 | 3:27.36 | 1:40.95 | | 3:27.36 |
| 12. | Alex Stevens | 9703545 | De Spatters | 3:50.21 | 3:32.25 | 1:41.68 | | 3:32.25 |
| 13. | Ruben van Weesep | 9603449 | De Reest | 3:39.20 | 3:38.25 | 1:46.13 | | 3:38.25 |
| 14. | Thijs Berends | 9704127 | de Plons | 3:43.66 | 3:38.86 | 1:48.69 | | 3:38.86 |
| 15. | Richard Huberts | 9700825 | Zpp | 3:41.93 | 3:40.37 | 1:48.22 | | 3:40.37 |
| 16. | Lars van Eeks | 9603083 | Aqua'68 | 3:34.07 | 3:43.80 | 1:45.69 | | 3:43.80 |
| 17. | Stef Goris | 9703973 | Vriledo | 4:07.81 | 3:52.51 | 1:56.39 | | 3:52.51 |
| 18. | Bart Wuijster | 9604891 | De Reest | 4:05.16 | 3:57.07 | 1:59.43 | | 3:57.07 |
| 19. | Leon Doesburg | 9702073 | Vriledo | 4:12.57 | 4:00.62 | 1:56.58 | | 4:00.62 |

Programmanr. 16
23.1.10 - 12:20

Meisjes, 200m schoolslag

Junioren 1 en 2
Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m | 150m | 200m |
|------|----------------------|---------|----------------------|---------|----------------|---------|------|---------|
| 1. | Annelie la Rivière | 9700864 | ZC Borger | 3:08.82 | 3:05.09 | 1:27.91 | | 3:05.09 |
| 2. | Inez Duursma | 9700256 | De Spatters | 3:13.64 | 3:06.26 | 1:28.95 | | 3:06.26 |
| 3. | Rebecca Jager | 9800402 | ZC De Toekomst | 3:14.81 | 3:15.52 | 1:34.75 | | 3:15.52 |
| 4. | Coqo Hendriks | 9800180 | ZPC Bikkel Hoogeveen | 3:26.36 | 3:15.55 | 1:35.58 | | 3:15.55 |
| 5. | Revecka Reiber | 9802962 | ZPC Bikkel Hoogeveen | 3:17.85 | 3:17.52 | 1:35.01 | | 3:17.52 |
| 6. | Sandra Jorwerda | 9801420 | ZC Borger | 3:16.87 | 3:21.45 | 1:37.80 | | 3:21.45 |
| 7. | Caroline Damen | 9703088 | De Spatters | 3:31.23 | 3:22.99 | 1:40.58 | | 3:22.99 |
| 8. | Marley Eiomkui | 9702340 | ZPC Bikkel Hoogeveen | 3:21.73 | 3:23.74 | 1:39.09 | | 3:23.74 |
| 9. | Merlin Nijzinhg | 9700954 | ZPC Bikkel Hoogeveen | 3:32.36 | 3:25.82 | 1:40.76 | | 3:25.82 |
| 10. | Brigit Beukeveld | 9800216 | de Plons | 3:33.26 | 3:28.59 | 1:39.79 | | 3:28.59 |
| 11. | Meike de Does | 9702858 | Aqua'68 | 3:31.50 | 3:29.60 | 1:42.92 | | 3:29.60 |
| 12. | Sharonne Urbanus | 9700944 | ZPC Bikkel Hoogeveen | 3:34.00 | 3:30.62 | 1:41.88 | | 3:30.62 |
| 13. | Esra Hoogeveen | 9800946 | ZPC Bikkel Hoogeveen | 3:34.20 | 3:33.68 | 1:43.91 | | 3:33.68 |
| 14. | Myrna Huis | 9700002 | ZC Borger | 3:40.06 | 3:35.48 | 1:44.74 | | 3:35.48 |
| 15. | Anne Speelman | 9701766 | Aqua'68 | 3:49.36 | 3:38.52 | 1:46.94 | | 3:38.52 |
| 16. | Danique Frieman | 9701556 | Aqua'68 | 3:47.96 | 3:38.87 | 1:45.43 | | 3:38.87 |
| 17. | Evelyn Frieling | 9702154 | Vriledo | 3:33.23 | 3:39.26 | 1:48.85 | | 3:39.26 |
| 18. | Esmee Tienkamp | 9703772 | Aqua'68 | 3:44.73 | 3:39.51 | 1:46.45 | | 3:39.51 |
| 19. | Eva Brals | 9703438 | Ritola Z&PC | 3:42.70 | 3:40.08 | 1:48.52 | | 3:40.08 |
| 20. | Juliëtte Hekman | 9803914 | Vriledo | 3:43.75 | 3:44.28 | 1:51.81 | | 3:44.28 |
| 21. | Fenna Kranendonk | 9801316 | Aqua'68 | 3:47.95 | 3:47.82 | 1:51.22 | | 3:47.82 |
| 22. | Lisette Wolbers | 9800340 | De Valken | 3:40.24 | 3:48.45 | 1:49.04 | | 3:48.45 |
| 23. | Lisanne Engberts | 9700298 | ZPC Bikkel Hoogeveen | 3:51.80 | 3:52.14 | 1:52.21 | | 3:52.14 |
| 24. | Annika van der Zwaag | 9800338 | De Valken | 3:52.45 | 3:54.51 | 1:53.44 | | 3:54.51 |
| 25. | Jolieke Timmer | 9800688 | De Valken | 3:54.23 | 3:58.66 | 1:56.70 | | 3:58.66 |
| 26. | Marjolein Wolbers | 9801118 | De Valken | 3:52.23 | 3:58.80 | 1:58.08 | | 3:58.80 |
| DIS | Anne van Asperen | 9800308 | ZPC Bikkel Hoogeveen | 3:46.64 | 3:35.83 | 1:45.49 | | 3:35.83 |

SL - Met één hand keer- en/of eindpunt aangetikt.

Programmanr. 17
23.1.10 - 12:45

Jongens, 100m schoolslag

Minioren 6
Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|----------------------|---------|----------------------|---------|----------------|---------|
| 1. | Rico Vroom | 9802363 | Ritola Z&PC | 1:30.39 | 1:31.81 | 1:31.81 |
| 2. | Gauke Eilander | 9800603 | ZPC Bikkel Hoogeveen | 1:33.34 | 1:34.51 | 1:34.51 |
| 3. | Robin van Grol | 9800129 | De Kikker | 1:34.78 | 1:34.78 | 1:34.78 |
| 4. | Arjan Heldoorn | 9801995 | Aqualero | 1:43.75 | 1:39.95 | 1:39.95 |
| 5. | Beeke Beeksma | 9801537 | De Kikker | 1:42.39 | 1:41.52 | 1:41.52 |
| 6. | Friso van der Meulen | 9800617 | Aqua'68 | 1:43.73 | 1:42.15 | 1:42.15 |
| 7. | Bryan Chen | 9803201 | ZC Borger | 1:42.06 | 1:46.42 | 1:46.42 |
| 8. | Arjan Vaatstra | 9801909 | De Valken | 1:45.36 | 1:50.74 | 1:50.74 |
| 9. | Wouter de Lang | 9801147 | ZPC Bikkel Hoogeveen | 1:56.29 | 1:53.20 | 1:53.20 |
| 10. | Dennis Ansing | 9801997 | Aqualero | 2:02.76 | 2:06.20 | 2:06.20 |

Speedo 2009-2010 Deel 3
Hoogeveen, 23.1.2010

Programmanr. 17, Jongens, 100m schoolslag, Minioren 6

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|------------------|---------|-------------|---------|----------------|---------|
| 11. | Cesaro Angevaare | 9802227 | De Spatters | 2:14.00 | 2:13.23 | 2:13.23 |
| 12. | Jesse Huizing | 9803915 | Aqualero | NT | 2:13.61 | 2:13.61 |
| DIS | Ingmar Hartman | 9801013 | ZC Borger | 1:38.55 | 1:39.10 | 1:39.10 |

SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdeste gedeelte v.d. 2e armslag de h

Programmanr. 18
23.1.10 - 12:50

Meisjes, 100m rugslag

Minioren 5
Resultaten

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|--|---------|----------------------|---------|----------------|---------|
| 1. | Mathilde Nijzingh | 9900086 | De Spatters | 1:29.22 | 1:28.28 | 1:28.28 |
| 2. | Simone Krans | 9900756 | De Kikker | 1:27.77 | 1:28.60 | 1:28.60 |
| 3. | Marije Slot | 9900966 | ZPC Bikkel Hoogeveen | 1:34.68 | 1:33.00 | 1:33.00 |
| 4. | Manon Schouten | 9900860 | ZC Borger | 1:40.96 | 1:35.04 | 1:35.04 |
| 5. | Cynthia Koerhuis | 9900088 | De Spatters | 1:35.63 | 1:35.64 | 1:35.64 |
| 6. | Jose Emmink | 9902446 | ZPC Bikkel Hoogeveen | 1:39.91 | 1:39.26 | 1:39.26 |
| 7. | Noëlle Beugels | 9900746 | De Spatters | 1:44.10 | 1:40.54 | 1:40.54 |
| 8. | Danique Prins | 9900744 | De Spatters | 1:41.65 | 1:43.07 | 1:43.07 |
| 9. | Karolien Nevels | 9900042 | De Kikker | 1:40.76 | 1:43.33 | 1:43.33 |
| 10. | Eileen Kremer | 9902034 | ZPC Bikkel Hoogeveen | 1:41.01 | 1:44.05 | 1:44.05 |
| 11. | Kim Dekker | 9903790 | de Plons | 2:02.42 | 1:57.46 | 1:57.46 |
| 12. | Corina van Zanten | 9903566 | Aqualero | NT | 2:02.74 | 2:02.74 |
| DIS | Hilde Dekker | 9901926 | Ritola Z&PC | 1:39.20 | 1:29.25 | 1:29.25 |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | | |
| DIS | Rachel Oosterloo | 9900866 | Aqua'68 | 1:44.32 | 1:40.09 | 1:40.09 |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | | |
| DIS | Anouk Heizenberg | 9901148 | Aqualero | 1:52.39 | 1:40.86 | 1:40.86 |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | | |