



Friese Zomer Kampioenschappen lange baan  
Zwemcentrum de Welle Drachten  
13, 14 en 15 mei 2011



Programmanr. 1  
13-5-2011

Dames, 400m vrije slag

Senioren Open  
Resultaten

Punten: FINA 2010

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
<b>Junioren 1</b>									
1.	Josien Wijkhuijs	99	F.Z.C. '54	<b>5:25.34</b>	397	1:16.42	1:26.00	1:25.18	1:17.74
	50m:		150m:	250m:		350m:			
	100m: 1:16.42		200m: 2:42.42	300m: 4:07.60		400m: 5:25.34			
2.	Sigrid Hogendorp	99	F.Z.C. '54	<b>5:33.14</b>	369	1:16.26	1:26.97	1:27.15	1:22.76
	50m:		150m:	250m:		350m:			
	100m: 1:16.26		200m: 2:43.23	300m: 4:10.38		400m: 5:33.14			
3.	Myrthe Offenga	99	De Granaet	<b>5:35.83</b>	361	1:19.82	1:28.22	1:27.77	1:20.02
	50m:		150m:	250m:		350m:			
	100m: 1:19.82		200m: 2:48.04	300m: 4:15.81		400m: 5:35.83			
4.	Annewietske Visser	99	Neptunia '24	<b>5:44.78</b>	333	1:22.68	1:29.98	1:29.63	1:22.49
	50m:		150m:	250m:		350m:			
	100m: 1:22.68		200m: 2:52.66	300m: 4:22.29		400m: 5:44.78			
5.	Rosalie Baarda	99	Orca	<b>5:55.15</b>	305	1:21.65	1:30.94	1:32.65	1:29.91
	50m:		150m:	250m:		350m:			
	100m: 1:21.65		200m: 2:52.59	300m: 4:25.24		400m: 5:55.15			
DIS	Hinke Groos	99	DZ&PC						
	AA - Te vroeg bewogen bij start. (geen tijd noteren)								
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m:		400m:			
<b>Junioren 2</b>									
1.	Kinge Zandringa	98	Orca	<b>4:53.85</b>	539	1:08.94	1:14.71	1:16.71	1:13.49
	50m:		150m:	250m:		350m:			
	100m: 1:08.94		200m: 2:23.65	300m: 3:40.36		400m: 4:53.85			
2.	Hanny van Dijk	98	Orca	<b>5:01.08</b>	501	1:13.06	1:17.04	1:17.24	1:13.74
	50m:		150m:	250m:		350m:			
	100m: 1:13.06		200m: 2:30.10	300m: 3:47.34		400m: 5:01.08			
3.	Anneliene Zuidema	98	Orca	<b>5:08.71</b>	464	1:12.99	1:18.49	1:19.21	1:18.02
	50m:		150m:	250m:		350m:			
	100m: 1:12.99		200m: 2:31.48	300m: 3:50.69		400m: 5:08.71			
4.	Gwen Sieswerda	98	F.Z.C. '54	<b>5:34.93</b>	364	1:16.60	1:26.18	1:28.02	1:24.13
	50m:		150m:	250m:		350m:			
	100m: 1:16.60		200m: 2:42.78	300m: 4:10.80		400m: 5:34.93			
<b>Junioren 3</b>									
1.	Clariss de Vries	97	Orca	<b>4:55.77</b>	528	1:11.79	1:14.95	1:15.56	1:13.47
	50m:		150m:	250m:		350m:			
	100m: 1:11.79		200m: 2:26.74	300m: 3:42.30		400m: 4:55.77			
2.	Annemiek Halma	97	De Vikings	<b>5:15.02</b>	437	1:12.89	1:21.12	1:21.84	1:19.17
	50m:		150m:	250m:		350m:			
	100m: 1:12.89		200m: 2:34.01	300m: 3:55.85		400m: 5:15.02			
3.	Rixt Meijer	97	HZ&PC Heerenveen	<b>5:16.33</b>	432	1:13.97	1:21.95	1:22.40	1:18.01
	50m:		150m:	250m:		350m:			
	100m: 1:13.97		200m: 2:35.92	300m: 3:58.32		400m: 5:16.33			
4.	Carolien Baarda	97	Orca	<b>5:18.72</b>	422	1:17.55	1:21.57	1:21.44	1:18.16
	50m:		150m:	250m:		350m:			
	100m: 1:17.55		200m: 2:39.12	300m: 4:00.56		400m: 5:18.72			



Friese Zomer Kampioenschappen lange baan  
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Programmanr. 1, Meisjes, 400m vrije slag, Junioren 3

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
5. Aldith Pasveer	97 Orca	<b>5:23.67</b>	403	1:17.14	1:23.67	1:24.12	1:18.74
50m:	150m:	250m:			350m:		
100m: 1:17.14	200m: 2:40.81	300m: 4:04.93			400m: 5:23.67		
6. Esther Visser	97 De Vikings	<b>5:24.62</b>	399	1:15.32	1:24.56	1:24.49	1:20.25
50m:	150m:	250m:			350m:		
100m: 1:15.32	200m: 2:39.88	300m: 4:04.37			400m: 5:24.62		
7. Rebecca Jansen	97 Orca	<b>5:24.82</b>	399	1:16.80	1:23.51	1:24.20	1:20.31
50m:	150m:	250m:			350m:		
100m: 1:16.80	200m: 2:40.31	300m: 4:04.51			400m: 5:24.82		
8. Amber Bosch	97 F.Z.C. '54	<b>5:37.22</b>	356	1:21.28	1:26.59	1:24.89	1:24.46
50m:	150m:	250m:			350m:		
100m: 1:21.28	200m: 2:47.87	300m: 4:12.76			400m: 5:37.22		
9. Lisanne Hassing	97 De Forel	<b>5:48.45</b>	323	1:20.84	1:31.70	1:35.00	1:20.91
50m:	150m:	250m:			350m:		
100m: 1:20.84	200m: 2:52.54	300m: 4:27.54			400m: 5:48.45		

Jeugd 1 en 2

1. Cynthia Verkaik	96 Orca	<b>4:35.87</b>	651	1:06.12	1:11.13	1:11.08	1:07.54
50m:	150m:	250m:			350m:		
100m: 1:06.12	200m: 2:17.25	300m: 3:28.33			400m: 4:35.87		
2. Renate Hemmes	96 DZ&PC	<b>4:36.98</b>	643	1:06.43	1:09.98	1:11.18	1:09.39
50m:	150m:	250m:			350m:		
100m: 1:06.43	200m: 2:16.41	300m: 3:27.59			400m: 4:36.98		
3. Evelien van Ruiten	96 Orca	<b>4:42.80</b>	604	1:07.90	1:11.70	1:12.67	1:10.53
50m:	150m:	250m:			350m:		
100m: 1:07.90	200m: 2:19.60	300m: 3:32.27			400m: 4:42.80		
4. Monique van de Struik	95 DZ&PC	<b>4:43.02</b>	603	1:08.12	1:11.68	1:11.45	1:11.77
50m:	150m:	250m:			350m:		
100m: 1:08.12	200m: 2:19.80	300m: 3:31.25			400m: 4:43.02		
5. Desiree Vedder	96 HZ&PC Heerenveen	<b>5:18.80</b>	422	1:11.99	1:22.69	1:24.03	1:20.09
50m:	150m:	250m:			350m:		
100m: 1:11.99	200m: 2:34.68	300m: 3:58.71			400m: 5:18.80		
6. Mirthe Alkema	96 Orca	<b>5:23.62</b>	403	1:13.22	1:25.70	1:25.54	1:19.16
50m:	150m:	250m:			350m:		
100m: 1:13.22	200m: 2:38.92	300m: 4:04.46			400m: 5:23.62		
7. Esmee Verhoef	96 Orca	<b>5:42.24</b>	341	1:20.17	1:28.01	1:27.99	1:26.07
50m:	150m:	250m:			350m:		
100m: 1:20.17	200m: 2:48.18	300m: 4:16.17			400m: 5:42.24		
8. Joyce Bakker	96 De Forel	<b>5:44.13</b>	335	1:18.95	1:28.43	1:30.02	1:26.73
50m:	150m:	250m:			350m:		
100m: 1:18.95	200m: 2:47.38	300m: 4:17.40			400m: 5:44.13		

Senioren 1 en ouder

1. Wendan Poelstra	91 HZ&PC Heerenveen	<b>4:37.46</b>	640	1:08.07	1:10.62	1:09.34	1:09.43
50m:	150m:	250m:			350m:		
100m: 1:08.07	200m: 2:18.69	300m: 3:28.03			400m: 4:37.46		
2. Marissa Lindemulder	93 De Granaet	<b>5:16.45</b>	431	1:11.92	1:20.96	1:23.65	1:19.92
50m:	150m:	250m:			350m:		
100m: 1:11.92	200m: 2:32.88	300m: 3:56.53			400m: 5:16.45		
3. Eline Ligthart	93 De Vikings	<b>5:23.36</b>	404	1:12.40	1:22.15	1:24.72	1:24.09
50m:	150m:	250m:			350m:		
100m: 1:12.40	200m: 2:34.55	300m: 3:59.27			400m: 5:23.36		





Friese Zomer Kampioenschappen lange baan  
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13, 14 en 15 mei 2011



Programmanr. 1, Dames, 400m vrije slag, Senioren 1 en ouder

Rang	Geb.	Tijd Pnt	100m	200m	300m	400m
4. Nanda de Vries	92 HZ&PC Heerenveen	<b>5:30.19</b> 379	1:18.60	1:23.85	1:24.82	1:22.92
50m:	150m:	250m:	350m:			
100m: 1:18.60	200m: 2:42.45	300m: 4:07.27	400m: 5:30.19			

Senioren Open

1. Cynthia Verkaik	96 Orca	<b>4:35.87</b> 651	1:06.12	1:11.13	1:11.08	1:07.54
50m:	150m:	250m:	350m:			
100m: 1:06.12	200m: 2:17.25	300m: 3:28.33	400m: 4:35.87			
2. Renate Hemmes	96 DZ&PC	<b>4:36.98</b> 643	1:06.43	1:09.98	1:11.18	1:09.39
50m:	150m:	250m:	350m:			
100m: 1:06.43	200m: 2:16.41	300m: 3:27.59	400m: 4:36.98			
3. Wendan Poelstra	91 HZ&PC Heerenveen	<b>4:37.46</b> 640	1:08.07	1:10.62	1:09.34	1:09.43
50m:	150m:	250m:	350m:			
100m: 1:08.07	200m: 2:18.69	300m: 3:28.03	400m: 4:37.46			
4. Evelien van Ruiten	96 Orca	<b>4:42.80</b> 604	1:07.90	1:11.70	1:12.67	1:10.53
50m:	150m:	250m:	350m:			
100m: 1:07.90	200m: 2:19.60	300m: 3:32.27	400m: 4:42.80			
5. Monique van de Struik	95 DZ&PC	<b>4:43.02</b> 603	1:08.12	1:11.68	1:11.45	1:11.77
50m:	150m:	250m:	350m:			
100m: 1:08.12	200m: 2:19.80	300m: 3:31.25	400m: 4:43.02			
6. Kinge Zandringa	98 Orca	<b>4:53.85</b> 539	1:08.94	1:14.71	1:16.71	1:13.49
50m:	150m:	250m:	350m:			
100m: 1:08.94	200m: 2:23.65	300m: 3:40.36	400m: 4:53.85			
7. Claris de Vries	97 Orca	<b>4:55.77</b> 528	1:11.79	1:14.95	1:15.56	1:13.47
50m:	150m:	250m:	350m:			
100m: 1:11.79	200m: 2:26.74	300m: 3:42.30	400m: 4:55.77			
8. Hanny van Dijk	98 Orca	<b>5:01.08</b> 501	1:13.06	1:17.04	1:17.24	1:13.74
50m:	150m:	250m:	350m:			
100m: 1:13.06	200m: 2:30.10	300m: 3:47.34	400m: 5:01.08			
9. Anneliene Zuidema	98 Orca	<b>5:08.71</b> 464	1:12.99	1:18.49	1:19.21	1:18.02
50m:	150m:	250m:	350m:			
100m: 1:12.99	200m: 2:31.48	300m: 3:50.69	400m: 5:08.71			
10. Annemiek Halma	97 De Vikings	<b>5:15.02</b> 437	1:12.89	1:21.12	1:21.84	1:19.17
50m:	150m:	250m:	350m:			
100m: 1:12.89	200m: 2:34.01	300m: 3:55.85	400m: 5:15.02			
11. Rixt Meijer	97 HZ&PC Heerenveen	<b>5:16.33</b> 432	1:13.97	1:21.95	1:22.40	1:18.01
50m:	150m:	250m:	350m:			
100m: 1:13.97	200m: 2:35.92	300m: 3:58.32	400m: 5:16.33			
12. Marissa Lindemulder	93 De Granaet	<b>5:16.45</b> 431	1:11.92	1:20.96	1:23.65	1:19.92
50m:	150m:	250m:	350m:			
100m: 1:11.92	200m: 2:32.88	300m: 3:56.53	400m: 5:16.45			
13. Carolien Baarda	97 Orca	<b>5:18.72</b> 422	1:17.55	1:21.57	1:21.44	1:18.16
50m:	150m:	250m:	350m:			
100m: 1:17.55	200m: 2:39.12	300m: 4:00.56	400m: 5:18.72			
14. Desiree Vedder	96 HZ&PC Heerenveen	<b>5:18.80</b> 422	1:11.99	1:22.69	1:24.03	1:20.09
50m:	150m:	250m:	350m:			
100m: 1:11.99	200m: 2:34.68	300m: 3:58.71	400m: 5:18.80			
15. Eline Ligthart	93 De Vikings	<b>5:23.36</b> 404	1:12.40	1:22.15	1:24.72	1:24.09
50m:	150m:	250m:	350m:			
100m: 1:12.40	200m: 2:34.55	300m: 3:59.27	400m: 5:23.36			
16. Mirthe Alkema	96 Orca	<b>5:23.62</b> 403	1:13.22	1:25.70	1:25.54	1:19.16
50m:	150m:	250m:	350m:			
100m: 1:13.22	200m: 2:38.92	300m: 4:04.46	400m: 5:23.62			





Friese Zomer Kampioenschappen lange baan  
Zwemcentrum de Welle Drachten  
13, 14 en 15 mei 2011



Programmanr. 1, Dames, 400m vrije slag, Senioren Open

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
17.	Aldith Pasveer	97	Orca	<b>5:23.67</b>	403	1:17.14	1:23.67	1:24.12	1:18.74
	50m:		150m:	250m:		350m:			
	100m: 1:17.14		200m: 2:40.81	300m: 4:04.93		400m: 5:23.67			
18.	Esther Visser	97	De Vikings	<b>5:24.62</b>	399	1:15.32	1:24.56	1:24.49	1:20.25
	50m:		150m:	250m:		350m:			
	100m: 1:15.32		200m: 2:39.88	300m: 4:04.37		400m: 5:24.62			
19.	Rebecca Jansen	97	Orca	<b>5:24.82</b>	399	1:16.80	1:23.51	1:24.20	1:20.31
	50m:		150m:	250m:		350m:			
	100m: 1:16.80		200m: 2:40.31	300m: 4:04.51		400m: 5:24.82			
20.	Josien Wijkhuijs	99	F.Z.C. '54	<b>5:25.34</b>	397	1:16.42	1:26.00	1:25.18	1:17.74
	50m:		150m:	250m:		350m:			
	100m: 1:16.42		200m: 2:42.42	300m: 4:07.60		400m: 5:25.34			
21.	Nanda de Vries	92	HZ&PC Heerenveen	<b>5:30.19</b>	379	1:18.60	1:23.85	1:24.82	1:22.92
	50m:		150m:	250m:		350m:			
	100m: 1:18.60		200m: 2:42.45	300m: 4:07.27		400m: 5:30.19			
22.	Sigrid Hogendorp	99	F.Z.C. '54	<b>5:33.14</b>	369	1:16.26	1:26.97	1:27.15	1:22.76
	50m:		150m:	250m:		350m:			
	100m: 1:16.26		200m: 2:43.23	300m: 4:10.38		400m: 5:33.14			
23.	Gwen Sieswerda	98	F.Z.C. '54	<b>5:34.93</b>	364	1:16.60	1:26.18	1:28.02	1:24.13
	50m:		150m:	250m:		350m:			
	100m: 1:16.60		200m: 2:42.78	300m: 4:10.80		400m: 5:34.93			
24.	Myrthe Offenga	99	De Granaet	<b>5:35.83</b>	361	1:19.82	1:28.22	1:27.77	1:20.02
	50m:		150m:	250m:		350m:			
	100m: 1:19.82		200m: 2:48.04	300m: 4:15.81		400m: 5:35.83			
25.	Amber Bosch	97	F.Z.C. '54	<b>5:37.22</b>	356	1:21.28	1:26.59	1:24.89	1:24.46
	50m:		150m:	250m:		350m:			
	100m: 1:21.28		200m: 2:47.87	300m: 4:12.76		400m: 5:37.22			
26.	Esmee Verhoef	96	Orca	<b>5:42.24</b>	341	1:20.17	1:28.01	1:27.99	1:26.07
	50m:		150m:	250m:		350m:			
	100m: 1:20.17		200m: 2:48.18	300m: 4:16.17		400m: 5:42.24			
27.	Joyce Bakker	96	De Forel	<b>5:44.13</b>	335	1:18.95	1:28.43	1:30.02	1:26.73
	50m:		150m:	250m:		350m:			
	100m: 1:18.95		200m: 2:47.38	300m: 4:17.40		400m: 5:44.13			
28.	Annewietske Visser	99	Neptunia '24	<b>5:44.78</b>	333	1:22.68	1:29.98	1:29.63	1:22.49
	50m:		150m:	250m:		350m:			
	100m: 1:22.68		200m: 2:52.66	300m: 4:22.29		400m: 5:44.78			
29.	Lisanne Hassing	97	De Forel	<b>5:48.45</b>	323	1:20.84	1:31.70	1:35.00	1:20.91
	50m:		150m:	250m:		350m:			
	100m: 1:20.84		200m: 2:52.54	300m: 4:27.54		400m: 5:48.45			
30.	Rosalie Baarda	99	Orca	<b>5:55.15</b>	305	1:21.65	1:30.94	1:32.65	1:29.91
	50m:		150m:	250m:		350m:			
	100m: 1:21.65		200m: 2:52.59	300m: 4:25.24		400m: 5:55.15			
DIS	Hinke Groos	99	DZ&PC						
	AA - Te vroeg bewogen bij start. (geen tijd noteren)								
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m:		400m:			
BM	Romy Pansters	96	KNZB Gs.	<b>5:42.80</b>	339	1:19.96	1:27.55	1:28.62	1:26.67
	50m:		150m:	250m:		350m:			
	100m: 1:19.96		200m: 2:47.51	300m: 4:16.13		400m: 5:42.80			
BM	Lisa Dootjes	94	KNZB Gs.	<b>5:59.58</b>	294	1:20.22	1:31.53	1:33.65	1:34.18
	50m:		150m:	250m:		350m:			
	100m: 1:20.22		200m: 2:51.75	300m: 4:25.40		400m: 5:59.58			

