

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 1  
9-10-2010 - 16:45

Dames, 200m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2010

| Rang                  | Geb.                | Tijd | Pnt                  | 50m            | 100m | 150m | 200m |
|-----------------------|---------------------|------|----------------------|----------------|------|------|------|
| <b>Junioren 1,2,3</b> |                     |      |                      |                |      |      |      |
| 1.                    | Judith Veldman      | 97   | Eemsrobben           | <b>2:15.48</b> | 552  |      |      |
| 2.                    | Marre Zandringa     | 97   | Orca                 | <b>2:18.31</b> | 519  |      |      |
| 3.                    | Claris de Vries     | 97   | Orca                 | <b>2:21.07</b> | 489  |      |      |
| 4.                    | Carolina Damen      | 97   | De Spatters          | <b>2:22.41</b> | 475  |      |      |
| 5.                    | Marlinde Schoonbeek | 98   | TriVia               | <b>2:22.78</b> | 472  |      |      |
| 6.                    | Kinge Zandringa     | 98   | Orca                 | <b>2:24.47</b> | 455  |      |      |
| 7.                    | Revecka Reiber      | 98   | ZPC Bikkel Hoogeveen | <b>2:26.35</b> | 438  |      |      |
| 8.                    | Amber Visser        | 98   | Zpca                 | <b>2:26.74</b> | 434  |      |      |
| 9.                    | Nynke Klokman       | 98   | Dz&pc                | <b>2:27.53</b> | 427  |      |      |
| 10.                   | Brigit Beukeveld    | 98   | ZPC Bikkel Hoogeveen | <b>2:28.02</b> | 423  |      |      |
| 11.                   | Hanny van Dijk      | 98   | Orca                 | <b>2:28.45</b> | 419  |      |      |
| 12.                   | Vivianne Dortmond   | 98   | De Pinquin           | <b>2:30.16</b> | 405  | FJ 1 |      |
| 13.                   | Rixt Meijer         | 97   | HZ&PC Heerenveen     | <b>2:30.16</b> | 405  | FJ 2 |      |
| 14.                   | Merlin Nijzingh     | 97   | ZPC Bikkel Hoogeveen | <b>2:31.04</b> | 398  |      |      |
| 15.                   | Sharonne Urbanus    | 97   | ZPC Bikkel Hoogeveen | <b>2:32.45</b> | 387  |      |      |
| 16.                   | Margreet Koster     | 97   | Zpca                 | <b>2:33.04</b> | 383  |      |      |
| 17.                   | Carmen Weistra      | 98   | Orca                 | <b>2:34.34</b> | 373  |      |      |
| 18.                   | Tialda Prins        | 98   | De Pinquin           | <b>2:35.07</b> | 368  |      |      |
| 19.                   | Daniek Platje       | 98   | De Pinquin           | <b>2:36.02</b> | 361  |      |      |
| 20.                   | Hinke Groos         | 99   | Dz&pc                | <b>2:36.42</b> | 358  |      |      |
| 21.                   | Marley Eiomkui      | 97   | ZPC Bikkel Hoogeveen | <b>2:38.43</b> | 345  |      |      |
| 22.                   | Manon Manning       | 99   | Nova                 | <b>2:43.30</b> | 315  |      |      |
| 23.                   | Josien Wijkhuijs    | 99   | F.z.c.'54            | <b>2:44.88</b> | 306  |      |      |
| 24.                   | Sigrid Hogendorp    | 99   | F.z.c.'54            | <b>2:47.67</b> | 291  |      |      |

**jeugd 1 en 2**

|     |                    |    |                      |                |     |  |  |
|-----|--------------------|----|----------------------|----------------|-----|--|--|
| 1.  | Adája Stoetman     | 96 | ZPC Stadskanaal      | <b>2:12.45</b> | 591 |  |  |
| 2.  | Evelien van Ruiten | 96 | Orca                 | <b>2:13.39</b> | 578 |  |  |
| 3.  | Jessie Smeding     | 95 | Orca                 | <b>2:15.39</b> | 553 |  |  |
| 4.  | Kristel Hormann    | 96 | De Spatters          | <b>2:16.78</b> | 536 |  |  |
| 5.  | Dieudonné Houtkamp | 96 | ZPC Bikkel Hoogeveen | <b>2:16.89</b> | 535 |  |  |
| 6.  | Aimée Groenveld    | 95 | De Houtrib           | <b>2:18.02</b> | 522 |  |  |
| 7.  | Desiree Vedder     | 96 | HZ&PC Heerenveen     | <b>2:18.50</b> | 517 |  |  |
| 8.  | Esther Hulsing     | 96 | TriVia               | <b>2:19.42</b> | 506 |  |  |
| 9.  | Iris Visser        | 95 | Zpca                 | <b>2:19.98</b> | 500 |  |  |
| 10. | Hjordis Wagenaar   | 95 | HZ&PC Heerenveen     | <b>2:20.26</b> | 497 |  |  |
| 11. | Willeke Wonder     | 96 | De Spatters          | <b>2:21.27</b> | 487 |  |  |
| 12. | Karin Groen        | 95 | Gzww                 | <b>2:23.07</b> | 469 |  |  |
| 13. | Melissa Nauta      | 96 | Orca                 | <b>2:24.25</b> | 457 |  |  |
| 14. | Marsha Beukeveld   | 95 | ZPC Bikkel Hoogeveen | <b>2:25.18</b> | 448 |  |  |
| 15. | Nathalja Pragt     | 95 | Nova                 | <b>2:25.64</b> | 444 |  |  |
| 16. | Denise Gall        | 95 | De Pinquin           | <b>2:25.93</b> | 442 |  |  |
| 17. | Esther Robakiewicz | 96 | De Houtrib           | <b>2:26.35</b> | 438 |  |  |
| 18. | Elisabeth Muthert  | 95 | ZPC Stadskanaal      | <b>2:28.09</b> | 423 |  |  |
| 19. | Jill Muller        | 96 | Dz&pc                | <b>2:28.43</b> | 420 |  |  |
| 20. | Joëlle Rozema      | 96 | Dz&pc                | <b>2:30.89</b> | 399 |  |  |
| 21. | Tessa Benjamins    | 95 | Aqualero             | <b>2:31.01</b> | 398 |  |  |
| 22. | Danielle Vrieling  | 96 | De Spatters          | <b>2:32.98</b> | 383 |  |  |
| 23. | Tessa Keizer       | 96 | Gzww                 | <b>2:33.23</b> | 381 |  |  |
| 24. | Anoeska Wonder     | 96 | De Spatters          | <b>2:36.39</b> | 359 |  |  |
| DIS | Henny Vries de     | 95 | HZ&PC Heerenveen     |                |     |  |  |

*AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).*

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 1, Dames, 200m vrije slag

senioren

|                          |    |                      |                |          |
|--------------------------|----|----------------------|----------------|----------|
| 1. Annelinde Veldman     | 93 | Zpca                 | <b>2:08.71</b> | 644      |
| 2. Charlotte Mol         | 91 | ZPC Bikkel Hoogeveen | <b>2:10.12</b> | 623      |
| 3. Jose Sijbring         | 93 | De Pinquin           | <b>2:10.23</b> | 622      |
| 4. Mariët Koster         | 83 | ZPC Bikkel Hoogeveen | <b>2:13.17</b> | 581 FJ 1 |
| 5. Mariëlle ter Stege    | 91 | ZPC Bikkel Hoogeveen | <b>2:13.17</b> | 581 FJ 2 |
| 6. Nynke van der Steur   | 92 | TriVia               | <b>2:13.44</b> | 578      |
| 7. Jakonien Koster       | 94 | ZPC Bikkel Hoogeveen | <b>2:13.56</b> | 576      |
| 8. Gea Hagting           | 88 | Nova                 | <b>2:13.79</b> | 573      |
| 9. Rochelle Kirindongo   | 86 | ZPC Bikkel Hoogeveen | <b>2:16.39</b> | 541      |
| 10. Naomi Touré          | 94 | TriVia               | <b>2:17.26</b> | 531      |
| 11. Wendy van der Iest   | 87 | ZPC Bikkel Hoogeveen | <b>2:21.67</b> | 483      |
| 12. Nanda Vries de       | 92 | HZ&PC Heerenveen     | <b>2:23.70</b> | 463      |
| 13. Roos Wielink         | 94 | TriVia               | <b>2:24.97</b> | 450      |
| 14. Loes Wielink         | 94 | TriVia               | <b>2:30.00</b> | 407      |
| 15. Laura Lutjes         | 90 | Bubble               | <b>2:31.81</b> | 392      |
| AFGEM Manon Kuiper       | 94 | HZ&PC Heerenveen     |                |          |
| AFGEM Daniëlle Kruizinga | 94 | ZPC Bikkel Hoogeveen |                |          |

Programmanr. 2  
9-10-2010 - 17:10

Heren, 200m vrije slag

12 jaar en ouder  
Resultaten

Punten: FINA 2010

| Rang                  | Geb. |                      | Tijd           | Pnt | 50m | 100m | 150m | 200m |
|-----------------------|------|----------------------|----------------|-----|-----|------|------|------|
| Junioren 1,2,3,4      |      |                      |                |     |     |      |      |      |
| 1. Luc van der Wolde  | 95   | ZPC Stadskanaal      | <b>2:02.43</b> | 534 |     |      |      |      |
| 2. Levi Hilbolling    | 95   | ZPC Stadskanaal      | <b>2:04.06</b> | 513 |     |      |      |      |
| 3. Jonathan Rozema    | 95   | Dz&pc                | <b>2:04.19</b> | 512 |     |      |      |      |
| 4. Milan Grünewald    | 95   | TriVia               | <b>2:04.81</b> | 504 |     |      |      |      |
| 5. Derk-Jan Knol      | 95   | ZPC Bikkel Hoogeveen | <b>2:08.43</b> | 463 |     |      |      |      |
| 6. Jeroen Lorus       | 95   | ZPC Bikkel Hoogeveen | <b>2:09.82</b> | 448 |     |      |      |      |
| 7. Frank Roovers      | 98   | De Houtrib           | <b>2:09.98</b> | 446 |     |      |      |      |
| 8. Ardi Knol          | 96   | ZPC Bikkel Hoogeveen | <b>2:10.86</b> | 437 |     |      |      |      |
| 9. Wolter v.d Veen    | 95   | Z.C. Haren           | <b>2:11.06</b> | 435 |     |      |      |      |
| 10. Pieter Ytsma      | 95   | Orca                 | <b>2:11.88</b> | 427 |     |      |      |      |
| 11. Matthijs Sijbring | 95   | De Pinquin           | <b>2:12.39</b> | 422 |     |      |      |      |
| 12. Sander Akkerman   | 95   | HZ&PC Heerenveen     | <b>2:13.29</b> | 414 |     |      |      |      |
| 13. Tom Jongmans      | 96   | De Spatters          | <b>2:16.53</b> | 385 |     |      |      |      |
| 14. Marco Wams        | 96   | ZPC Bikkel Hoogeveen | <b>2:20.95</b> | 350 |     |      |      |      |
| 15. Mathijs Mulder    | 97   | HZ&PC Heerenveen     | <b>2:21.26</b> | 348 |     |      |      |      |
| 16. Jorn Steenbergen  | 97   | Dz&pc                | <b>2:21.69</b> | 344 |     |      |      |      |
| 17. Gauke Eilander    | 98   | ZPC Bikkel Hoogeveen | <b>2:24.39</b> | 325 |     |      |      |      |
| 18. Berjen Mellema    | 98   | Gzww                 | <b>2:24.98</b> | 321 |     |      |      |      |
| 19. Thijs Oost        | 96   | ZPC Bikkel Hoogeveen | <b>2:32.02</b> | 279 |     |      |      |      |

jeugd

|                      |    |             |                |     |
|----------------------|----|-------------|----------------|-----|
| 1. Erik Nijholt      | 94 | Dz&pc       | <b>1:59.59</b> | 573 |
| 2. Bernd Kobesen     | 93 | TriVia      | <b>1:59.95</b> | 568 |
| 3. Willem Kees Roos  | 94 | Orca        | <b>2:04.36</b> | 510 |
| 4. Taco Wonder       | 93 | De Spatters | <b>2:05.74</b> | 493 |
| 5. Arno Nieuwhof     | 93 | F.z.c.'54   | <b>2:11.45</b> | 432 |
| 6. Mark Schouten     | 94 | Eemsrobber  | <b>2:12.46</b> | 422 |
| 7. Richard Hovenkamp | 94 | De Spatters | <b>2:15.81</b> | 391 |

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 2, Heren, 200m vrije slag

senioren

|                          |    |                      |                |     |
|--------------------------|----|----------------------|----------------|-----|
| 1. Jeroen Stuit          | 88 | TriVia               | <b>1:55.36</b> | 639 |
| 2. Toby Aarnoutse        | 89 | TriVia               | <b>1:55.95</b> | 629 |
| 3. Erik Hagting          | 91 | Dz&pc                | <b>2:01.11</b> | 552 |
| Dennis Cramer            | 92 | Zpca                 | <b>2:01.11</b> | 552 |
| 5. Michael Westers       | 92 | Orca                 | <b>2:01.39</b> | 548 |
| 6. Jelger Rietveld       | 92 | TriVia               | <b>2:03.71</b> | 518 |
| 7. Thomas Kersten        | 90 | TriVia               | <b>2:04.46</b> | 508 |
| 8. Jorrit Visser         | 89 | F.z.c.'54            | <b>2:06.58</b> | 483 |
| 9. Richard Koehoorn      | 79 | HZ&PC Heerenveen     | <b>2:06.94</b> | 479 |
| 10. Hendrik Ben v/d Boon | 88 | Zpd                  | <b>2:11.29</b> | 433 |
| 11. Bart Haveman         | 92 | Orca                 | <b>2:11.53</b> | 431 |
| 12. Remco Kamps          | 90 | Dz&pc                | <b>2:11.70</b> | 429 |
| 13. Sander Hoogeveen     | 90 | ZPC Bikkel Hoogeveen | <b>2:14.79</b> | 400 |
| AFGEM Marc Kremer        | 90 | TriVia               |                |     |

Programmanr. 3  
9-10-2010 - 17:25

Dames, 100m schoolslag

11 jaar en ouder  
Resultaten

Punten: FINA 2010

| Rang                  | Geb. |                      | Tijd           | Pnt | 50m | 100m |
|-----------------------|------|----------------------|----------------|-----|-----|------|
| <b>Junioren 1,2,3</b> |      |                      |                |     |     |      |
| 1. Willemein Hoving   | 98   | TriVia               | <b>1:21.81</b> | 450 |     |      |
| 2. Anouk Dijkstra     | 97   | Eemsrobben           | <b>1:22.86</b> | 433 |     |      |
| 3. Inez Duursma       | 97   | De Spatters          | <b>1:23.76</b> | 419 |     |      |
| 4. Anneliene Zuidema  | 98   | Orca                 | <b>1:25.38</b> | 396 |     |      |
| 5. Rebecca Jager      | 98   | zc Oldambt           | <b>1:26.50</b> | 380 |     |      |
| 6. Marieke Tienstra   | 99   | TriVia               | <b>1:29.04</b> | 349 |     |      |
| 7. Amber Bosch        | 97   | F.z.c.'54            | <b>1:29.82</b> | 340 |     |      |
| 8. Merlin Nijzingh    | 97   | ZPC Bikkel Hoogeveen | <b>1:29.85</b> | 339 |     |      |
| 9. Hinke Groos        | 99   | Dz&pc                | <b>1:30.44</b> | 333 |     |      |
| 10. Marley Eiomkui    | 97   | ZPC Bikkel Hoogeveen | <b>1:33.14</b> | 305 |     |      |
| AFGEM Ellen van Nieff | 97   | ZPC Stadskanaal      |                |     |     |      |

14 - 15 jaar

|                        |    |                      |                |     |  |  |
|------------------------|----|----------------------|----------------|-----|--|--|
| 1. Kristel Hormann     | 96 | De Spatters          | <b>1:20.14</b> | 478 |  |  |
| 2. Jessie Smeding      | 95 | Orca                 | <b>1:20.36</b> | 474 |  |  |
| 3. Iris Hartman        | 95 | De Pinquin           | <b>1:22.28</b> | 442 |  |  |
| 4. Willeke Jonkman     | 96 | Dz&pc                | <b>1:23.80</b> | 418 |  |  |
| 5. Marsha Beukeveld    | 95 | ZPC Bikkel Hoogeveen | <b>1:24.13</b> | 413 |  |  |
| 6. Rixt Menger         | 96 | Dz&pc                | <b>1:24.97</b> | 401 |  |  |
| 7. Leandra Vedder      | 96 | HZ&PC Heerenveen     | <b>1:25.58</b> | 393 |  |  |
| 8. Anoeska Wonder      | 96 | De Spatters          | <b>1:26.31</b> | 383 |  |  |
| 9. Lilian Ottens       | 96 | Eemsrobben           | <b>1:27.13</b> | 372 |  |  |
| 10. Joline Fischer     | 96 | Nova                 | <b>1:28.69</b> | 353 |  |  |
| AFGEM Ilse van Rijssen | 96 | TriVia               |                |     |  |  |

16 jaar en ouder

|                        |    |                      |                |     |  |  |
|------------------------|----|----------------------|----------------|-----|--|--|
| 1. Jacyntha Plat       | 90 | TriVia               | <b>1:16.07</b> | 559 |  |  |
| 2. Wendan Poelstra     | 91 | HZ&PC Heerenveen     | <b>1:16.32</b> | 554 |  |  |
| 3. Mirthe Lanfermeijer | 94 | TriVia               | <b>1:17.57</b> | 528 |  |  |
| 4. Wendy van der Iest  | 87 | ZPC Bikkel Hoogeveen | <b>1:19.01</b> | 499 |  |  |
| 5. Danielle Boer de    | 94 | HZ&PC Heerenveen     | <b>1:21.46</b> | 456 |  |  |

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 4  
9-10-2010 - 17:30

Heren, 100m schoolslag

12 jaar en ouder  
Resultaten

Punten: FINA 2010

| Rang                    | Geb.               | Tijd | Pnt                  | 50m            | 100m |
|-------------------------|--------------------|------|----------------------|----------------|------|
| <b>Junioren 1,2,3,4</b> |                    |      |                      |                |      |
| 1.                      | Jens Kobesen       | 95   | TriVia               | <b>1:06.96</b> | 572  |
| 2.                      | Marco Barkhuis     | 95   | ZPC Stadskanaal      | <b>1:11.07</b> | 479  |
| 3.                      | Marco Uppelschoten | 95   | De Houtrib           | <b>1:13.54</b> | 432  |
| 4.                      | Chris Bolding      | 95   | ZPC Bikkel Hoogeveen | <b>1:14.03</b> | 423  |
| 5.                      | Maarten Rottier    | 96   | TriVia               | <b>1:15.99</b> | 391  |
| 6.                      | Marco Wams         | 96   | ZPC Bikkel Hoogeveen | <b>1:19.97</b> | 336  |

jeugd

|    |                     |    |                      |                |     |
|----|---------------------|----|----------------------|----------------|-----|
| 1. | Peter Paul Houtkamp | 93 | ZPC Bikkel Hoogeveen | <b>1:07.23</b> | 565 |
| 2. | Stefan Petersen     | 94 | TriVia               | <b>1:11.29</b> | 474 |
| 3. | Brian van de Graaf  | 94 | De Houtrib           | <b>1:12.51</b> | 451 |

senioren

|    |                  |    |                      |                |          |
|----|------------------|----|----------------------|----------------|----------|
| 1. | Devi Wolthuizen  | 87 | TriVia               | <b>1:04.10</b> | 652      |
| 2. | Ward van Rijssen | 92 | TriVia               | <b>1:07.82</b> | 551      |
| 3. | Dennis Wijbenga  | 90 | ZPC Stadskanaal      | <b>1:08.13</b> | 543 FJ 1 |
| 4. | Thomas Kersten   | 90 | TriVia               | <b>1:08.13</b> | 543 FJ 2 |
| 5. | Niels van Eck    | 89 | ZPC Bikkel Hoogeveen | <b>1:08.53</b> | 534      |
| 6. | Jordy Pragt      | 91 | Nova                 | <b>1:11.73</b> | 465      |
| 7. | Sander Hoogeveen | 90 | ZPC Bikkel Hoogeveen | <b>1:12.22</b> | 456      |

Programmanr. 5  
9-10-2010 - 17:50

Dames, 50m vlinderslag

11 jaar en ouder  
Resultaten

| Rang                       | In.tijd              | Tijd                 |       |         |                   |
|----------------------------|----------------------|----------------------|-------|---------|-------------------|
| <b>Junioren 1 en later</b> |                      |                      |       |         |                   |
| 1.                         | Chantal Nap          | HZ&PC Heerenveen     | 29.26 | 8903004 | <b>29.47</b>      |
| 2.                         | Kyra Rietveld        | TriVia               | 27.78 | 9300624 | <b>29.67</b>      |
| 3.                         | Sylvia Dik           | TriVia               | 29.98 | 9501064 | <b>30.03</b>      |
| 4.                         | Adája Stoetman       | ZPC Stadskanaal      | 30.15 | 9600348 | <b>30.11</b>      |
| 5.                         | Annelinde Veldman    | Zpca                 | 30.26 | 9302758 | <b>30.23</b>      |
| 6.                         | Cynthia van Beusekom | TriVia               | 30.61 | 9500134 | <b>30.60</b>      |
| 7.                         | Charlotte Mol        | ZPC Bikkel Hoogeveen | 30.13 | 9102138 | <b>30.80</b>      |
| 8.                         | Dieudonné Houtkamp   | ZPC Bikkel Hoogeveen | 31.82 | 9600982 | <b>31.23</b>      |
| 9.                         | Rochelle Kirindongo  | ZPC Bikkel Hoogeveen | 30.13 | 8601924 | <b>31.64</b>      |
| 10.                        | Cynthia Verkaik      | Orca                 | 31.55 | 9601288 | <b>31.70</b>      |
| 11.                        | Marre Zandringa      | Orca                 | 31.01 | 9701136 | <b>31.88</b>      |
| 12.                        | Aimée Groenveld      | De Houtrib           | 31.51 | 9503394 | <b>31.89</b>      |
| 13.                        | Karin Groen          | Gzww                 | 30.73 | 9502440 | <b>31.92</b>      |
| 14.                        | Iris Visser          | Zpca                 | 31.78 | 9504784 | <b>32.00</b>      |
| 15.                        | Esther Hulsing       | TriVia               | 31.57 | 9601080 | <b>32.35</b>      |
| 16.                        | Roos Wielink         | TriVia               | 31.96 | 9403962 | <b>32.39</b>      |
| 17.                        | Anouk Zuidema        | TriVia               | 34.61 | 9801654 | <b>32.42</b>      |
| 18.                        | Rixt Veldkamp        | De Hardenberg        | 30.16 | 9404344 | <b>32.77</b>      |
| 19.                        | Wendy van der Iest   | ZPC Bikkel Hoogeveen | 31.55 | 8701904 | <b>32.81</b>      |
| 20.                        | Kim Franken          | Gzww                 | 33.50 | 9602688 | <b>32.87</b>      |
| 21.                        | Laura Lutjes         | Bubble               | 31.57 | 9002424 | <b>32.89</b>      |
| 22.                        | Kristel Hormann      | De Spatters          | NT    |         | <b>32.92</b>      |
| 23.                        | Myrthe Sijtsma       | HZ&PC Heerenveen     | 33.74 | 9502706 | <b>33.17</b>      |
| 24.                        | Carmen Weistra       | Orca                 | 34.47 | 9802148 | <b>33.70</b>      |
| 25.                        | Jill Muller          | Dz&pc                | 33.17 | 9600728 | <b>33.97</b> FJ 1 |

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 5, Dames, 50m vlinderslag, Junioren 1 en later

| Rang  |                    |                      | In.tijd |         | Tijd              |
|-------|--------------------|----------------------|---------|---------|-------------------|
| 26.   | Kinge Zandringa    | Orca                 | 33.39   | 9801422 | <b>33.97</b> FJ 2 |
| 27.   | Willeke Jonkman    | Dz&pc                | 38.56   | 9604304 | <b>34.22</b>      |
| 28.   | Amber Visser       | Zpca                 | 34.07   | 9801416 | <b>34.29</b>      |
| 29.   | Esther Robakiewicz | De Houtrib           | 33.02   | 9603430 | <b>34.76</b>      |
| 30.   | Kirsten Nieboer    | TriVia               | 33.51   | 9501988 | <b>34.89</b>      |
| 31.   | Brigit Beukeveld   | ZPC Bikkel Hoogeveen | 34.73   | 9800216 | <b>35.25</b> FJ 1 |
| 32.   | Inge Willemsen     | Zpca                 | 35.16   | 9801958 | <b>35.25</b> FJ 2 |
| 33.   | Joline Fischer     | Nova                 | 33.61   | 9601638 | <b>35.26</b>      |
| 34.   | Loes Wielink       | TriVia               | 31.98   | 9403960 | <b>35.30</b>      |
| 35.   | Carolina Damen     | De Spatters          | NT      |         | <b>35.38</b>      |
| 36.   | Elisabeth Muthert  | ZPC Stadskanaal      | 35.20   | 9500062 | <b>35.80</b>      |
| 37.   | Joëlle Rozema      | Dz&pc                | 35.47   | 9601124 | <b>36.26</b>      |
| 38.   | Naomi Rozema       | Dz&pc                | 37.96   | 9901194 | <b>36.64</b>      |
| 39.   | Danielle Vrieling  | De Spatters          | NT      |         | <b>36.83</b>      |
| 40.   | Sharonne Urbanus   | ZPC Bikkel Hoogeveen | 35.90   | 9700944 | <b>37.66</b>      |
| 41.   | Revecka Reiber     | ZPC Bikkel Hoogeveen | 38.09   | 9802962 | <b>38.48</b>      |
| 42.   | Gwen Sieswerda     | F.z.c.'54            | 42.19   | 9802342 | <b>40.57</b>      |
| AFGEM | Daniëlle Kruizinga | ZPC Bikkel Hoogeveen | 34.04   | 9402634 |                   |

jeugd

|     |                      |                      |       |         |              |
|-----|----------------------|----------------------|-------|---------|--------------|
| 1.  | Sylvia Dik           | TriVia               | 29.98 | 9501064 | <b>30.03</b> |
| 2.  | Adája Stoetman       | ZPC Stadskanaal      | 30.15 | 9600348 | <b>30.11</b> |
| 3.  | Cynthia van Beusekom | TriVia               | 30.61 | 9500134 | <b>30.60</b> |
| 4.  | Dieudonné Houtkamp   | ZPC Bikkel Hoogeveen | 31.82 | 9600982 | <b>31.23</b> |
| 5.  | Cynthia Verkaik      | Orca                 | 31.55 | 9601288 | <b>31.70</b> |
| 6.  | Aimée Groenveld      | De Houtrib           | 31.51 | 9503394 | <b>31.89</b> |
| 7.  | Karin Groen          | Gzww                 | 30.73 | 9502440 | <b>31.92</b> |
| 8.  | Iris Visser          | Zpca                 | 31.78 | 9504784 | <b>32.00</b> |
| 9.  | Esther Hulsing       | TriVia               | 31.57 | 9601080 | <b>32.35</b> |
| 10. | Kim Franken          | Gzww                 | 33.50 | 9602688 | <b>32.87</b> |
| 11. | Kristel Hormann      | De Spatters          | NT    |         | <b>32.92</b> |
| 12. | Myrthe Sijtsema      | HZ&PC Heerenveen     | 33.74 | 9502706 | <b>33.17</b> |
| 13. | Jill Muller          | Dz&pc                | 33.17 | 9600728 | <b>33.97</b> |
| 14. | Willeke Jonkman      | Dz&pc                | 38.56 | 9604304 | <b>34.22</b> |
| 15. | Esther Robakiewicz   | De Houtrib           | 33.02 | 9603430 | <b>34.76</b> |
| 16. | Kirsten Nieboer      | TriVia               | 33.51 | 9501988 | <b>34.89</b> |
| 17. | Joline Fischer       | Nova                 | 33.61 | 9601638 | <b>35.26</b> |
| 18. | Elisabeth Muthert    | ZPC Stadskanaal      | 35.20 | 9500062 | <b>35.80</b> |
| 19. | Joëlle Rozema        | Dz&pc                | 35.47 | 9601124 | <b>36.26</b> |
| 20. | Danielle Vrieling    | De Spatters          | NT    |         | <b>36.83</b> |

senioren

|       |                     |                      |       |         |              |
|-------|---------------------|----------------------|-------|---------|--------------|
| 1.    | Chantal Nap         | HZ&PC Heerenveen     | 29.26 | 8903004 | <b>29.47</b> |
| 2.    | Kyra Rietveld       | TriVia               | 27.78 | 9300624 | <b>29.67</b> |
| 3.    | Annelinde Veldman   | Zpca                 | 30.26 | 9302758 | <b>30.23</b> |
| 4.    | Charlotte Mol       | ZPC Bikkel Hoogeveen | 30.13 | 9102138 | <b>30.80</b> |
| 5.    | Rochelle Kirindongo | ZPC Bikkel Hoogeveen | 30.13 | 8601924 | <b>31.64</b> |
| 6.    | Roos Wielink        | TriVia               | 31.96 | 9403962 | <b>32.39</b> |
| 7.    | Rixt Veldkamp       | De Hardenberg        | 30.16 | 9404344 | <b>32.77</b> |
| 8.    | Wendy van der Iest  | ZPC Bikkel Hoogeveen | 31.55 | 8701904 | <b>32.81</b> |
| 9.    | Laura Lutjes        | Bubble               | 31.57 | 9002424 | <b>32.89</b> |
| 10.   | Loes Wielink        | TriVia               | 31.98 | 9403960 | <b>35.30</b> |
| AFGEM | Daniëlle Kruizinga  | ZPC Bikkel Hoogeveen | 34.04 | 9402634 |              |

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 6  
9-10-2010 - 17:55

Heren, 50m vlinderslag

12 jaar en ouder  
Resultaten

| Rang             |                   |                      | In.tijd |         | Tijd         |
|------------------|-------------------|----------------------|---------|---------|--------------|
| Junioren 1,2,3,4 |                   |                      |         |         |              |
| 1.               | Jonathan Rozema   | Dz&pc                | 26.99   | 9501157 | <b>27.26</b> |
| 2.               | Levi Hilbolling   | ZPC Stadskanaal      | 28.54   | 9500593 | <b>27.83</b> |
| 3.               | Wolter v.d Veen   | Z.C. Haren           | 28.42   | 9505099 | <b>28.36</b> |
| 4.               | Matthijs Sijbring | De Pinquin           | 29.26   | 9500177 | <b>28.80</b> |
| 5.               | Sander Akkerman   | HZ&PC Heerenveen     | 31.04   | 9501527 | <b>31.45</b> |
| 6.               | Tom Jongmans      | De Spatters          | NT      |         | <b>31.84</b> |
| 7.               | Mathijs Mulder    | HZ&PC Heerenveen     | 33.88   | 9700071 | <b>32.48</b> |
| 8.               | Gauke Eilander    | ZPC Bikkel Hoogeveen | 34.00   | 9800603 | <b>34.02</b> |
| jeugd            |                   |                      |         |         |              |
| 1.               | Bernd Kobesen     | TriVia               | 25.54   | 9300981 | <b>26.13</b> |
| 2.               | Willem Kees Roos  | Orca                 | 27.42   | 9402693 | <b>27.29</b> |
| 3.               | Ramon Fredrik     | Orca                 | 26.36   | 9403933 | <b>27.38</b> |
| 4.               | Richard Hovenkamp | De Spatters          | NT      |         | <b>30.26</b> |
| senioren         |                   |                      |         |         |              |
| 1.               | Jeroen Stuit      | TriVia               | 24.63   | 8803315 | <b>25.73</b> |
| 2.               | Toby Aarnoutse    | TriVia               | 25.55   | 8900007 | <b>26.45</b> |
| 3.               | Richard Koehoorn  | HZ&PC Heerenveen     | 26.65   | 7907697 | <b>27.03</b> |
| 4.               | Jelger Rietveld   | TriVia               | 27.43   | 9201109 | <b>27.48</b> |
| 5.               | Dennis Bos        | HZ&PC Heerenveen     | 27.54   | 9201965 | <b>27.78</b> |
| 6.               | Dennis Cramer     | Zpca                 | 27.55   | 9200199 | <b>28.10</b> |
| 7.               | Bart Haveman      | Orca                 | 29.56   | 9204093 | <b>28.92</b> |
| 8.               | Michael Westers   | Orca                 | 29.72   | 9204263 | <b>30.14</b> |
| 9.               | Remco Kamps       | Dz&pc                | 28.25   | 9001465 | <b>30.23</b> |
| AFGEM            | Timon Evenhuis    | TriVia               | 25.51   | 9000843 |              |
| AFGEM            | Marc Kremer       | TriVia               | 24.66   | 9004667 |              |

Programmanr. 7  
9-10-2010 - 18:00

Dames, 400m wisselslag

11 jaar en ouder  
Resultaten

| Rang           |                     |             | In.tijd     |                     | Tijd           |
|----------------|---------------------|-------------|-------------|---------------------|----------------|
| Junioren 1,2,3 |                     |             |             |                     |                |
| 1.             | Inez Duursma        | De Spatters | NT          |                     | <b>5:44.42</b> |
|                | 50m: 100m: 1:24.45  | 150m: 200m: | 250m: 300m: | 350m: 400m: 5:44.42 |                |
| 2.             | Vivianne Dortmund   | De Pinquin  | 6:04.16     | 9801578             | <b>5:50.51</b> |
|                | 50m: 100m: 1:22.89  | 150m: 200m: | 250m: 300m: | 350m: 400m: 5:50.51 |                |
| 3.             | Willemein Hoving    | TriVia      | 5:59.21     | 9800106             | <b>5:50.59</b> |
|                | 50m: 100m: 1:28.92  | 150m: 200m: | 250m: 300m: | 350m: 400m: 5:50.59 |                |
| 4.             | Marlinde Schoonbeek | TriVia      | 6:03.01     | 9801056             | <b>5:53.10</b> |
|                | 50m: 100m: 1:23.67  | 150m: 200m: | 250m: 300m: | 350m: 400m: 5:53.10 |                |
| 5.             | Anneliene Zuidema   | Orca        | NT          | 9800768             | <b>5:55.43</b> |
|                | 50m: 100m: 1:21.63  | 150m: 200m: | 250m: 300m: | 350m: 400m: 5:55.43 |                |

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 7, Meisjes, 400m wisselslag, Junioren 1,2,3

| Rang     |  |                      |       | In.tijd       |         | Tijd               |
|----------|--|----------------------|-------|---------------|---------|--------------------|
| 6.       | Carolina Damen   | De Spatters          |       | NT            |         | <b>5:56.36</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:26.95  | 200m:                | 300m: | 400m: 5:56.36 |         |                    |
| 7.       | Kinge Zandringa  | Orca                 |       | 5:35.84       | 9801422 | <b>5:59.07</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:18.89  | 200m:                | 300m: | 400m: 5:59.07 |         |                    |
| 8.       | Carmen Weistra   | Orca                 |       | 5:33.93       | 9802148 | <b>6:08.92</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:20.51  | 200m:                | 300m: | 400m: 6:08.92 |         |                    |
| DIS      | Tess Tjokrodikromo   | De Houtrib           |       | 5:58.23       | 9800172 | <b>5:54.36</b>     |
|          | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> |                      |       |               |         |                    |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:18.17  | 200m:                | 300m: | 400m: 5:54.36 |         |                    |
| AFGEM    | Ellen van Nieff  | ZPC Stadskanaal      |       | 6:08.43       | 9701112 |                    |
| AFGEM    | Marre Zandringa  | Orca                 |       | 5:22.44       | 9701136 |                    |
| jeugd    |  |                      |       |               |         |                    |
| 1.       | Cynthia Verkaik  | Orca                 |       | 5:13.61       | 9601288 | <b>5:14.41</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:12.60  | 200m:                | 300m: | 400m: 5:14.41 |         |                    |
| 2.       | Jessie Smeding   | Orca                 |       | 5:21.04       | 9504528 | <b>5:30.67</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:15.42  | 200m:                | 300m: | 400m: 5:30.67 |         |                    |
| 3.       | Nathalja Pragt   | Nova                 |       | 5:29.28       | 9500030 | <b>5:41.70</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:15.98  | 200m:                | 300m: | 400m: 5:41.70 |         |                    |
| 4.       | Desiree Vedder   | HZ&PC Heerenveen     |       | 5:36.42       | 9600864 | <b>5:45.75</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:20.82  | 200m:                | 300m: | 400m: 5:45.75 |         |                    |
| 5.       | Leandra Vedder   | HZ&PC Heerenveen     |       | 6:13.07       | 9600866 | <b>5:48.87FJ 1</b> |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:23.72  | 200m:                | 300m: | 400m: 5:48.87 |         |                    |
| 6.       | Rixt Menger  | Dz&pc                |       | 5:54.32       | 9602052 | <b>5:48.87FJ 2</b> |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:22.17  | 200m:                | 300m: | 400m: 5:48.87 |         |                    |
| 7.       | Tessa Keizer   | Gzww                 |       | 5:54.04       | 9601586 | <b>6:03.58</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:27.01  | 200m:                | 300m: | 400m: 6:03.58 |         |                    |
| 8.       | Iris Hartman   | De Pinquin           |       | 5:54.12       | 9502654 | <b>6:10.04</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:24.11  | 200m:                | 300m: | 400m: 6:10.04 |         |                    |
| senioren |  |                      |       |               |         |                    |
| 1.       | Wendan Poelstra  | HZ&PC Heerenveen     |       | 5:04.98       | 9102496 | <b>5:08.83</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:09.59  | 200m:                | 300m: | 400m: 5:08.83 |         |                    |
| 2.       | Mariët Koster  | ZPC Bikkel Hoogeveen |       | 5:25.69       | 8301162 | <b>5:10.60</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:10.60  | 200m:                | 300m: | 400m: 5:10.60 |         |                    |
| 3.       | Mariëlle ter Stege   | ZPC Bikkel Hoogeveen |       | 5:20.82       | 9102974 | <b>5:14.42</b>     |
|          | 50m:   | 150m:                | 250m: | 350m:         |         |                    |
|          | 100m: 1:14.92  | 200m:                | 300m: | 400m: 5:14.42 |         |                    |

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 7, Dames, 400m wisselslag, senioren

| Rang |                     |                      |       | In.tijd |               | Tijd           |
|------|---------------------|----------------------|-------|---------|---------------|----------------|
| 4.   | Nynke van der Steur | TriVia               |       | 5:22.45 | 9201690       | <b>5:15.87</b> |
|      | 50m:                | 150m:                | 250m: |         | 350m:         |                |
|      | 100m: 1:12.78       | 200m:                | 300m: |         | 400m: 5:15.87 |                |
| 5.   | Jakonien Koster     | ZPC Bikkel Hoogeveen |       | 5:22.67 | 9400068       | <b>5:23.70</b> |
|      | 50m:                | 150m:                | 250m: |         | 350m:         |                |
|      | 100m: 1:14.70       | 200m:                | 300m: |         | 400m: 5:23.70 |                |
| 6.   | Nanda Vries de      | HZ&PC Heerenveen     |       | 5:31.54 | 9204328       | <b>5:50.75</b> |
|      | 50m:                | 150m:                | 250m: |         | 350m:         |                |
|      | 100m: 1:21.84       | 200m:                | 300m: |         | 400m: 5:50.75 |                |

Programmanr. 8  
9-10-2010 - 18:20

Heren, 400m wisselslag

12 jaar en ouder  
Resultaten

| Rang             |                    |                      |       | In.tijd |               | Tijd           |
|------------------|--------------------|----------------------|-------|---------|---------------|----------------|
| Junioren 1,2,3,4 |                    |                      |       |         |               |                |
| 1.               | Jens Kobesen       | TriVia               |       | 5:09.36 | 9500117       | <b>4:52.16</b> |
|                  | 50m:               | 150m:                | 250m: |         | 350m:         |                |
|                  | 100m: 1:06.76      | 200m:                | 300m: |         | 400m: 4:52.16 |                |
| 2.               | Marco Uppelschoten | De Houtrib           |       | 5:13.89 | 9500375       | <b>5:01.74</b> |
|                  | 50m:               | 150m:                | 250m: |         | 350m:         |                |
|                  | 100m: 1:12.74      | 200m:                | 300m: |         | 400m: 5:01.74 |                |
| 3.               | Marco Barkhuis     | ZPC Stadskanaal      |       | 5:04.85 | 9500279       | <b>5:05.51</b> |
|                  | 50m:               | 150m:                | 250m: |         | 350m:         |                |
|                  | 100m: 1:10.12      | 200m:                | 300m: |         | 400m: 5:05.51 |                |
| 4.               | Chris Bolding      | ZPC Bikkel Hoogeveen |       | 5:10.58 | 9503427       | <b>5:07.38</b> |
|                  | 50m:               | 150m:                | 250m: |         | 350m:         |                |
|                  | 100m: 1:11.95      | 200m:                | 300m: |         | 400m: 5:07.38 |                |
| 5.               | Frank Roovers      | De Houtrib           |       | 5:25.48 | 9800219       | <b>5:12.50</b> |
|                  | 50m:               | 150m:                | 250m: |         | 350m:         |                |
|                  | 100m: 1:14.94      | 200m:                | 300m: |         | 400m: 5:12.50 |                |
| 6.               | Jeroen Lorus       | ZPC Bikkel Hoogeveen |       | 5:17.23 | 9500523       | <b>5:16.68</b> |
|                  | 50m:               | 150m:                | 250m: |         | 350m:         |                |
|                  | 100m: 1:11.17      | 200m:                | 300m: |         | 400m: 5:16.68 |                |
| 7.               | Maarten Rottier    | TriVia               |       | 5:29.45 | 9600657       | <b>5:25.20</b> |
|                  | 50m:               | 150m:                | 250m: |         | 350m:         |                |
|                  | 100m: 1:14.16      | 200m:                | 300m: |         | 400m: 5:25.20 |                |

jeugd

|    |                     |                      |       |         |               |                |
|----|---------------------|----------------------|-------|---------|---------------|----------------|
| 1. | Ramon Fredrik       | Orca                 |       | 4:59.20 | 9403933       | <b>4:53.29</b> |
|    | 50m:                | 150m:                | 250m: |         | 350m:         |                |
|    | 100m: 1:03.45       | 200m:                | 300m: |         | 400m: 4:53.29 |                |
| 2. | Peter Paul Houtkamp | ZPC Bikkel Hoogeveen |       | 5:06.03 | 9300651       | <b>4:59.51</b> |
|    | 50m:                | 150m:                | 250m: |         | 350m:         |                |
|    | 100m: 1:09.16       | 200m:                | 300m: |         | 400m: 4:59.51 |                |
| 3. | Brian van de Graaf  | De Houtrib           |       | 5:11.51 | 9401653       | <b>5:08.04</b> |
|    | 50m:                | 150m:                | 250m: |         | 350m:         |                |
|    | 100m: 1:12.57       | 200m:                | 300m: |         | 400m: 5:08.04 |                |
| 4. | Stefan Petersen     | TriVia               |       | 5:14.30 | 9403067       | <b>5:22.31</b> |
|    | 50m:                | 150m:                | 250m: |         | 350m:         |                |
|    | 100m: 1:12.36       | 200m:                | 300m: |         | 400m: 5:22.31 |                |



fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 8, Heren, 400m wisselslag

senioren

|    |                  |                      |         |               |                |
|----|------------------|----------------------|---------|---------------|----------------|
| 1. | Devi Wolthuizen  | TriVia               | 4:31.90 | 8703887       | <b>4:38.80</b> |
|    | 50m:             | 150m:                | 250m:   | 350m:         |                |
|    | 100m: 1:03.00    | 200m:                | 300m:   | 400m: 4:38.80 |                |
| 2. | Erik Talma       | TriVia               | 4:53.32 | 8903107       | <b>4:46.00</b> |
|    | 50m:             | 150m:                | 250m:   | 350m:         |                |
|    | 100m: 1:04.03    | 200m:                | 300m:   | 400m: 4:46.00 |                |
| 3. | Ward van Rijssen | TriVia               | 5:10.43 | 9204841       | <b>4:51.75</b> |
|    | 50m:             | 150m:                | 250m:   | 350m:         |                |
|    | 100m: 1:07.29    | 200m:                | 300m:   | 400m: 4:51.75 |                |
| 4. | Dennis Wijbenga  | ZPC Stadskanaal      | 4:39.48 | 9003283       | <b>4:55.44</b> |
|    | 50m:             | 150m:                | 250m:   | 350m:         |                |
|    | 100m: 1:09.44    | 200m:                | 300m:   | 400m: 4:55.44 |                |
| 5. | Niels van Eck    | ZPC Bikkel Hoogeveen | 5:02.19 | 8900793       | <b>4:56.13</b> |
|    | 50m:             | 150m:                | 250m:   | 350m:         |                |
|    | 100m: 1:10.23    | 200m:                | 300m:   | 400m: 4:56.13 |                |
| 6. | Jorrit Visser    | F.z.c.'54            | 5:18.22 | 8903393       | <b>5:06.73</b> |
|    | 50m:             | 150m:                | 250m:   | 350m:         |                |
|    | 100m: 1:08.98    | 200m:                | 300m:   | 400m: 5:06.73 |                |
| 7. | Jordy Pragt      | Nova                 | 5:03.19 | 9101835       | <b>5:15.54</b> |
|    | 50m:             | 150m:                | 250m:   | 350m:         |                |
|    | 100m: 1:09.97    | 200m:                | 300m:   | 400m: 5:15.54 |                |

Programmanr. 9  
9-10-2010 - 18:50

Dames, 200m rugslag

11 jaar en ouder  
Resultaten

Punten: FINA 2010

| Rang           | Geb.             |                         | Tijd           | Pnt | 50m | 100m | 150m | 200m |
|----------------|------------------|-------------------------|----------------|-----|-----|------|------|------|
| Junioren 1,2,3 |                  |                         |                |     |     |      |      |      |
| 1.             | Judith Veldman   | 97 Eemsrobber           | <b>2:30.00</b> | 514 |     |      |      |      |
| 2.             | Clariss de Vries | 97 Orca                 | <b>2:30.29</b> | 511 |     |      |      |      |
| 3.             | Nynke Klokman    | 98 Dz&pc                | <b>2:36.93</b> | 449 |     |      |      |      |
| 4.             | Sharonne Urbanus | 97 ZPC Bikkel Hoogeveen | <b>2:40.63</b> | 418 |     |      |      |      |
| 5.             | Hanny van Dijk   | 98 Orca                 | <b>2:41.53</b> | 411 |     |      |      |      |
| 6.             | Revecka Reiber   | 98 ZPC Bikkel Hoogeveen | <b>2:41.86</b> | 409 |     |      |      |      |
| 7.             | Anouk Zuidema    | 98 TriVia               | <b>2:44.38</b> | 390 |     |      |      |      |
| 8.             | Inge Willemsen   | 98 Zpca                 | <b>2:47.10</b> | 372 |     |      |      |      |
| 9.             | Marieke Tienstra | 99 TriVia               | <b>2:47.65</b> | 368 |     |      |      |      |
| 10.            | Margreet Koster  | 97 Zpca                 | <b>2:47.78</b> | 367 |     |      |      |      |
| 11.            | Daniek Platje    | 98 De Pinquin           | <b>2:47.87</b> | 366 |     |      |      |      |
| 12.            | Amber Bosch      | 97 F.z.c.'54            | <b>2:48.26</b> | 364 |     |      |      |      |
| 13.            | Rixt Meijer      | 97 HZ&PC Heerenveen     | <b>2:49.90</b> | 353 |     |      |      |      |
| 14.            | Rebecca Jager    | 98 zc Oldambt           | <b>2:49.92</b> | 353 |     |      |      |      |
| 15.            | Brigit Beukeveld | 98 ZPC Bikkel Hoogeveen | <b>2:50.89</b> | 347 |     |      |      |      |
| 16.            | Gwen Sieswerda   | 98 F.z.c.'54            | <b>2:51.02</b> | 347 |     |      |      |      |
| 17.            | Tialda Prins     | 98 De Pinquin           | <b>2:51.32</b> | 345 |     |      |      |      |
| 18.            | Manon Manning    | 99 Nova                 | <b>2:51.89</b> | 341 |     |      |      |      |
| 19.            | Anouk Dijkstra   | 97 Eemsrobber           | <b>2:52.00</b> | 341 |     |      |      |      |
| 20.            | Marley Eiomkui   | 97 ZPC Bikkel Hoogeveen | <b>2:55.41</b> | 321 |     |      |      |      |
| 21.            | Merlin Nijzingh  | 97 ZPC Bikkel Hoogeveen | <b>2:55.86</b> | 319 |     |      |      |      |
| 22.            | Naomi Rozema     | 99 Dz&pc                | <b>2:56.64</b> | 314 |     |      |      |      |
| 23.            | Josien Wijkhuijs | 99 F.z.c.'54            | <b>3:02.69</b> | 284 |     |      |      |      |
| 24.            | Sigrid Hogendorp | 99 F.z.c.'54            | <b>3:03.58</b> | 280 |     |      |      |      |

fintan deel 2  
Heerenveen, 9.10.2010

Programmanr. 9, Dames, 200m rugslag

jeugd

|                         |    |                      |                |     |
|-------------------------|----|----------------------|----------------|-----|
| 1. Sylvia Dik           | 95 | TriVia               | <b>2:21.86</b> | 608 |
| 2. Cynthia van Beusekom | 95 | TriVia               | <b>2:25.23</b> | 566 |
| 3. Dieudonné Houtkamp   | 96 | ZPC Bikkel Hoogeveen | <b>2:28.44</b> | 530 |
| 4. Melissa Nauta        | 96 | Orca                 | <b>2:30.63</b> | 507 |
| 5. Myrthe Sijtsema      | 95 | HZ&PC Heerenveen     | <b>2:32.13</b> | 493 |
| 6. Kirsten Nieboer      | 95 | TriVia               | <b>2:33.17</b> | 483 |
| 7. Willeke Wonder       | 96 | De Spatters          | <b>2:35.20</b> | 464 |
| 8. Hjordis Wagenaar     | 95 | HZ&PC Heerenveen     | <b>2:38.26</b> | 437 |
| 9. Evelien van Ruiten   | 96 | Orca                 | <b>2:38.98</b> | 431 |
| 10. Aimée Groenveld     | 95 | De Houtrib           | <b>2:39.18</b> | 430 |
| 11. Vera van der Werf   | 95 | De Pinquin           | <b>2:39.42</b> | 428 |
| 12. Kim Franken         | 96 | Gzww                 | <b>2:39.73</b> | 425 |
| 13. Esther Robakiewicz  | 96 | De Houtrib           | <b>2:39.78</b> | 425 |
| 14. Marsha Beukeveld    | 95 | ZPC Bikkel Hoogeveen | <b>2:42.34</b> | 405 |
| 15. Marlies Cramer      | 95 | Zpca                 | <b>2:42.67</b> | 403 |
| 16. Tessa Benjamins     | 95 | Aqualero             | <b>2:43.67</b> | 395 |
| 17. Denise Gall         | 95 | De Pinquin           | <b>2:49.31</b> | 357 |
| 18. Danielle Vrieling   | 96 | De Spatters          | <b>2:54.19</b> | 328 |
| AFGEM Ilse van Rijssen  | 96 | TriVia               |                |     |

senioren

|                          |    |                      |                |     |
|--------------------------|----|----------------------|----------------|-----|
| 1. Mariët Koster         | 83 | ZPC Bikkel Hoogeveen | <b>2:22.16</b> | 604 |
| 2. Mirthe Lanfermeijer   | 94 | TriVia               | <b>2:23.39</b> | 588 |
| 3. Jakonien Koster       | 94 | ZPC Bikkel Hoogeveen | <b>2:24.68</b> | 573 |
| 4. Kyra Rietveld         | 93 | TriVia               | <b>2:25.86</b> | 559 |
| 5. Jose Sijbring         | 93 | De Pinquin           | <b>2:28.11</b> | 534 |
| 6. Danielle Boer de      | 94 | HZ&PC Heerenveen     | <b>2:30.39</b> | 510 |
| 7. Chantal Nap           | 89 | HZ&PC Heerenveen     | <b>2:31.54</b> | 498 |
| 8. Gea Hagting           | 88 | Nova                 | <b>2:33.23</b> | 482 |
| 9. Naomi Touré           | 94 | TriVia               | <b>2:36.02</b> | 457 |
| 10. Jacyntha Plat        | 90 | TriVia               | <b>2:47.84</b> | 367 |
| 11. Rixt Veldkamp        | 94 | De Hardenberg        | <b>2:50.02</b> | 353 |
| AFGEM Daniëlle Kruizinga | 94 | ZPC Bikkel Hoogeveen |                |     |

Programmanr. 10  
9-10-2010 - 19:15

Heren, 200m rugslag

12 jaar en ouder  
Resultaten

Punten: FINA 2010

| Rang                | Geb. |                      | Tijd           | Pnt | 50m | 100m | 150m | 200m |
|---------------------|------|----------------------|----------------|-----|-----|------|------|------|
| Junioren 1,2,3,4    |      |                      |                |     |     |      |      |      |
| 1. Milan Grünwald   | 95   | TriVia               | <b>2:13.20</b> | 505 |     |      |      |      |
| 2. Levi Hilbolling  | 95   | ZPC Stadskanaal      | <b>2:14.83</b> | 487 |     |      |      |      |
| 3. Derk-Jan Knol    | 95   | ZPC Bikkel Hoogeveen | <b>2:23.47</b> | 404 |     |      |      |      |
| 4. Pieter Ytsma     | 95   | Orca                 | <b>2:25.86</b> | 384 |     |      |      |      |
| 5. Ardi Knol        | 96   | ZPC Bikkel Hoogeveen | <b>2:29.70</b> | 356 |     |      |      |      |
| 6. Tom Jongmans     | 96   | De Spatters          | <b>2:30.96</b> | 347 |     |      |      |      |
| 7. Jorn Steenbergen | 97   | Dz&pc                | <b>2:41.16</b> | 285 |     |      |      |      |
| 8. Gauke Eilander   | 98   | ZPC Bikkel Hoogeveen | <b>2:43.22</b> | 274 |     |      |      |      |
| 9. Thijs Oost       | 96   | ZPC Bikkel Hoogeveen | <b>2:43.38</b> | 273 |     |      |      |      |
| DIS Marco Wams      | 96   | ZPC Bikkel Hoogeveen | <b>2:53.92</b> |     |     |      |      |      |

*RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.*

Programmanr. 10, Heren, 200m rugslag

jeugd

|                     |    |             |                |     |
|---------------------|----|-------------|----------------|-----|
| 1. Willem Kees Roos | 94 | Orca        | <b>2:15.33</b> | 482 |
| 2. Erik Nijholt     | 94 | Dz&pc       | <b>2:19.27</b> | 442 |
| 3. Taco Wonder      | 93 | De Spatters | <b>2:20.70</b> | 428 |
| 4. Arno Nieuwhof    | 93 | F.z.c.'54   | <b>2:23.10</b> | 407 |
| 5. Mark Schouten    | 94 | Eemsrobben  | <b>2:35.59</b> | 317 |

senioren

|                         |    |                      |                |     |
|-------------------------|----|----------------------|----------------|-----|
| 1. Erik Hagting         | 91 | Dz&pc                | <b>2:08.48</b> | 563 |
| 2. Dennis Cramer        | 92 | Zpca                 | <b>2:16.92</b> | 465 |
| 3. Michael Westers      | 92 | Orca                 | <b>2:21.00</b> | 426 |
| 4. Dennis Bos           | 92 | HZ&PC Heerenveen     | <b>2:23.16</b> | 407 |
| 5. Sander Hoogeveen     | 90 | ZPC Bikkel Hoogeveen | <b>2:25.41</b> | 388 |
| 6. Hendrik Ben v/d Boon | 88 | Zpd                  | <b>2:34.70</b> | 322 |
| AFGEM Timon Evenhuis    | 90 | TriVia               |                |     |