

Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

2 - 15. mei 10

15.5.10

Programmanr. 7 Heren, 100m rugslag alg. leeftijdsgroep  
15.5.10 Resultaten

Rang			In.tijd	Tijd	RT
12 jaar					
1.	Jorn Steenberg	DZ&PC	9700039	1:18.24	<b>1:16.68</b>
2.	Niels Koopman	De Forel	9701867	1:19.12	<b>1:18.66</b>
3.	Stuart Vis	Orca	9702991	1:18.49	<b>1:19.66</b>
4.	Allard Veenstra	ZCNF'34	9703453	1:19.51	<b>1:19.91</b> +0,81
5.	Jelmer Post	Avena	9702609	1:19.40	<b>1:20.50</b>
6.	Marcel van der Heide	De Vikings	9701503	1:17.50	<b>1:21.01</b> +0,86
7.	Daniel Borghardt	Orca	9700973	1:19.44	<b>1:21.07</b>
8.	Richard Kuipers	Orca	9704171	1:20.12	<b>1:21.13</b> +0,86
9.	Jelmer Postma	Orca	9701631	1:20.28	<b>1:21.27</b> +0,86

13 jaar					
1.	Jens Kuitert	Orca	9603891	1:11.80	<b>1:11.95</b> +0,79
2.	Jelmer Groos	DZ&PC	9602945	1:14.25	<b>1:14.88</b> +0,67
3.	Minne Koopmans	Neptunia'24	9603557	1:15.04	<b>1:15.19</b> +0,80
4.	Robin de Joode	de Granaet	9601371	1:13.03	<b>1:15.62</b> +0,76
5.	Janco Molen van der	HZ&PC Heerenveen	9600759	1:16.76	<b>1:17.15</b> +0,68

14 jaar					
1.	Pieter Ytsma	Orca	9501809	1:08.60	<b>1:10.38</b> +0,77
2.	Sander Akkerman	HZ&PC Heerenveen	9501527	1:10.29	<b>1:13.32</b> +0,96
3.	Dirk van der Eems	Wetterwille	9501565	1:14.23	<b>1:13.58</b> +0,79
4.	Myrdin Willemse	Orca	9500951	1:10.08	<b>1:13.88</b> +0,87
5.	Ruben Bonnema	HZ&PC Heerenveen	9504389	1:13.51	<b>1:14.27</b> +0,63

15 jaar					
1.	Willem Kees Roos	Orca	9402693	1:00.03	<b>1:02.35</b> +0,75
2.	Erik Nijholt	DZ&PC	9401349	1:04.00	<b>1:05.97</b> +0,76
3.	Maiko Postma	DZ&PC	9400963	1:05.76	<b>1:07.10</b> +0,72
4.	Bram ter Ellen	Orca	9402689	1:11.42	<b>1:14.65</b> +0,78
5.	Robert Westerdijk	Neptunia'24	9402139	1:12.06	<b>1:16.27</b> +0,76
DIS	Ramon Fredrik	Wetterwille	9403933	1:09.44	<b>1:06.29</b> +0,83

*RA - Na start en/of keerpunt meer dan 15 meter onder water gezwommen.*

16 - 17 jaar					
1.	Arno Nieuwhof	FZC'54	9302375	1:01.26	<b>1:05.31</b> +0,65
2.	Christiaan van Dijk	HZ&PC Heerenveen	9200245	1:00.77	<b>1:05.77</b> +0,74
3.	Michael Westers	Orca	9204263	1:07.49	<b>1:06.93</b> +0,82
4.	Wouter Sikma	Neptunia'24	9302335	1:04.28	<b>1:08.12</b> +0,76
5.	Gijs Gertsen	Orca	9303485	1:07.41	<b>1:10.81</b> +0,85
6.	Sietse Wijbenga	ZPD	9301967	1:07.89	<b>1:11.76</b> +0,70
7.	Harm Lemstra	De Vikings	9305009	1:10.55	<b>1:14.51</b> +0,81
8.	Aydin Hummel	ZCNF'34	9201577	1:10.60	<b>1:14.55</b> +0,81
9.	Bauke Ytsma	Wetterwille	9301131	1:11.02	<b>1:17.27</b>

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Programmanr. 7, Heren, 100m rugslag

18 jaar en ouder

1. Jelmer Meijer	HZ&PC Heerenveen	9001961	59.29	<b>1:02.35</b>	+0,73
2. Erik Hagting	DZ&PC	9100829	58.02	<b>1:02.61</b>	+0,84
3. Michiel Punter	Orca	8401823	1:03.23	<b>1:06.17</b>	+0,71
4. Vincent van Iperen	Orca	9106179	1:03.64	<b>1:07.18</b>	+0,83
5. Jorrit Visser	FZC'54	8903393	1:05.33	<b>1:08.34</b>	+0,80
6. Jildert Prins	FZC'54	8902509	1:07.36	<b>1:11.44</b>	+0,71
7. Ruben Post	Neptunia'24	9106623	1:09.11	<b>1:13.75</b>	+0,79
8. Jelmer Waterlander	HZ&PC Heerenveen	8803741	1:04.83	<b>1:14.49</b>	+0,85

alg. leeftijdsgroep

1. Jelmer Meijer	HZ&PC Heerenveen	9001961	59.29	<b>1:02.35</b>	+0,73
Willem Kees Roos	Orca	9402693	1:00.03	<b>1:02.35</b>	+0,75
3. Erik Hagting	DZ&PC	9100829	58.02	<b>1:02.61</b>	+0,84
4. Arno Nieuwhof	FZC'54	9302375	1:01.26	<b>1:05.31</b>	+0,65
5. Christiaan van Dijk	HZ&PC Heerenveen	9200245	1:00.77	<b>1:05.77</b>	+0,74
6. Erik Nijholt	DZ&PC	9401349	1:04.00	<b>1:05.97</b>	+0,76
7. Michiel Punter	Orca	8401823	1:03.23	<b>1:06.17</b>	+0,71
8. Michael Westers	Orca	9204263	1:07.49	<b>1:06.93</b>	+0,82
9. Maiko Postma	DZ&PC	9400963	1:05.76	<b>1:07.10</b>	+0,72
10. Vincent van Iperen	Orca	9106179	1:03.64	<b>1:07.18</b>	+0,83
11. Wouter Sikma	Neptunia'24	9302335	1:04.28	<b>1:08.12</b>	+0,76
12. Jorrit Visser	FZC'54	8903393	1:05.33	<b>1:08.34</b>	+0,80
13. Pieter Ytsma	Orca	9501809	1:08.60	<b>1:10.38</b>	+0,77
14. Gijs Gertsen	Orca	9303485	1:07.41	<b>1:10.81</b>	+0,85
15. Jildert Prins	FZC'54	8902509	1:07.36	<b>1:11.44</b>	+0,71
16. Sietse Wijbenga	ZPD	9301967	1:07.89	<b>1:11.76</b>	+0,70
17. Jens Kuitert	Orca	9603891	1:11.80	<b>1:11.95</b>	+0,79
18. Sander Akkerman	HZ&PC Heerenveen	9501527	1:10.29	<b>1:13.32</b>	+0,96
19. Dirk van der Eems	Wetterwille	9501565	1:14.23	<b>1:13.58</b>	+0,79
20. Ruben Post	Neptunia'24	9106623	1:09.11	<b>1:13.75</b>	+0,79
21. Myrdin Willemse	Orca	9500951	1:10.08	<b>1:13.88</b>	+0,87
22. Ruben Bonnema	HZ&PC Heerenveen	9504389	1:13.51	<b>1:14.27</b>	+0,63
23. Jelmer Waterlander	HZ&PC Heerenveen	8803741	1:04.83	<b>1:14.49</b>	+0,85
24. Harm Lemstra	De Vikings	9305009	1:10.55	<b>1:14.51</b>	+0,81
25. Aydin Hummel	ZCNF'34	9201577	1:10.60	<b>1:14.55</b>	+0,81
26. Bram ter Ellen	Orca	9402689	1:11.42	<b>1:14.65</b>	+0,78
27. Jelmer Groos	DZ&PC	9602945	1:14.25	<b>1:14.88</b>	+0,67
28. Minne Koopmans	Neptunia'24	9603557	1:15.04	<b>1:15.19</b>	+0,80
29. Robin de Joode	de Granaet	9601371	1:13.03	<b>1:15.62</b>	+0,76
30. Robert Westerdijk	Neptunia'24	9402139	1:12.06	<b>1:16.27</b>	+0,76
31. Jorn Steenbergen	DZ&PC	9700039	1:18.24	<b>1:16.68</b>	
32. Janco Molen van der	HZ&PC Heerenveen	9600759	1:16.76	<b>1:17.15</b>	+0,68
33. Bauke Ytsma	Wetterwille	9301131	1:11.02	<b>1:17.27</b>	
34. Niels Koopman	De Forel	9701867	1:19.12	<b>1:18.66</b>	
35. Stuart Vis	Orca	9702991	1:18.49	<b>1:19.66</b>	
36. Allard Veenstra	ZCNF'34	9703453	1:19.51	<b>1:19.91</b>	+0,81
37. Jelmer Post	Avena	9702609	1:19.40	<b>1:20.50</b>	
38. Marcel van der Heide	De Vikings	9701503	1:17.50	<b>1:21.01</b>	+0,86
39. Daniel Borghardt	Orca	9700973	1:19.44	<b>1:21.07</b>	
40. Richard Kuipers	Orca	9704171	1:20.12	<b>1:21.13</b>	+0,86
41. Jelmer Postma	Orca	9701631	1:20.28	<b>1:21.27</b>	+0,86
DIS Ramon Fredrik	Wetterwille	9403933	1:09.44	<b>1:06.29</b>	+0,83

RA - Na start en/of keerpunt meer dan 15 meter onder water gezwommen.

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Programmanr. 7, Heren, 100m rugslag

BM Michel Tielbeke	KNZB Gsn	81mti	1:04.00	<b>1:08.46</b>	+0,75	S13
BM Marc Evers	KNZB Gsn	91mev	1:10.00	<b>1:08.90</b>	+0,95	S14
BM Wessel Everloo	KNZB Gsn	89wev	1:13.00	<b>1:12.75</b>	+0,96	S14
BM Thijs van den End	KNZB Gsn	93ten	1:13.00	<b>1:17.52</b>	+0,87	S9
BM Simon Boer	KNZB Gsn	95sbo	1:29.00	<b>1:24.14</b>	+0,81	S9

Programmanr. 8  
15.5.10

Dames, 200m wisselslag

alg. leeftijdsgroep  
Resultaten

Rang			In.tijd	Tijd	RT	
11 jaar						
1.	Anneliene Zuidema	SG Middelse-Skelp	9800768	2:46.62	<b>2:52.45</b>	+0,91
	100m: 1:21.92	1:21.92	200m: 2:52.45	1:30.53		
2.	Nynke Klokman	DZ&PC	9801424	2:54.59	<b>2:55.02</b>	+0,80
	100m: 1:26.51	1:26.51	200m: 2:55.02	1:28.51		
3.	Kinge Zandringa	Orca	9801422	3:01.79	<b>2:57.92</b>	+0,87
	100m: 1:23.23	1:23.23	200m: 2:57.92	1:34.69		
4.	Ellen Jager	PWC Buitenpost	9801384	2:56.37	<b>3:02.54</b>	+0,93
	100m: 1:26.11	1:26.11	200m: 3:02.54	1:36.43		
5.	Carmen Weistra	Orca	9802148	2:59.55	<b>3:05.76</b>	+0,88
	100m: 1:29.96	1:29.96	200m: 3:05.76	1:35.80		
6.	Hanny van Dijk	Orca	9804514	3:12.44	<b>3:09.14</b>	+0,83
	100m: 1:31.70	1:31.70	200m: 3:09.14	1:37.44		
7.	Brigitte van der Veen	de Granaet	9802600	3:09.77	<b>3:11.84</b>	+0,96
	100m: 1:30.96	1:30.96	200m: 3:11.84	1:40.88		
8.	Gwen Sieswerda	FZC'54	9802342	3:13.80	<b>3:12.05</b>	+0,89
	100m: 1:31.70	1:31.70	200m: 3:12.05	1:40.35		
9.	Linda Noord	DZ&PC	9800454	3:12.21	<b>3:12.44</b>	+0,76
	100m: 1:35.06	1:35.06	200m: 3:12.44	1:37.38		
10.	Wendy van Cleef	Orca	9802760	3:09.58	<b>3:13.49</b>	+0,96
	100m: 1:31.47	1:31.47	200m: 3:13.49	1:42.02		
11.	Jildou Temming	Avena	9802768	3:08.26	<b>3:18.51</b>	+0,83
	100m: 1:34.60	1:34.60	200m: 3:18.51	1:43.91		
12 jaar						
1.	Marre Zandringa	Orca	9701136	2:32.83	<b>2:36.38</b>	+0,86
	100m: 1:13.63	1:13.63	200m: 2:36.38	1:22.75		
2.	Clariss de Vries	DZ&PC	9700942	2:44.94	<b>2:48.95</b>	+0,80
	100m: 1:19.04	1:19.04	200m: 2:48.95	1:29.91		
3.	Esther Visser	De Vikings	9700544	2:54.23	<b>2:56.65</b>	+0,99
	100m: 1:24.58	1:24.58	200m: 2:56.65	1:32.07		
4.	Rixt Meijer	HZ&PC Heerenveen	9700202	2:58.60	<b>2:57.16</b>	+0,88
	100m: 1:27.09	1:27.09	200m: 2:57.16	1:30.07		
5.	Rebecca Jansen	Orca	9703490	2:57.60	<b>2:58.11</b>	+0,98
	100m: 1:27.17	1:27.17	200m: 2:58.11	1:30.94		
6.	Maaïke de Ruijter	Orca	9704684	2:54.95	<b>2:58.68</b>	+1,14
	100m: 1:24.40	1:24.40	200m: 2:58.68	1:34.28		
7.	Carolien Baarda	Orca	9704060	3:05.53	<b>3:01.03</b>	+0,85
	100m: 1:28.12	1:28.12	200m: 3:01.03	1:32.91		

Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 8, Meisjes, 200m wisselslag, 12 jaar

Rang				In.tijd	Tijd	RT
8.	Amber Bosch	FZC'54	9703368	2:58.07	<b>3:01.38</b>	+0,97
	100m: 1:28.56	1:28.56	200m: 3:01.38	1:32.82		
9.	Annemiek Halma	De Vikings	9702884	2:59.43	<b>3:01.65</b>	+0,79
	100m: 1:31.39	1:31.39	200m: 3:01.65	1:30.26		
10.	Nynke Ytsma	Wetterwille	9701654	2:59.91	<b>3:03.30</b>	+0,87
	100m: 1:25.69	1:25.69	200m: 3:03.30	1:37.61		
11.	Anna Regnerus	Wetterwille	9701656	3:01.94	<b>3:06.08</b>	+1,17
	100m: 1:27.95	1:27.95	200m: 3:06.08	1:38.13		
12.	Aldith Pasveer	Orca	9701398	2:58.94	<b>3:09.68</b>	+0,88
	100m: 1:30.83	1:30.83	200m: 3:09.68	1:38.85		
13.	Marieke de Boer	de Granaet	9705302	3:08.30	<b>3:11.68</b>	+0,99
	100m: 1:34.81	1:34.81	200m: 3:11.68	1:36.87		
14.	Anke Koopmans	Neptunia'24	9702702	3:03.64	<b>3:13.25</b>	+0,88
	100m: 1:32.17	1:32.17	200m: 3:13.25	1:41.08		

13 jaar

1.	Cynthia Verkaik	de Granaet	9601288	2:31.99	<b>2:35.96</b>	+0,89
	100m: 1:15.13	1:15.13	200m: 2:35.96	1:20.83		
2.	Evelien van Ruiten	Orca	9602924	2:42.90	<b>2:42.91</b>	+0,81
	100m: 1:15.55	1:15.55	200m: 2:42.91	1:27.36		
3.	Melissa Nauta	Orca	9602388	2:40.36	<b>2:44.71</b>	+0,84
	100m: 1:20.45	1:20.45	200m: 2:44.71	1:24.26		
4.	Leandra Vedder	HZ&PC Heerenveen	9600866	2:42.22	<b>2:46.04</b>	
	100m: 1:19.32	1:19.32	200m: 2:46.04	1:26.72		
5.	Desiree Vedder	HZ&PC Heerenveen	9600864	2:42.39	<b>2:46.14</b>	+1,07
	100m: 1:19.31	1:19.31	200m: 2:46.14	1:26.83		
6.	Irene Dotinga	Neptunia'24	9603516	2:50.00	<b>2:50.92</b>	+0,83
	100m: 1:22.37	1:22.37	200m: 2:50.92	1:28.55		
7.	Jill Muller	DZ&PC	9600728	2:40.69	<b>2:50.99</b>	+0,85
	100m: 1:22.10	1:22.10	200m: 2:50.99	1:28.89		
8.	Marieke Dijkstra	Avena	9602122	2:47.37	<b>2:56.75</b>	+0,95
	100m: 1:21.74	1:21.74	200m: 2:56.75	1:35.01		
9.	Simone Mus	SG Middelse-Skelp	9601932	2:47.48	<b>2:57.40</b>	+0,91
	100m: 1:24.10	1:24.10	200m: 2:57.40	1:33.30		
10.	Lisa Rozema	FZC'54	9600860	2:46.89	<b>2:57.98</b>	+0,90
	100m: 1:18.52	1:18.52	200m: 2:57.98	1:39.46		
11.	Joëlle Rozema	DZ&PC	9601124	2:53.04	<b>2:59.24</b>	+0,79
	100m: 1:24.71	1:24.71	200m: 2:59.24	1:34.53		
12.	Roelie de Boer	Wetterwille	9600508	3:00.56	<b>3:01.02</b>	+0,81
	100m: 1:26.59	1:26.59	200m: 3:01.02	1:34.43		
13.	Julia Zwertbroek	HZ&PC Heerenveen	9600950	2:57.37	<b>3:02.72</b>	+0,86
	100m: 1:24.58	1:24.58	200m: 3:02.72	1:38.14		
14.	Reina Dijkstra	HZ&PC Heerenveen	9600342	3:03.03	<b>3:03.92</b>	+0,75
	100m: 1:28.97	1:28.97	200m: 3:03.92	1:34.95		
15.	Bianca Jongsma	Avena	9601006	2:54.70	<b>3:04.19</b>	+0,84
	100m: 1:25.56	1:25.56	200m: 3:04.19	1:38.63		
16.	Willeke Jonkman	ZCNF'34	9604304	2:58.41	<b>3:04.61</b>	+0,86
	100m: 1:28.89	1:28.89	200m: 3:04.61	1:35.72		

Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 8, Meisjes, 200m wisselslag, 13 jaar

Rang				In.tijd	Tijd	RT
17.	Rixt-Nynke Baron	FZC'54	9601896	2:54.01	<b>3:06.17</b>	+1,05
	100m: 1:26.53	1:26.53	200m: 3:06.17	1:39.64		
18.	Janna Post	Neptunia'24	9602061	3:00.36	<b>3:06.84</b>	+0,90
	100m: 1:28.23	1:28.23	200m: 3:06.84	1:38.61		
19.	Joyce Bakker	De Forel	9600522	2:58.82	<b>3:06.95</b>	+0,78
	100m: 1:30.44	1:30.44	200m: 3:06.95	1:36.51		
20.	Winnie de Vries	ZCNF'34	9601456	3:02.74	<b>3:07.69</b>	+0,94
	100m: 1:31.89	1:31.89	200m: 3:07.69	1:35.80		
21.	Esmee Verhoef	Orca	9603802	3:02.52	<b>3:10.86</b>	+0,91
	100m: 1:31.14	1:31.14	200m: 3:10.86	1:39.72		

14 - 15 jaar

1.	Femke Leenstra	Orca	9503038	2:26.49	<b>2:32.14</b>	+0,86
	100m: 1:11.27	1:11.27	200m: 2:32.14	1:20.87		
2.	Jessie Smeding	Orca	9504528	2:33.10	<b>2:39.59</b>	+0,80
	100m: 1:17.42	1:17.42	200m: 2:39.59	1:22.17		
3.	Danielle Boer de	HZ&PC Heerenveen	9404736	2:36.21	<b>2:41.75</b>	+0,83
	100m: 1:16.84	1:16.84	200m: 2:41.75	1:24.91		
4.	Hjordis Wagenaar	HZ&PC Heerenveen	9502170	2:43.20	<b>2:46.97</b>	+0,83
	100m: 1:18.13	1:18.13	200m: 2:46.97	1:28.84		
5.	Kelly de Jong	HZ&PC Heerenveen	9501920	2:44.92	<b>2:47.03</b>	+0,89
	100m: 1:15.93	1:15.93	200m: 2:47.03	1:31.10		
6.	Aukje Zwart	Avena	9402916	2:41.65	<b>2:50.53</b>	+1,03
	100m: 1:20.91	1:20.91	200m: 2:50.53	1:29.62		
7.	Anja Mus	SG Middelse-Skelp	9403928	2:44.15	<b>2:50.60</b>	+0,89
	100m: 1:22.08	1:22.08	200m: 2:50.60	1:28.52		
8.	Nenne Venema	DZ&PC	9503586	2:40.65	<b>2:52.27</b>	+0,70
	100m: 1:24.27	1:24.27	200m: 2:52.27	1:28.00		
9.	Nynke Dijkstra	HZ&PC Heerenveen	9501242	2:49.08	<b>2:52.54</b>	+0,87
	100m: 1:23.61	1:23.61	200m: 2:52.54	1:28.93		
10.	Johanna de Boer	ZPD	9403944	2:43.60	<b>2:52.71</b>	+0,90
	100m: 1:23.79	1:23.79	200m: 2:52.71	1:28.92		
11.	Rixt Wilbers	de Granaet	9503480	2:44.23	<b>2:52.84</b>	+0,96
	100m: 1:23.67	1:23.67	200m: 2:52.84	1:29.17		
12.	Maayke de Boer	de Granaet	9505906	2:48.42	<b>2:53.56</b>	+1,04
	100m: 1:21.73	1:21.73	200m: 2:53.56	1:31.83		
13.	Myrna Gorter	Neptunia'24	9503158	2:44.77	<b>2:54.99</b>	+0,88
	100m: 1:23.60	1:23.60	200m: 2:54.99	1:31.39		
14.	Claudia Damski	DZ&PC	9402346	2:52.29	<b>2:57.89</b>	+0,80
	100m: 1:25.14	1:25.14	200m: 2:57.89	1:32.75		
15.	Elbrich Gerritsma	Avena	9500472	3:00.07	<b>2:58.92</b>	+0,94
	100m: 1:22.27	1:22.27	200m: 2:58.92	1:36.65		
16.	Laura Terpstra	Avena	9402914	2:55.44	<b>2:59.49</b>	+0,95
	100m: 1:22.33	1:22.33	200m: 2:59.49	1:37.16		
17.	Thea Baas	PWC Buitenpost	9501388	2:56.03	<b>3:01.84</b>	+0,74
	100m: 1:24.01	1:24.01	200m: 3:01.84	1:37.83		
18.	Merel Weysenfeld	De Vikings	9404110	3:00.22	<b>3:09.44</b>	+0,93
	100m: 1:29.28	1:29.28	200m: 3:09.44	1:40.16		

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Programmanr. 8, Dames, 200m wisselslag

16 jaar en ouder

1.	Ilse Kraaijeveld	Orca	9002110	2:19.08	<b>2:22.96</b>	+0,88
	100m: 1:08.50	1:08.50	200m: 2:22.96	1:14.46		
2.	Wendan Poelstra	Orca	9102496	2:21.05	<b>2:27.14</b>	+0,82
	100m: 1:08.49	1:08.49	200m: 2:27.14	1:18.65		
3.	Josephine Meerman	DZ&PC	9304258	2:39.60	<b>2:44.75</b>	+0,81
	100m: 1:15.78	1:15.78	200m: 2:44.75	1:28.97		
4.	Jolanda Cnossen	Neptunia'24	8600712	2:37.42	<b>2:46.08</b>	+0,95
	100m: 1:16.73	1:16.73	200m: 2:46.08	1:29.35		
5.	Grytsje Lanting	SG Middelse-Skelp	9306454	2:44.53	<b>2:47.32</b>	+0,80
	100m: 1:20.62	1:20.62	200m: 2:47.32	1:26.70		
6.	Lysbeth Wiersma	HZ&PC Heerenveen	9204486	2:42.85	<b>2:47.69</b>	+0,81
	100m: 1:18.14	1:18.14	200m: 2:47.69	1:29.55		
7.	Iris Rozema	FZC'54	9305108	2:40.20	<b>2:48.55</b>	+0,92
	100m: 1:19.62	1:19.62	200m: 2:48.55	1:28.93		
8.	Ankie van der Meer	Orca	9300504	2:47.10	<b>2:50.23</b>	+0,91
	100m: 1:20.05	1:20.05	200m: 2:50.23	1:30.18		
9.	Nanda de Vries	HZ&PC Heerenveen	9204328	2:37.45	<b>2:51.06</b>	+0,88
	100m: 1:23.53	1:23.53	200m: 2:51.06	1:27.53		
10.	Renske de Groot	DZ&PC	9300276	2:43.39	<b>2:51.54</b>	+0,84
	100m: 1:20.53	1:20.53	200m: 2:51.54	1:31.01		
11.	Wytske Klijnstra	Avena	9304202	2:50.05	<b>2:51.67</b>	+0,84
	100m: 1:18.18	1:18.18	200m: 2:51.67	1:33.49		
12.	Femke de Jong	Orca	9306390	2:47.08	<b>2:55.69</b>	+0,92
	100m: 1:18.30	1:18.30	200m: 2:55.69	1:37.39		
13.	Marissa Lindemulder	de Granaet	9306392	2:46.05	<b>2:55.79</b>	+0,99
	100m: 1:21.21	1:21.21	200m: 2:55.79	1:34.58		
14.	Shanna Hofstra	Avena	9303974	2:54.37	<b>3:01.33</b>	+0,90
	100m: 1:25.42	1:25.42	200m: 3:01.33	1:35.91		

alg. leeftijdsgroep

1.	Ilse Kraaijeveld	Orca	9002110	2:19.08	<b>2:22.96</b>	+0,88
	100m: 1:08.50	1:08.50	200m: 2:22.96	1:14.46		
2.	Wendan Poelstra	Orca	9102496	2:21.05	<b>2:27.14</b>	+0,82
	100m: 1:08.49	1:08.49	200m: 2:27.14	1:18.65		
3.	Femke Leenstra	Orca	9503038	2:26.49	<b>2:32.14</b>	+0,86
	100m: 1:11.27	1:11.27	200m: 2:32.14	1:20.87		
4.	Cynthia Verkaik	de Granaet	9601288	2:31.99	<b>2:35.96</b>	+0,89
	100m: 1:15.13	1:15.13	200m: 2:35.96	1:20.83		
5.	Marre Zandringa	Orca	9701136	2:32.83	<b>2:36.38</b>	+0,86
	100m: 1:13.63	1:13.63	200m: 2:36.38	1:22.75		
6.	Jessie Smeding	Orca	9504528	2:33.10	<b>2:39.59</b>	+0,80
	100m: 1:17.42	1:17.42	200m: 2:39.59	1:22.17		
7.	Danielle Boer de	HZ&PC Heerenveen	9404736	2:36.21	<b>2:41.75</b>	+0,83
	100m: 1:16.84	1:16.84	200m: 2:41.75	1:24.91		
8.	Evelien van Ruiten	Orca	9602924	2:42.90	<b>2:42.91</b>	+0,81
	100m: 1:15.55	1:15.55	200m: 2:42.91	1:27.36		
9.	Melissa Nauta	Orca	9602388	2:40.36	<b>2:44.71</b>	+0,84
	100m: 1:20.45	1:20.45	200m: 2:44.71	1:24.26		

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Programmanr. 8, Dames, 200m wisselslag, alg. leeftijdsgroep

Rang				In.tijd	Tijd	RT
10.	Josephine Meerman	DZ&PC	9304258	2:39.60	<b>2:44.75</b>	+0,81
	100m:	1:15.78	1:15.78	200m:	2:44.75	1:28.97
11.	Leandra Vedder	HZ&PC Heerenveen	9600866	2:42.22	<b>2:46.04</b>	
	100m:	1:19.32	1:19.32	200m:	2:46.04	1:26.72
12.	Jolanda Crossen	Neptunia'24	8600712	2:37.42	<b>2:46.08</b>	+0,95
	100m:	1:16.73	1:16.73	200m:	2:46.08	1:29.35
13.	Desiree Vedder	HZ&PC Heerenveen	9600864	2:42.39	<b>2:46.14</b>	+1,07
	100m:	1:19.31	1:19.31	200m:	2:46.14	1:26.83
14.	Hjordis Wagenaar	HZ&PC Heerenveen	9502170	2:43.20	<b>2:46.97</b>	+0,83
	100m:	1:18.13	1:18.13	200m:	2:46.97	1:28.84
15.	Kelly de Jong	HZ&PC Heerenveen	9501920	2:44.92	<b>2:47.03</b>	+0,89
	100m:	1:15.93	1:15.93	200m:	2:47.03	1:31.10
16.	Grytsje Lanting	SG Middelse-Skelp	9306454	2:44.53	<b>2:47.32</b>	+0,80
	100m:	1:20.62	1:20.62	200m:	2:47.32	1:26.70
17.	Lysbeth Wiersma	HZ&PC Heerenveen	9204486	2:42.85	<b>2:47.69</b>	+0,81
	100m:	1:18.14	1:18.14	200m:	2:47.69	1:29.55
18.	Iris Rozema	FZC'54	9305108	2:40.20	<b>2:48.55</b>	+0,92
	100m:	1:19.62	1:19.62	200m:	2:48.55	1:28.93
19.	Claris de Vries	DZ&PC	9700942	2:44.94	<b>2:48.95</b>	+0,80
	100m:	1:19.04	1:19.04	200m:	2:48.95	1:29.91
20.	Ankie van der Meer	Orca	9300504	2:47.10	<b>2:50.23</b>	+0,91
	100m:	1:20.05	1:20.05	200m:	2:50.23	1:30.18
21.	Aukje Zwart	Avena	9402916	2:41.65	<b>2:50.53</b>	+1,03
	100m:	1:20.91	1:20.91	200m:	2:50.53	1:29.62
22.	Anja Mus	SG Middelse-Skelp	9403928	2:44.15	<b>2:50.60</b>	+0,89
	100m:	1:22.08	1:22.08	200m:	2:50.60	1:28.52
23.	Irene Dotinga	Neptunia'24	9603516	2:50.00	<b>2:50.92</b>	+0,83
	100m:	1:22.37	1:22.37	200m:	2:50.92	1:28.55
24.	Jill Muller	DZ&PC	9600728	2:40.69	<b>2:50.99</b>	+0,85
	100m:	1:22.10	1:22.10	200m:	2:50.99	1:28.89
25.	Nanda de Vries	HZ&PC Heerenveen	9204328	2:37.45	<b>2:51.06</b>	+0,88
	100m:	1:23.53	1:23.53	200m:	2:51.06	1:27.53
26.	Renske de Groot	DZ&PC	9300276	2:43.39	<b>2:51.54</b>	+0,84
	100m:	1:20.53	1:20.53	200m:	2:51.54	1:31.01
27.	Wytske Klijnstra	Avena	9304202	2:50.05	<b>2:51.67</b>	+0,84
	100m:	1:18.18	1:18.18	200m:	2:51.67	1:33.49
28.	Nenne Venema	DZ&PC	9503586	2:40.65	<b>2:52.27</b>	+0,70
	100m:	1:24.27	1:24.27	200m:	2:52.27	1:28.00
29.	Anneliene Zuidema	SG Middelse-Skelp	9800768	2:46.62	<b>2:52.45</b>	+0,91
	100m:	1:21.92	1:21.92	200m:	2:52.45	1:30.53
30.	Nynke Dijkstra	HZ&PC Heerenveen	9501242	2:49.08	<b>2:52.54</b>	+0,87
	100m:	1:23.61	1:23.61	200m:	2:52.54	1:28.93
31.	Johanna de Boer	ZPD	9403944	2:43.60	<b>2:52.71</b>	+0,90
	100m:	1:23.79	1:23.79	200m:	2:52.71	1:28.92
32.	Rixt Wilbers	de Granaet	9503480	2:44.23	<b>2:52.84</b>	+0,96
	100m:	1:23.67	1:23.67	200m:	2:52.84	1:29.17
33.	Maayke de Boer	de Granaet	9505906	2:48.42	<b>2:53.56</b>	+1,04
	100m:	1:21.73	1:21.73	200m:	2:53.56	1:31.83

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Rang				In.tijd	Tijd	RT
34.	Myrna Gorter	Neptunia'24	9503158	2:44.77	<b>2:54.99</b>	+0,88
	100m: 1:23.60	1:23.60	200m: 2:54.99	1:31.39		
35.	Nynke Klokman	DZ&PC	9801424	2:54.59	<b>2:55.02</b>	+0,80
	100m: 1:26.51	1:26.51	200m: 2:55.02	1:28.51		
36.	Femke de Jong	Orca	9306390	2:47.08	<b>2:55.69</b>	+0,92
	100m: 1:18.30	1:18.30	200m: 2:55.69	1:37.39		
37.	Marissa Lindemulder	de Granaet	9306392	2:46.05	<b>2:55.79</b>	+0,99
	100m: 1:21.21	1:21.21	200m: 2:55.79	1:34.58		
38.	Esther Visser	De Vikings	9700544	2:54.23	<b>2:56.65</b>	+0,99
	100m: 1:24.58	1:24.58	200m: 2:56.65	1:32.07		
39.	Marieke Dijkstra	Avena	9602122	2:47.37	<b>2:56.75</b>	+0,95
	100m: 1:21.74	1:21.74	200m: 2:56.75	1:35.01		
40.	Rixt Meijer	HZ&PC Heerenveen	9700202	2:58.60	<b>2:57.16</b>	+0,88
	100m: 1:27.09	1:27.09	200m: 2:57.16	1:30.07		
41.	Simone Mus	SG Middelse-Skelp	9601932	2:47.48	<b>2:57.40</b>	+0,91
	100m: 1:24.10	1:24.10	200m: 2:57.40	1:33.30		
42.	Claudia Damski	DZ&PC	9402346	2:52.29	<b>2:57.89</b>	+0,80
	100m: 1:25.14	1:25.14	200m: 2:57.89	1:32.75		
43.	Kinge Zandringa	Orca	9801422	3:01.79	<b>2:57.92</b>	+0,87
	100m: 1:23.23	1:23.23	200m: 2:57.92	1:34.69		
44.	Lisa Rozema	FZC'54	9600860	2:46.89	<b>2:57.98</b>	+0,90
	100m: 1:18.52	1:18.52	200m: 2:57.98	1:39.46		
45.	Rebecca Jansen	Orca	9703490	2:57.60	<b>2:58.11</b>	+0,98
	100m: 1:27.17	1:27.17	200m: 2:58.11	1:30.94		
46.	Maaïke de Ruijter	Orca	9704684	2:54.95	<b>2:58.68</b>	+1,14
	100m: 1:24.40	1:24.40	200m: 2:58.68	1:34.28		
47.	Elbrich Gerritsma	Avena	9500472	3:00.07	<b>2:58.92</b>	+0,94
	100m: 1:22.27	1:22.27	200m: 2:58.92	1:36.65		
48.	Joëlle Rozema	DZ&PC	9601124	2:53.04	<b>2:59.24</b>	+0,79
	100m: 1:24.71	1:24.71	200m: 2:59.24	1:34.53		
49.	Laura Terpstra	Avena	9402914	2:55.44	<b>2:59.49</b>	+0,95
	100m: 1:22.33	1:22.33	200m: 2:59.49	1:37.16		
50.	Roelie de Boer	Wetterwille	9600508	3:00.56	<b>3:01.02</b>	+0,81
	100m: 1:26.59	1:26.59	200m: 3:01.02	1:34.43		
51.	Carolien Baarda	Orca	9704060	3:05.53	<b>3:01.03</b>	+0,85
	100m: 1:28.12	1:28.12	200m: 3:01.03	1:32.91		
52.	Shanna Hofstra	Avena	9303974	2:54.37	<b>3:01.33</b>	+0,90
	100m: 1:25.42	1:25.42	200m: 3:01.33	1:35.91		
53.	Amber Bosch	FZC'54	9703368	2:58.07	<b>3:01.38</b>	+0,97
	100m: 1:28.56	1:28.56	200m: 3:01.38	1:32.82		
54.	Annemiek Halma	De Vikings	9702884	2:59.43	<b>3:01.65</b>	+0,79
	100m: 1:31.39	1:31.39	200m: 3:01.65	1:30.26		
55.	Thea Baas	PWC Buitenpost	9501388	2:56.03	<b>3:01.84</b>	+0,74
	100m: 1:24.01	1:24.01	200m: 3:01.84	1:37.83		
56.	Ellen Jager	PWC Buitenpost	9801384	2:56.37	<b>3:02.54</b>	+0,93
	100m: 1:26.11	1:26.11	200m: 3:02.54	1:36.43		
57.	Julia Zwertbroek	HZ&PC Heerenveen	9600950	2:57.37	<b>3:02.72</b>	+0,86
	100m: 1:24.58	1:24.58	200m: 3:02.72	1:38.14		



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Rang				In.tijd	Tijd	RT
58.	Nynke Ytsma	Wetterwille	9701654	2:59.91	<b>3:03.30</b>	+0,87
	100m: 1:25.69	1:25.69	200m: 3:03.30	1:37.61		
59.	Reina Dijkstra	HZ&PC Heerenveen	9600342	3:03.03	<b>3:03.92</b>	+0,75
	100m: 1:28.97	1:28.97	200m: 3:03.92	1:34.95		
60.	Bianca Jongasma	Avena	9601006	2:54.70	<b>3:04.19</b>	+0,84
	100m: 1:25.56	1:25.56	200m: 3:04.19	1:38.63		
61.	Willeke Jonkman	ZCNF'34	9604304	2:58.41	<b>3:04.61</b>	+0,86
	100m: 1:28.89	1:28.89	200m: 3:04.61	1:35.72		
62.	Carmen Weistra	Orca	9802148	2:59.55	<b>3:05.76</b>	+0,88
	100m: 1:29.96	1:29.96	200m: 3:05.76	1:35.80		
63.	Anna Regnerus	Wetterwille	9701656	3:01.94	<b>3:06.08</b>	+1,17
	100m: 1:27.95	1:27.95	200m: 3:06.08	1:38.13		
64.	Rixt-Nynke Baron	FZC'54	9601896	2:54.01	<b>3:06.17</b>	+1,05
	100m: 1:26.53	1:26.53	200m: 3:06.17	1:39.64		
65.	Janna Post	Neptunia'24	9602061	3:00.36	<b>3:06.84</b>	+0,90
	100m: 1:28.23	1:28.23	200m: 3:06.84	1:38.61		
66.	Joyce Bakker	De Forel	9600522	2:58.82	<b>3:06.95</b>	+0,78
	100m: 1:30.44	1:30.44	200m: 3:06.95	1:36.51		
67.	Winnie de Vries	ZCNF'34	9601456	3:02.74	<b>3:07.69</b>	+0,94
	100m: 1:31.89	1:31.89	200m: 3:07.69	1:35.80		
68.	Hanny van Dijk	Orca	9804514	3:12.44	<b>3:09.14</b>	+0,83
	100m: 1:31.70	1:31.70	200m: 3:09.14	1:37.44		
69.	Merel Weysenfeld	De Vikings	9404110	3:00.22	<b>3:09.44</b>	+0,93
	100m: 1:29.28	1:29.28	200m: 3:09.44	1:40.16		
70.	Aldith Pasveer	Orca	9701398	2:58.94	<b>3:09.68</b>	+0,88
	100m: 1:30.83	1:30.83	200m: 3:09.68	1:38.85		
71.	Esmee Verhoef	Orca	9603802	3:02.52	<b>3:10.86</b>	+0,91
	100m: 1:31.14	1:31.14	200m: 3:10.86	1:39.72		
72.	Marike de Boer	de Granaet	9705302	3:08.30	<b>3:11.68</b>	+0,99
	100m: 1:34.81	1:34.81	200m: 3:11.68	1:36.87		
73.	Brigitte van der Veen	de Granaet	9802600	3:09.77	<b>3:11.84</b>	+0,96
	100m: 1:30.96	1:30.96	200m: 3:11.84	1:40.88		
74.	Gwen Sieswerda	FZC'54	9802342	3:13.80	<b>3:12.05</b>	+0,89
	100m: 1:31.70	1:31.70	200m: 3:12.05	1:40.35		
75.	Linda Noord	DZ&PC	9800454	3:12.21	<b>3:12.44</b>	+0,76
	100m: 1:35.06	1:35.06	200m: 3:12.44	1:37.38		
76.	Anke Koopmans	Neptunia'24	9702702	3:03.64	<b>3:13.25</b>	+0,88
	100m: 1:32.17	1:32.17	200m: 3:13.25	1:41.08		
77.	Wendy van Cleef	Orca	9802760	3:09.58	<b>3:13.49</b>	+0,96
	100m: 1:31.47	1:31.47	200m: 3:13.49	1:42.02		
78.	Jildou Temming	Avena	9802768	3:08.26	<b>3:18.51</b>	+0,83
	100m: 1:34.60	1:34.60	200m: 3:18.51	1:43.91		

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Programmanr. 8, Dames, 200m wisselslag

BM Magda Toeters	KNZB Gsn	86mto	2:40.00	<b>2:38.49</b>	+0,94	SM14
100m: 1:15.93	1:15.93	200m: 2:38.49	1:22.56			
BM Marlou van der Kulk	KNZB Gsn	93mku	2:49.00	<b>2:43.30</b>	+0,81	SM14
100m: 1:15.97	1:15.97	200m: 2:43.30	1:27.33			
BM Chantal Molenkamp	KNZB Gsn	9002624	2:55.00	<b>2:46.86</b>	+0,82	SM10
100m: 1:18.20	1:18.20	200m: 2:46.86	1:28.66			
BM Marije Oosterhuis	KNZB Gsn	9500318	2:59.00	<b>2:57.89</b>	+0,87	SM10
100m: 1:25.39	1:25.39	200m: 2:57.89	1:32.50			
BM Wendelien Faber	KNZB Gsn	78wfa	4:09.00	<b>3:54.69</b>	+0,96	SM11
100m: 2:02.65	2:02.65	200m: 3:54.69	1:52.04			
BM Lisa Dootjes	KNZB Gsn	94ldo	3:10.00	<b>3:56.71</b>	+1,04	SM9
100m: 1:48.69	1:48.69	200m: 3:56.71	2:08.02			

Programmanr. 9  
15.5.10

Heren, 200m vlinderslag

alg. leeftijdsgroep  
Resultaten

Rang			In.tijd	Tijd	RT	
12 jaar						
1.	Mathijs Mulder	HZ&PC Heerenveen	9700071	2:43.68	<b>2:54.50</b>	+0,86
	100m: 1:21.81	1:21.81	200m: 2:54.50	1:32.69		
14 jaar						
1.	Jonathan Rozema	DZ&PC	9501157	2:18.00	<b>2:22.19</b>	+0,77
	100m: 1:06.46	1:06.46	200m: 2:22.19	1:15.73		
2.	Pieter Ytsma	Orca	9501809	2:42.02	<b>2:51.23</b>	+0,68
	100m: 1:20.06	1:20.06	200m: 2:51.23	1:31.17		
15 jaar						
1.	Ramon Fredrik	Wetterwille	9403933	2:15.15	<b>2:25.65</b>	+0,82
	100m: 1:05.33	1:05.33	200m: 2:25.65	1:20.32		
2.	Maxim Veldhuis	HZ&PC Heerenveen	9400195	2:22.92	<b>2:25.83</b>	+0,79
	100m: 1:06.57	1:06.57	200m: 2:25.83	1:19.26		
18 jaar en ouder						
1.	Vincent van Iperen	Orca	9106179	2:08.75	<b>2:14.19</b>	+0,80
	100m: 1:04.59	1:04.59	200m: 2:14.19	1:09.60		
2.	Dennis Mooij	HZ&PC Heerenveen	8902201	2:17.36	<b>2:21.85</b>	+0,72
	100m: 1:03.48	1:03.48	200m: 2:21.85	1:18.37		
alg. leeftijdsgroep						
1.	Vincent van Iperen	Orca	9106179	2:08.75	<b>2:14.19</b>	+0,80
	100m: 1:04.59	1:04.59	200m: 2:14.19	1:09.60		
2.	Dennis Mooij	HZ&PC Heerenveen	8902201	2:17.36	<b>2:21.85</b>	+0,72
	100m: 1:03.48	1:03.48	200m: 2:21.85	1:18.37		
3.	Jonathan Rozema	DZ&PC	9501157	2:18.00	<b>2:22.19</b>	+0,77
	100m: 1:06.46	1:06.46	200m: 2:22.19	1:15.73		
4.	Ramon Fredrik	Wetterwille	9403933	2:15.15	<b>2:25.65</b>	+0,82
	100m: 1:05.33	1:05.33	200m: 2:25.65	1:20.32		

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Programmanr. 9, Heren, 200m vlinderslag, alg. leeftijdsgroep

Rang				In.tijd	Tijd	RT	
5.	Maxim Veldhuis	HZ&PC Heerenveen	9400195	2:22.92	<b>2:25.83</b>	+0,79	
	100m: 1:06.57	1:06.57	200m: 2:25.83	1:19.26			
6.	Pieter Ytsma	Orca	9501809	2:42.02	<b>2:51.23</b>	+0,68	
	100m: 1:20.06	1:20.06	200m: 2:51.23	1:31.17			
7.	Mathijs Mulder	HZ&PC Heerenveen	9700071	2:43.68	<b>2:54.50</b>	+0,86	
	100m: 1:21.81	1:21.81	200m: 2:54.50	1:32.69			
BM	Mike van der Zanden	KNZB Gsn	87mza	2:18.00	<b>2:19.75</b>	+0,88	S10
	100m: 1:03.46	1:03.46	200m: 2:19.75	1:16.29			

Programmanr. 10  
15.5.10

Dames, 200m schoolslag

alg. leeftijdsgroep  
Resultaten

Rang				In.tijd	Tijd	RT	
11 jaar							
1.	Anneliene Zuidema	SG Middelse-Skelp	9800768	3:01.78	<b>3:13.80</b>	+0,75	
	100m: 1:34.40	1:34.40	200m: 3:13.80	1:39.40			
2.	Nynke Klokman	DZ&PC	9801424	3:16.23	<b>3:23.61</b>	+0,77	
	100m: 1:41.09	1:41.09	200m: 3:23.61	1:42.52			
3.	Carmen Weistra	Orca	9802148	3:23.49	<b>3:26.54</b>	+0,89	
	100m: 1:41.16	1:41.16	200m: 3:26.54	1:45.38			
4.	Astrid de Vegt	ZCNF'34	9800036	3:28.56	<b>3:28.43</b>	+0,98	
	100m: 1:43.00	1:43.00	200m: 3:28.43	1:45.43			
5.	Wendy van Cleef	Orca	9802760	3:27.53	<b>3:28.68</b>	+0,98	
	100m: 1:43.27	1:43.27	200m: 3:28.68	1:45.41			
6.	Brecht Buis	Neptunia'24	9803854	3:30.70	<b>3:31.70</b>	+1,09	
	100m: 1:43.71	1:43.71	200m: 3:31.70	1:47.99			
7.	Kinge Zandringa	Orca	9801422	3:36.16	<b>3:32.92</b>	+0,85	
	100m: 1:44.10	1:44.10	200m: 3:32.92	1:48.82			
8.	Brigitte van der Veen	de Granaet	9802600	3:33.06	<b>3:37.84</b>	+0,92	
	100m: 1:44.66	1:44.66	200m: 3:37.84	1:53.18			
9.	Marlies v/d Brug	DZ&PC	9801428	3:32.32	<b>3:41.07</b>	+0,85	
	100m: 1:44.59	1:44.59	200m: 3:41.07	1:56.48			
10.	Nienke Postma	Orca	9801096	3:33.01	<b>3:52.27</b>		
	100m: 1:52.31	1:52.31	200m: 3:52.27	1:59.96			
12 jaar							
1.	Marre Zandringa	Orca	9701136	2:57.19	<b>3:03.34</b>	+0,83	
	100m: 1:30.45	1:30.45	200m: 3:03.34	1:32.89			
2.	Maaïke de Ruijter	Orca	9704684	3:10.01	<b>3:16.56</b>	+1,10	
	100m: 1:35.81	1:35.81	200m: 3:16.56	1:40.75			
3.	Rebecca Jansen	Orca	9703490	3:12.42	<b>3:16.66</b>	+1,03	
	100m: 1:37.06	1:37.06	200m: 3:16.66	1:39.60			
4.	Amber Bosch	FZC'54	9703368	3:12.88	<b>3:19.08</b>	+0,94	
	100m: 1:39.24	1:39.24	200m: 3:19.08	1:39.84			
5.	Lisanne Hassing	De Forel	9702584	3:14.32	<b>3:19.66</b>	+0,91	
	100m: 1:37.11	1:37.11	200m: 3:19.66	1:42.55			

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Programmanr. 10, Meisjes, 200m schoolslag, 12 jaar

Rang				In.tijd	Tijd	RT
6.	Carolien Baarda	Orca	9704060	3:17.96	<b>3:21.15</b>	+0,84
	100m: 1:38.29	1:38.29	200m: 3:21.15	1:42.86		
7.	Amber v/d Ley	Avena	9705172	3:24.84	<b>3:25.90</b>	+1,04
	100m: 1:42.28	1:42.28	200m: 3:25.90	1:43.62		
8.	K. Stavorinus	ZPD	9704122	3:13.16	<b>3:27.10</b>	+0,95
	100m: 1:37.88	1:37.88	200m: 3:27.10	1:49.22		
9.	Rixt Meijer	HZ&PC Heerenveen	9700202	3:19.19	<b>3:29.05</b>	+0,91
	100m: 1:41.86	1:41.86	200m: 3:29.05	1:47.19		
10.	Marike de Boer	de Granaet	9705302	3:23.88	<b>3:30.65</b>	
	100m: 1:43.17	1:43.17	200m: 3:30.65	1:47.48		
11.	Rianne Weggemans	ZCNF'34	9703306	3:28.11	<b>3:32.98</b>	+0,91
	100m: 1:44.34	1:44.34	200m: 3:32.98	1:48.64		
12.	Martine van Sluis	De Vikings	9702888	3:20.50	<b>3:33.52</b>	+1,00
	100m: 1:42.47	1:42.47	200m: 3:33.52	1:51.05		
13.	Nynke Ytsma	Wetterwille	9701654	3:24.65	<b>3:34.25</b>	+0,88
	100m: 1:43.78	1:43.78	200m: 3:34.25	1:50.47		
14.	Anna Regnerus	Wetterwille	9701656	3:27.76	<b>3:34.30</b>	+0,88
	100m: 1:44.78	1:44.78	200m: 3:34.30	1:49.52		

13 jaar

1.	Cynthia Verkaik	de Granaet	9601288	2:49.53	<b>2:58.19</b>	+0,99
	100m: 1:27.06	1:27.06	200m: 2:58.19	1:31.13		
2.	Rixt Menger	DZ&PC	9602052	2:54.41	<b>3:02.75</b>	+0,86
	100m: 1:27.46	1:27.46	200m: 3:02.75	1:35.29		
3.	Leandra Vedder	HZ&PC Heerenveen	9600866	3:05.29	<b>3:09.77</b>	+1,00
	100m: 1:32.03	1:32.03	200m: 3:09.77	1:37.74		
4.	Irene Dotinga	Neptunia'24	9603516	3:05.83	<b>3:09.94</b>	+0,98
	100m: 1:32.89	1:32.89	200m: 3:09.94	1:37.05		
5.	Melissa Nauta	Orca	9602388	2:58.86	<b>3:11.81</b>	+0,83
	100m: 1:33.63	1:33.63	200m: 3:11.81	1:38.18		
6.	Willeke Jonkman	ZCNF'34	9604304	3:07.32	<b>3:12.17</b>	+0,84
	100m: 1:34.11	1:34.11	200m: 3:12.17	1:38.06		
7.	Aniek Bergsma	HZ&PC Heerenveen	9601088	3:06.76	<b>3:15.37</b>	+0,96
	100m: 1:34.01	1:34.01	200m: 3:15.37	1:41.36		
8.	Winnie de Vries	ZCNF'34	9601456	3:15.94	<b>3:19.16</b>	+0,93
	100m: 1:36.05	1:36.05	200m: 3:19.16	1:43.11		
9.	Simone Mus	SG Middelse-Skelp	9601932	3:11.10	<b>3:24.08</b>	+0,91
	100m: 1:40.49	1:40.49	200m: 3:24.08	1:43.59		
10.	Marieke Dijkstra	Avena	9602122	3:13.31	<b>3:26.11</b>	+0,96
	100m: 1:37.85	1:37.85	200m: 3:26.11	1:48.26		
11.	Reina Dijkstra	HZ&PC Heerenveen	9600342	3:19.63	<b>3:29.83</b>	+0,88
	100m: 1:40.44	1:40.44	200m: 3:29.83	1:49.39		
12.	Bianca Jongsma	Avena	9601006	3:22.07	<b>3:37.03</b>	+0,86
	100m: 1:45.00	1:45.00	200m: 3:37.03	1:52.03		
13.	Lisa Rozema	FZC'54	9600860	3:22.60	<b>3:37.85</b>	+0,86
	100m: 1:45.59	1:45.59	200m: 3:37.85	1:52.26		
14.	Rixt-Nynke Baron	FZC'54	9601896	3:21.64	<b>3:46.37</b>	+0,99
	100m: 1:49.86	1:49.86	200m: 3:46.37	1:56.51		

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14 - 15 jaar

1. Jessie Smeding	Orca	9504528	2:40.83	<b>2:50.95</b>	+0,82
100m: 1:21.85	1:21.85	200m: 2:50.95	1:29.10		
2. Danielle Boer de	HZ&PC Heerenveen	9404736	2:49.80	<b>2:57.51</b>	+0,83
100m: 1:24.12	1:24.12	200m: 2:57.51	1:33.39		
3. Myrna Gorter	Neptunia'24	9503158	3:04.41	<b>3:06.81</b>	+0,88
100m: 1:32.45	1:32.45	200m: 3:06.81	1:34.36		
4. Johanna de Boer	ZPD	9403944	3:00.21	<b>3:13.63</b>	+0,91
100m: 1:32.16	1:32.16	200m: 3:13.63	1:41.47		
5. Freya Holwerda	Orca	9502780	3:04.03	<b>3:13.66</b>	+0,83
100m: 1:34.44	1:34.44	200m: 3:13.66	1:39.22		
6. Aukje Zwart	Avena	9402916	3:17.05	<b>3:14.62</b>	+1,09
100m: 1:34.81	1:34.81	200m: 3:14.62	1:39.81		
7. Amarins Menger	DZ&PC	9406716	3:09.26	<b>3:18.22</b>	+0,78
100m: 1:33.60	1:33.60	200m: 3:18.22	1:44.62		
8. Bregje Tingen	ZCNF'34	9500960	3:08.91	<b>3:18.60</b>	+0,97
100m: 1:33.65	1:33.65	200m: 3:18.60	1:44.95		
9. Yolanda de Vegt	ZCNF'34	9500328	3:12.39	<b>3:20.74</b>	+0,84
100m: 1:37.43	1:37.43	200m: 3:20.74	1:43.31		
10. Anja Mus	SG Middelse-Skelp	9403928	3:10.61	<b>3:24.41</b>	+0,92
100m: 1:38.32	1:38.32	200m: 3:24.41	1:46.09		
11. Sanne Zijlstra	DZ&PC	9401968	3:12.32	<b>3:25.50</b>	+0,87
100m: 1:38.64	1:38.64	200m: 3:25.50	1:46.86		
12. Elbrich Gerritsma	Avena	9500472	3:22.71	<b>3:27.20</b>	+0,94
100m: 1:40.89	1:40.89	200m: 3:27.20	1:46.31		

16 jaar en ouder

1. Lia Dekker	DZ&PC	8700830	2:25.15	<b>2:39.62</b>	+0,83
100m: 1:15.84	1:15.84	200m: 2:39.62	1:23.78		
2. Wendan Poelstra	Orca	9102496	2:42.73	<b>2:49.05</b>	+0,78
100m: 1:19.74	1:19.74	200m: 2:49.05	1:29.31		
3. Karin Dijk van	HZ&PC Heerenveen	8600850	2:49.84	<b>2:54.46</b>	+1,00
100m: 1:24.53	1:24.53	200m: 2:54.46	1:29.93		
4. Paula Duursma	DZ&PC	9300982	2:49.74	<b>2:58.81</b>	+0,68
100m: 1:25.45	1:25.45	200m: 2:58.81	1:33.36		
5. Joyce Duurken	Orca	9205938	2:57.00	<b>3:10.94</b>	+0,94
100m: 1:29.68	1:29.68	200m: 3:10.94	1:41.26		
6. Anna-Jetske Baron	FZC'54	9203044	3:03.69	<b>3:13.23</b>	+0,99
100m: 1:34.56	1:34.56	200m: 3:13.23	1:38.67		
7. Eline Ligthart	De Vikings	9301706	3:07.33	<b>3:15.92</b>	+0,89
100m: 1:34.82	1:34.82	200m: 3:15.92	1:41.10		
8. Grytsje Lanting	SG Middelse-Skelp	9306454	3:05.64	<b>3:16.05</b>	+0,71
100m: 1:34.24	1:34.24	200m: 3:16.05	1:41.81		
9. Femke Hemstra	SG Middelse-Skelp	9305466	3:09.84	<b>3:19.88</b>	+1,03
100m: 1:35.79	1:35.79	200m: 3:19.88	1:44.09		
10. Ankie van der Meer	Orca	9300504	3:05.36	<b>3:21.55</b>	+0,91
100m: 1:37.07	1:37.07	200m: 3:21.55	1:44.48		

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alg. leeftijdsgroep

1. Lia Dekker	DZ&PC	8700830	2:25.15	<b>2:39.62</b>	+0,83
100m: 1:15.84	1:15.84	200m: 2:39.62	1:23.78		
2. Wendan Poelstra	Orca	9102496	2:42.73	<b>2:49.05</b>	+0,78
100m: 1:19.74	1:19.74	200m: 2:49.05	1:29.31		
3. Jessie Smeding	Orca	9504528	2:40.83	<b>2:50.95</b>	+0,82
100m: 1:21.85	1:21.85	200m: 2:50.95	1:29.10		
4. Karin Dijk van	HZ&PC Heerenveen	8600850	2:49.84	<b>2:54.46</b>	+1,00
100m: 1:24.53	1:24.53	200m: 2:54.46	1:29.93		
5. Danielle Boer de	HZ&PC Heerenveen	9404736	2:49.80	<b>2:57.51</b>	+0,83
100m: 1:24.12	1:24.12	200m: 2:57.51	1:33.39		
6. Cynthia Verkaik	de Granaet	9601288	2:49.53	<b>2:58.19</b>	+0,99
100m: 1:27.06	1:27.06	200m: 2:58.19	1:31.13		
7. Paula Duursma	DZ&PC	9300982	2:49.74	<b>2:58.81</b>	+0,68
100m: 1:25.45	1:25.45	200m: 2:58.81	1:33.36		
8. Rixt Menger	DZ&PC	9602052	2:54.41	<b>3:02.75</b>	+0,86
100m: 1:27.46	1:27.46	200m: 3:02.75	1:35.29		
9. Marre Zandringa	Orca	9701136	2:57.19	<b>3:03.34</b>	+0,83
100m: 1:30.45	1:30.45	200m: 3:03.34	1:32.89		
10. Myrna Gorter	Neptunia'24	9503158	3:04.41	<b>3:06.81</b>	+0,88
100m: 1:32.45	1:32.45	200m: 3:06.81	1:34.36		
11. Leandra Vedder	HZ&PC Heerenveen	9600866	3:05.29	<b>3:09.77</b>	+1,00
100m: 1:32.03	1:32.03	200m: 3:09.77	1:37.74		
12. Irene Dotinga	Neptunia'24	9603516	3:05.83	<b>3:09.94</b>	+0,98
100m: 1:32.89	1:32.89	200m: 3:09.94	1:37.05		
13. Joyce Duurken	Orca	9205938	2:57.00	<b>3:10.94</b>	+0,94
100m: 1:29.68	1:29.68	200m: 3:10.94	1:41.26		
14. Melissa Nauta	Orca	9602388	2:58.86	<b>3:11.81</b>	+0,83
100m: 1:33.63	1:33.63	200m: 3:11.81	1:38.18		
15. Willeke Jonkman	ZCNF'34	9604304	3:07.32	<b>3:12.17</b>	+0,84
100m: 1:34.11	1:34.11	200m: 3:12.17	1:38.06		
16. Anna-Jetske Baron	FZC'54	9203044	3:03.69	<b>3:13.23</b>	+0,99
100m: 1:34.56	1:34.56	200m: 3:13.23	1:38.67		
17. Johanna de Boer	ZPD	9403944	3:00.21	<b>3:13.63</b>	+0,91
100m: 1:32.16	1:32.16	200m: 3:13.63	1:41.47		
18. Freya Holwerda	Orca	9502780	3:04.03	<b>3:13.66</b>	+0,83
100m: 1:34.44	1:34.44	200m: 3:13.66	1:39.22		
19. Anneliene Zuidema	SG Middelse-Skelp	9800768	3:01.78	<b>3:13.80</b>	+0,75
100m: 1:34.40	1:34.40	200m: 3:13.80	1:39.40		
20. Aukje Zwart	Avena	9402916	3:17.05	<b>3:14.62</b>	+1,09
100m: 1:34.81	1:34.81	200m: 3:14.62	1:39.81		
21. Aniek Bergsma	HZ&PC Heerenveen	9601088	3:06.76	<b>3:15.37</b>	+0,96
100m: 1:34.01	1:34.01	200m: 3:15.37	1:41.36		
22. Eline Ligthart	De Vikings	9301706	3:07.33	<b>3:15.92</b>	+0,89
100m: 1:34.82	1:34.82	200m: 3:15.92	1:41.10		
23. Grytsje Lanting	SG Middelse-Skelp	9306454	3:05.64	<b>3:16.05</b>	+0,71
100m: 1:34.24	1:34.24	200m: 3:16.05	1:41.81		
24. Maaïke de Ruijter	Orca	9704684	3:10.01	<b>3:16.56</b>	+1,10
100m: 1:35.81	1:35.81	200m: 3:16.56	1:40.75		

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Rang				In.tijd	Tijd	RT
25.	Rebecca Jansen	Orca	9703490	3:12.42	<b>3:16.66</b>	+1,03
	100m: 1:37.06	1:37.06	200m: 3:16.66	1:39.60		
26.	Amarins Menger	DZ&PC	9406716	3:09.26	<b>3:18.22</b>	+0,78
	100m: 1:33.60	1:33.60	200m: 3:18.22	1:44.62		
27.	Bregje Tingen	ZCNF'34	9500960	3:08.91	<b>3:18.60</b>	+0,97
	100m: 1:33.65	1:33.65	200m: 3:18.60	1:44.95		
28.	Amber Bosch	FZC'54	9703368	3:12.88	<b>3:19.08</b>	+0,94
	100m: 1:39.24	1:39.24	200m: 3:19.08	1:39.84		
29.	Winnie de Vries	ZCNF'34	9601456	3:15.94	<b>3:19.16</b>	+0,93
	100m: 1:36.05	1:36.05	200m: 3:19.16	1:43.11		
30.	Lisanne Hassing	De Forel	9702584	3:14.32	<b>3:19.66</b>	+0,91
	100m: 1:37.11	1:37.11	200m: 3:19.66	1:42.55		
31.	Femke Hemstra	SG Middelse-Skelp	9305466	3:09.84	<b>3:19.88</b>	+1,03
	100m: 1:35.79	1:35.79	200m: 3:19.88	1:44.09		
32.	Yolanda de Vegt	ZCNF'34	9500328	3:12.39	<b>3:20.74</b>	+0,84
	100m: 1:37.43	1:37.43	200m: 3:20.74	1:43.31		
33.	Carolien Baarda	Orca	9704060	3:17.96	<b>3:21.15</b>	+0,84
	100m: 1:38.29	1:38.29	200m: 3:21.15	1:42.86		
34.	Ankie van der Meer	Orca	9300504	3:05.36	<b>3:21.55</b>	+0,91
	100m: 1:37.07	1:37.07	200m: 3:21.55	1:44.48		
35.	Nynke Klokman	DZ&PC	9801424	3:16.23	<b>3:23.61</b>	+0,77
	100m: 1:41.09	1:41.09	200m: 3:23.61	1:42.52		
36.	Simone Mus	SG Middelse-Skelp	9601932	3:11.10	<b>3:24.08</b>	+0,91
	100m: 1:40.49	1:40.49	200m: 3:24.08	1:43.59		
37.	Anja Mus	SG Middelse-Skelp	9403928	3:10.61	<b>3:24.41</b>	+0,92
	100m: 1:38.32	1:38.32	200m: 3:24.41	1:46.09		
38.	Sanne Zijlstra	DZ&PC	9401968	3:12.32	<b>3:25.50</b>	+0,87
	100m: 1:38.64	1:38.64	200m: 3:25.50	1:46.86		
39.	Amber v/d Ley	Avena	9705172	3:24.84	<b>3:25.90</b>	+1,04
	100m: 1:42.28	1:42.28	200m: 3:25.90	1:43.62		
40.	Marieke Dijkstra	Avena	9602122	3:13.31	<b>3:26.11</b>	+0,96
	100m: 1:37.85	1:37.85	200m: 3:26.11	1:48.26		
41.	Carmen Weistra	Orca	9802148	3:23.49	<b>3:26.54</b>	+0,89
	100m: 1:41.16	1:41.16	200m: 3:26.54	1:45.38		
42.	K. Stavorinus	ZPD	9704122	3:13.16	<b>3:27.10</b>	+0,95
	100m: 1:37.88	1:37.88	200m: 3:27.10	1:49.22		
43.	Elbrich Gerritsma	Avena	9500472	3:22.71	<b>3:27.20</b>	+0,94
	100m: 1:40.89	1:40.89	200m: 3:27.20	1:46.31		
44.	Astrid de Vegt	ZCNF'34	9800036	3:28.56	<b>3:28.43</b>	+0,98
	100m: 1:43.00	1:43.00	200m: 3:28.43	1:45.43		
45.	Wendy van Cleef	Orca	9802760	3:27.53	<b>3:28.68</b>	+0,98
	100m: 1:43.27	1:43.27	200m: 3:28.68	1:45.41		
46.	Rixt Meijer	HZ&PC Heerenveen	9700202	3:19.19	<b>3:29.05</b>	+0,91
	100m: 1:41.86	1:41.86	200m: 3:29.05	1:47.19		
47.	Reina Dijkstra	HZ&PC Heerenveen	9600342	3:19.63	<b>3:29.83</b>	+0,88
	100m: 1:40.44	1:40.44	200m: 3:29.83	1:49.39		
48.	Marike de Boer	de Granaet	9705302	3:23.88	<b>3:30.65</b>	
	100m: 1:43.17	1:43.17	200m: 3:30.65	1:47.48		

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Programmanr. 10, Dames, 200m schoolslag, alg. leeftijdsgroep

Rang				In.tijd	Tijd	RT	
49.	Brecht Buis	Neptunia'24	9803854	3:30.70	<b>3:31.70</b>	+1,09	
	100m: 1:43.71	1:43.71	200m: 3:31.70	1:47.99			
50.	Kinge Zandringa	Orca	9801422	3:36.16	<b>3:32.92</b>	+0,85	
	100m: 1:44.10	1:44.10	200m: 3:32.92	1:48.82			
51.	Rianne Weggemans	ZCNF'34	9703306	3:28.11	<b>3:32.98</b>	+0,91	
	100m: 1:44.34	1:44.34	200m: 3:32.98	1:48.64			
52.	Martine van Sluis	De Vikings	9702888	3:20.50	<b>3:33.52</b>	+1,00	
	100m: 1:42.47	1:42.47	200m: 3:33.52	1:51.05			
53.	Nynke Ytsma	Wetterwille	9701654	3:24.65	<b>3:34.25</b>	+0,88	
	100m: 1:43.78	1:43.78	200m: 3:34.25	1:50.47			
54.	Anna Regnerus	Wetterwille	9701656	3:27.76	<b>3:34.30</b>	+0,88	
	100m: 1:44.78	1:44.78	200m: 3:34.30	1:49.52			
55.	Bianca Jongsma	Avena	9601006	3:22.07	<b>3:37.03</b>	+0,86	
	100m: 1:45.00	1:45.00	200m: 3:37.03	1:52.03			
56.	Brigitte van der Veen	de Granaet	9802600	3:33.06	<b>3:37.84</b>	+0,92	
	100m: 1:44.66	1:44.66	200m: 3:37.84	1:53.18			
57.	Lisa Rozema	FZC'54	9600860	3:22.60	<b>3:37.85</b>	+0,86	
	100m: 1:45.59	1:45.59	200m: 3:37.85	1:52.26			
58.	Marlies v/d Brug	DZ&PC	9801428	3:32.32	<b>3:41.07</b>	+0,85	
	100m: 1:44.59	1:44.59	200m: 3:41.07	1:56.48			
59.	Rixt-Nynke Baron	FZC'54	9601896	3:21.64	<b>3:46.37</b>	+0,99	
	100m: 1:49.86	1:49.86	200m: 3:46.37	1:56.51			
60.	Nienke Postma	Orca	9801096	3:33.01	<b>3:52.27</b>		
	100m: 1:52.31	1:52.31	200m: 3:52.27	1:59.96			
BM	Lisa den Braber	KNZB Gsn	92lbr	3:31.00	<b>3:27.56</b>	+0,76	SB7
	100m: 1:40.20	1:40.20	200m: 3:27.56	1:47.36			

Programmanr. 11  
15.5.10

Heren, 4 x 200m vrije slag

alg. leeftijdsgroep  
Resultaten

Rang				In.tijd	Tijd	RT	
1.	HZ&PC Heerenveen 1	HZ&PC Heerenveen		8:04.26	<b>8:26.97</b>	+0,72	
	Casper Hut	+0,72	1:01.36	2:09.57	Jelmer Meijer	+0,44	1:02.21 2:08.95
	Dennis Bos	+0,21	59.50	2:07.54	Dennis Mooij	+0,49	57.92 2:00.91
2.	Orca 1	Orca		8:08.33	<b>8:34.39</b>	+0,81	
	Vincent van Iperen	+0,81	1:01.18	2:07.93	Gijs Gertsen	+0,49	1:04.26 2:12.80
	Michael Westers	+0,56	58.86	2:03.12	Michiel Punter	+0,29	58.83 2:10.54
3.	DZ&PC 2	DZ&PC		8:27.42	<b>8:43.70</b>	+0,64	
	Jorn Steenberg	+0,64	1:07.99	2:20.16	Erik Nijholt	+0,60	1:01.38 2:05.22
	Jonathan Rozema	+0,45	1:01.79	2:08.29	Maiko Postma	+0,37	1:01.66 2:10.03
4.	Orca 2	Orca		8:47.09	<b>8:54.15</b>	+0,73	
	Bram ter Ellen	+0,73	1:06.02	2:18.72	Willem Kees Roos	+0,53	57.86 2:00.66
	Pieter Ytsma	+0,46	1:04.53	2:14.00	Myrdin Willemsse	+0,49	1:04.74 2:20.77
5.	DZ&PC 1	DZ&PC		8:09.55	<b>8:54.27</b>	+0,80	
	Oebele v/d Velde	+0,80	1:05.88	2:21.29	Rycklef Epema	+0,64	1:07.38 2:20.15
	Remco Kamps	+0,21	1:00.79	2:10.04	Erik Hagting	+0,59	58.52 2:02.79
6.	HZ&PC Heerenveen 2	HZ&PC Heerenveen		8:43.52	<b>9:04.73</b>	+0,86	
	Jelmer Waterlander	+0,86	1:02.80	2:11.29	Rick Mooij	+0,62	1:08.13 2:23.35
	Matthijs Ganzevoort	+0,42	1:05.06	2:17.41	Christiaan van Dijk	+0,56	1:02.35 2:12.68



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Programmanr. 11, Heren, 4 x 200m vrije slag, alg. leeftijdsgroep

Rang	In.tijd	Tijd	RT
7. HZ&PC Heerenveen 3 HZ&PC Heerenveen	9:04.07	<b>9:34.81</b>	+0,77
Sander Akkerman	+0,77 1:06.74 2:22.85	Ruben Bonnema	+0,45 1:09.98 2:25.65
Mathijs Mulder	+0,51 1:11.42 2:31.33	Maxim Veldhuis	+0,41 1:03.29 2:14.98
8. Orca 3 Orca	9:55.29	<b>10:12.49</b>	+0,85
Jens Kuitert	+0,85 1:10.28 2:27.73	Willem Heijting	+0,63 1:10.93 2:32.13
Stuart Vis	+0,50 1:13.22 2:30.64	Jelmer Postma	+0,45 1:16.96 2:41.99
9. HZ&PC Heerenveen 4 HZ&PC Heerenveen	10:17.40	<b>10:26.92</b>	+0,77
Janco Molen van der	+0,77 1:12.48 2:32.01	Jacob Sikkes	+0,12 1:09.59 2:37.04
Niels Visser	+0,60 1:18.30 2:43.58	Marc de Vries	+0,26 1:14.58 2:34.29

Programmanr. 12 Dames, 800m vrije slag alg. leeftijdsgroep  
15.5.10 Resultaten

Rang	In.tijd	Tijd	RT
11 jaar			
1. Kinge Zandringa Orca	9801422	11:13.58	<b>11:12.70</b>
100m: 1:15.91 1:15.91	300m: 4:06.82 1:26.78	500m: 7:00.34 1:26.60	700m: 9:50.78 1:24.33
200m: 2:40.04 1:24.13	400m: 5:33.74 1:26.92	600m: 8:26.45 1:26.11	800m: 11:12.70 1:21.92
12 jaar			
1. Marre Zandringa Orca	9701136	10:24.29	<b>10:18.86</b>
100m: 1:10.97 1:10.97	300m: 3:46.80 1:17.79	500m: 6:23.79 1:19.44	700m: 9:02.56 1:19.35
200m: 2:29.01 1:18.04	400m: 5:04.35 1:17.55	600m: 7:43.21 1:19.42	800m: 10:18.86 1:16.30
13 jaar			
1. Evelien van Ruiten Orca	9602924	9:36.24	<b>9:55.45</b>
100m: 1:09.38 1:09.38	300m: 3:37.80 1:14.49	500m: 6:11.51 1:16.79	700m: 8:42.89 1:15.75
200m: 2:23.31 1:13.93	400m: 4:54.72 1:16.92	600m: 7:27.14 1:15.63	800m: 9:55.45 1:12.56
2. Desiree Vedder HZ&PC Heerenveen	9600864	10:45.78	<b>10:46.09</b>
100m: 1:15.73 1:15.73	300m: 4:02.64 1:23.85	500m: 6:48.07 1:22.88	700m: 9:31.54 1:21.32
200m: 2:38.79 1:23.06	400m: 5:25.19 1:22.55	600m: 8:10.22 1:22.15	800m: 10:46.09 1:14.55
3. Mirthe Alkema Orca	9603616	10:49.37	<b>10:49.15</b>
100m: 1:15.62 1:15.62	300m: 4:01.77 1:23.37	500m: 6:47.97 1:23.09	700m: 9:32.70 1:21.76
200m: 2:38.40 1:22.78	400m: 5:24.88 1:23.11	600m: 8:10.94 1:22.97	800m: 10:49.15 1:16.45
14 - 15 jaar			
1. Fiona van Heerde Orca	9403660	10:14.00	<b>10:15.84</b>
100m: 1:11.36 1:11.36	300m: 3:45.14 1:17.20	500m: 6:22.00 1:19.23	700m: 8:59.68 1:18.58
200m: 2:27.94 1:16.58	400m: 5:02.77 1:17.63	600m: 7:41.10 1:19.10	800m: 10:15.84 1:16.16
2. Freya Holwerda Orca	9502780	10:30.14	<b>10:50.49</b>
100m: 1:13.17 1:13.17	300m: 3:55.84 1:21.86	500m: 6:43.27 1:23.90	700m: 9:28.65 1:22.94
200m: 2:33.98 1:20.81	400m: 5:19.37 1:23.53	600m: 8:05.71 1:22.44	800m: 10:50.49 1:21.84
3. Rixt Wilbers de Granaet	9503480	10:39.76	<b>10:54.33</b>
100m: 1:16.34 1:16.34	300m: 4:03.80 1:24.82	500m: 6:52.85 1:24.28	700m: 9:36.35 1:21.26
200m: 2:38.98 1:22.64	400m: 5:28.57 1:24.77	600m: 8:15.09 1:22.24	800m: 10:54.33 1:17.98
4. Maayke de Boer de Granaet	9505906	10:43.49	<b>11:30.88</b>
100m: 1:19.55 1:19.55	300m: 4:13.47 1:27.12	500m: 7:10.83 1:28.49	700m: 10:06.41 1:26.94
200m: 2:46.35 1:26.80	400m: 5:42.34 1:28.87	600m: 8:39.47 1:28.64	800m: 11:30.88 1:24.47
OPG Henny de Vries HZ&PC Heerenveen	9500556	11:18.64	+0,89
<i>AF - Niet de aangegeven afstand gezwommen. (geen tijden noteren)</i>			

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Programmanr. 12, Dames, 800m vrije slag

16 jaar en ouder

1. Wendan Poelstra	Orca	9102496	9:31.12	<b>9:41.36</b>	+0,78						
100m:	1:09.48	1:09.48	300m:	3:35.58	1:12.27	500m:	6:01.63	1:13.20	700m:	8:29.92	1:14.30
200m:	2:23.31	1:13.83	400m:	4:48.43	1:12.85	600m:	7:15.62	1:13.99	800m:	9:41.36	1:11.44
2. Nanda de Vries	HZ&PC Heerenveen	9204328	10:08.74	<b>10:31.28</b>	+0,91						
100m:	1:11.80	1:11.80	300m:	3:49.47	1:19.28	500m:	6:30.47	1:20.92	700m:	9:12.95	1:20.90
200m:	2:30.19	1:18.39	400m:	5:09.55	1:20.08	600m:	7:52.05	1:21.58	800m:	10:31.28	1:18.33
3. Lysbeth Wiersma	HZ&PC Heerenveen	9204486	10:36.67	<b>10:34.44</b>	+0,74						
100m:	1:12.45	1:12.45	300m:	3:54.61	1:20.57	500m:	6:36.45	1:21.21	700m:	9:18.94	1:20.68
200m:	2:34.04	1:21.59	400m:	5:15.24	1:20.63	600m:	7:58.26	1:21.81	800m:	10:34.44	1:15.50
4. Marjolein Tissingh	HZ&PC Heerenveen	8904130	10:37.36	<b>12:01.81</b>	+0,98						
100m:	1:18.52	1:18.52	300m:	4:20.88	1:32.73	500m:	7:27.02	1:33.19	700m:	10:32.84	1:32.40
200m:	2:48.15	1:29.63	400m:	5:53.83	1:32.95	600m:	9:00.44	1:33.42	800m:	12:01.81	1:28.97

alg. leeftijdsgroep

1. Wendan Poelstra	Orca	9102496	9:31.12	<b>9:41.36</b>	+0,78						
100m:	1:09.48	1:09.48	300m:	3:35.58	1:12.27	500m:	6:01.63	1:13.20	700m:	8:29.92	1:14.30
200m:	2:23.31	1:13.83	400m:	4:48.43	1:12.85	600m:	7:15.62	1:13.99	800m:	9:41.36	1:11.44
2. Evelien van Ruiten	Orca	9602924	9:36.24	<b>9:55.45</b>	+0,85						
100m:	1:09.38	1:09.38	300m:	3:37.80	1:14.49	500m:	6:11.51	1:16.79	700m:	8:42.89	1:15.75
200m:	2:23.31	1:13.93	400m:	4:54.72	1:16.92	600m:	7:27.14	1:15.63	800m:	9:55.45	1:12.56
3. Fiona van Heerde	Orca	9403660	10:14.00	<b>10:15.84</b>	+0,90						
100m:	1:11.36	1:11.36	300m:	3:45.14	1:17.20	500m:	6:22.00	1:19.23	700m:	8:59.68	1:18.58
200m:	2:27.94	1:16.58	400m:	5:02.77	1:17.63	600m:	7:41.10	1:19.10	800m:	10:15.84	1:16.16
4. Marre Zandringa	Orca	9701136	10:24.29	<b>10:18.86</b>	+0,89						
100m:	1:10.97	1:10.97	300m:	3:46.80	1:17.79	500m:	6:23.79	1:19.44	700m:	9:02.56	1:19.35
200m:	2:29.01	1:18.04	400m:	5:04.35	1:17.55	600m:	7:43.21	1:19.42	800m:	10:18.86	1:16.30
5. Nanda de Vries	HZ&PC Heerenveen	9204328	10:08.74	<b>10:31.28</b>	+0,91						
100m:	1:11.80	1:11.80	300m:	3:49.47	1:19.28	500m:	6:30.47	1:20.92	700m:	9:12.95	1:20.90
200m:	2:30.19	1:18.39	400m:	5:09.55	1:20.08	600m:	7:52.05	1:21.58	800m:	10:31.28	1:18.33
6. Lysbeth Wiersma	HZ&PC Heerenveen	9204486	10:36.67	<b>10:34.44</b>	+0,74						
100m:	1:12.45	1:12.45	300m:	3:54.61	1:20.57	500m:	6:36.45	1:21.21	700m:	9:18.94	1:20.68
200m:	2:34.04	1:21.59	400m:	5:15.24	1:20.63	600m:	7:58.26	1:21.81	800m:	10:34.44	1:15.50
7. Desiree Vedder	HZ&PC Heerenveen	9600864	10:45.78	<b>10:46.09</b>	+0,91						
100m:	1:15.73	1:15.73	300m:	4:02.64	1:23.85	500m:	6:48.07	1:22.88	700m:	9:31.54	1:21.32
200m:	2:38.79	1:23.06	400m:	5:25.19	1:22.55	600m:	8:10.22	1:22.15	800m:	10:46.09	1:14.55
8. Mirthe Alkema	Orca	9603616	10:49.37	<b>10:49.15</b>	+0,84						
100m:	1:15.62	1:15.62	300m:	4:01.77	1:23.37	500m:	6:47.97	1:23.09	700m:	9:32.70	1:21.76
200m:	2:38.40	1:22.78	400m:	5:24.88	1:23.11	600m:	8:10.94	1:22.97	800m:	10:49.15	1:16.45
9. Freya Holwerda	Orca	9502780	10:30.14	<b>10:50.49</b>	+0,95						
100m:	1:13.17	1:13.17	300m:	3:55.84	1:21.86	500m:	6:43.27	1:23.90	700m:	9:28.65	1:22.94
200m:	2:33.98	1:20.81	400m:	5:19.37	1:23.53	600m:	8:05.71	1:22.44	800m:	10:50.49	1:21.84
10. Rixt Wilbers	de Granaet	9503480	10:39.76	<b>10:54.33</b>	+0,98						
100m:	1:16.34	1:16.34	300m:	4:03.80	1:24.82	500m:	6:52.85	1:24.28	700m:	9:36.35	1:21.26
200m:	2:38.98	1:22.64	400m:	5:28.57	1:24.77	600m:	8:15.09	1:22.24	800m:	10:54.33	1:17.98
11. Kinge Zandringa	Orca	9801422	11:13.58	<b>11:12.70</b>	+0,82						
100m:	1:15.91	1:15.91	300m:	4:06.82	1:26.78	500m:	7:00.34	1:26.60	700m:	9:50.78	1:24.33
200m:	2:40.04	1:24.13	400m:	5:33.74	1:26.92	600m:	8:26.45	1:26.11	800m:	11:12.70	1:21.92
12. Maayke de Boer	de Granaet	9505906	10:43.49	<b>11:30.88</b>	+1,04						
100m:	1:19.55	1:19.55	300m:	4:13.47	1:27.12	500m:	7:10.83	1:28.49	700m:	10:06.41	1:26.94
200m:	2:46.35	1:26.80	400m:	5:42.34	1:28.87	600m:	8:39.47	1:28.64	800m:	11:30.88	1:24.47
13. Marjolein Tissingh	HZ&PC Heerenveen	8904130	10:37.36	<b>12:01.81</b>	+0,98						
100m:	1:18.52	1:18.52	300m:	4:20.88	1:32.73	500m:	7:27.02	1:33.19	700m:	10:32.84	1:32.40
200m:	2:48.15	1:29.63	400m:	5:53.83	1:32.95	600m:	9:00.44	1:33.42	800m:	12:01.81	1:28.97

Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 12, Dames, 800m vrije slag, alg. leeftijdsgroep

Rang			In.tijd	Tijd	RT
OPG	Henny de Vries	HZ&PC Heerenveen	9500556	11:18.64	+0,89
	<i>AF - Niet de aangegeven afstand gezwommen. (geen tijden noteren)</i>				

Programmanr. 13 Dames, 100m vlinderslag alg. leeftijdsgroep  
15.5.10 Resultaten

Rang			In.tijd	Tijd	RT
11 jaar					
1.	Kinge Zandringa	Orca	9801422	1:24.26	<b>1:20.30</b> +0,97
2.	Anneliene Zuidema	SG Middelse-Skelp	9800768	1:19.48	<b>1:23.30</b> +0,77
3.	Ellen Jager	PWC Buitenpost	9801384	1:21.80	<b>1:25.81</b> +0,93
4.	Carmen Weistra	Orca	9802148	1:20.85	<b>1:26.61</b> +0,91
12 jaar					
1.	Marre Zandringa	Orca	9701136	1:10.89	<b>1:16.51</b> +0,90
2.	Nynke Ytsma	Wetterwille	9701654	1:23.90	<b>1:20.64</b> +0,94
3.	Esther Visser	De Vikings	9700544	1:21.62	<b>1:21.03</b> +0,95
13 jaar					
1.	Cynthia Verkaik	de Granaet	9601288	1:13.11	<b>1:11.66</b> +0,89
2.	Evelien van Ruiten	Orca	9602924	1:14.04	<b>1:13.37</b> +0,86
3.	Desiree Vedder	HZ&PC Heerenveen	9600864	1:14.76	<b>1:15.83</b> +0,83
4.	Leandra Vedder	HZ&PC Heerenveen	9600866	1:21.26	<b>1:18.89</b> +0,92
5.	Rixt Menger	DZ&PC	9602052	1:20.07	<b>1:18.99</b> +0,83
6.	Jill Muller	DZ&PC	9600728	1:15.97	<b>1:20.59</b> +0,87
7.	Rixt-Nynke Baron	FZC'54	9601896	1:20.70	<b>1:22.63</b> +1,01
8.	Marieke Dijkstra	Avena	9602122	1:21.36	<b>1:23.57</b> +0,95
9.	Simone Mus	SG Middelse-Skelp	9601932	1:20.12	<b>1:24.05</b> +0,95
10.	Indyra Hummel	ZCNF'34	9600624	1:19.64	<b>1:24.15</b> +1,04
11.	Julia Zwertbroek	HZ&PC Heerenveen	9600950	1:20.60	<b>1:25.77</b> +0,90
14 - 15 jaar					
1.	Femke Leenstra	Orca	9503038	1:04.50	<b>1:06.36</b> +0,85
2.	Jessie Smeding	Orca	9504528	1:10.81	<b>1:13.04</b> +0,82
3.	Myrthe Sijtsma	HZ&PC Heerenveen	9502706	1:13.80	<b>1:16.70</b> +0,88
4.	Kelly de Jong	HZ&PC Heerenveen	9501920	1:16.30	<b>1:17.98</b> +0,96
5.	Johanna de Boer	ZPD	9403944	1:16.97	<b>1:20.73</b> +0,89
6.	Rixt Wilbers	de Granaet	9503480	1:17.66	<b>1:21.45</b> +0,92
7.	Freya Holwerda	Orca	9502780	1:18.24	<b>1:21.70</b> +0,86
8.	Myrna Gorter	Neptunia'24	9503158	1:19.58	<b>1:21.72</b> +0,88
9.	Claudia Damski	DZ&PC	9402346	1:20.51	<b>1:24.93</b> +0,86
10.	Femke Groos	DZ&PC	9404492	1:19.44	<b>1:28.91</b> +0,84
16 jaar en ouder					
1.	Wendan Poelstra	Orca	9102496	1:05.44	<b>1:06.63</b> +0,76
2.	Lia Dekker	DZ&PC	8700830	1:13.60	<b>1:08.67</b> +0,82
3.	Josephine Meerman	DZ&PC	9304258	1:12.74	<b>1:12.72</b> +0,83
4.	Jolanda Cnossen	Neptunia'24	8600712	1:13.06	<b>1:17.09</b> +0,92
5.	Femke de Jong	Orca	9306390	1:15.72	<b>1:17.68</b> +0,95
6.	Renske de Groot	DZ&PC	9300276	1:14.49	<b>1:18.87</b> +0,89
7.	Iris Rozema	FZC'54	9305108	1:15.23	<b>1:19.10</b> +0,92

Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 13, Dames, 100m vlinderslag, 16 jaar en ouder

Rang			In.tijd	Tijd	RT		
8.	Lysbeth Wiersma	HZ&PC Heerenveen	9204486	1:15.32	<b>1:20.38</b>	+0,72	
alg. leeftijdsgroep							
1.	Femke Leenstra	Orca	9503038	1:04.50	<b>1:06.36</b>	+0,85	
2.	Wendan Poelstra	Orca	9102496	1:05.44	<b>1:06.63</b>	+0,76	
3.	Lia Dekker	DZ&PC	8700830	1:13.60	<b>1:08.67</b>	+0,82	
4.	Cynthia Verkaik	de Granaet	9601288	1:13.11	<b>1:11.66</b>	+0,89	
5.	Josephine Meerman	DZ&PC	9304258	1:12.74	<b>1:12.72</b>	+0,83	
6.	Jessie Smeding	Orca	9504528	1:10.81	<b>1:13.04</b>	+0,82	
7.	Evelien van Ruiten	Orca	9602924	1:14.04	<b>1:13.37</b>	+0,86	
8.	Desiree Vedder	HZ&PC Heerenveen	9600864	1:14.76	<b>1:15.83</b>	+0,83	
9.	Marre Zandringa	Orca	9701136	1:10.89	<b>1:16.51</b>	+0,90	
10.	Myrthe Sijtsema	HZ&PC Heerenveen	9502706	1:13.80	<b>1:16.70</b>	+0,88	
11.	Jolanda Cnossen	Neptunia'24	8600712	1:13.06	<b>1:17.09</b>	+0,92	
12.	Femke de Jong	Orca	9306390	1:15.72	<b>1:17.68</b>	+0,95	
13.	Kelly de Jong	HZ&PC Heerenveen	9501920	1:16.30	<b>1:17.98</b>	+0,96	
14.	Renske de Groot	DZ&PC	9300276	1:14.49	<b>1:18.87</b>	+0,89	
15.	Leandra Vedder	HZ&PC Heerenveen	9600866	1:21.26	<b>1:18.89</b>	+0,92	
16.	Rixt Menger	DZ&PC	9602052	1:20.07	<b>1:18.99</b>	+0,83	
17.	Iris Rozema	FZC'54	9305108	1:15.23	<b>1:19.10</b>	+0,92	
18.	Kinge Zandringa	Orca	9801422	1:24.26	<b>1:20.30</b>	+0,97	
19.	Lysbeth Wiersma	HZ&PC Heerenveen	9204486	1:15.32	<b>1:20.38</b>	+0,72	
20.	Jill Muller	DZ&PC	9600728	1:15.97	<b>1:20.59</b>	+0,87	
21.	Nynke Ytsma	Wetterwille	9701654	1:23.90	<b>1:20.64</b>	+0,94	
22.	Johanna de Boer	ZPD	9403944	1:16.97	<b>1:20.73</b>	+0,89	
23.	Esther Visser	De Vikings	9700544	1:21.62	<b>1:21.03</b>	+0,95	
24.	Rixt Wilbers	de Granaet	9503480	1:17.66	<b>1:21.45</b>	+0,92	
25.	Freya Holwerda	Orca	9502780	1:18.24	<b>1:21.70</b>	+0,86	
26.	Myrna Gorter	Neptunia'24	9503158	1:19.58	<b>1:21.72</b>	+0,88	
27.	Rixt-Nynke Baron	FZC'54	9601896	1:20.70	<b>1:22.63</b>	+1,01	
28.	Anneliene Zuidema	SG Middelse-Skelp	9800768	1:19.48	<b>1:23.30</b>	+0,77	
29.	Marieke Dijkstra	Avena	9602122	1:21.36	<b>1:23.57</b>	+0,95	
30.	Simone Mus	SG Middelse-Skelp	9601932	1:20.12	<b>1:24.05</b>	+0,95	
31.	Indyra Hummel	ZCNF'34	9600624	1:19.64	<b>1:24.15</b>	+1,04	
32.	Claudia Damski	DZ&PC	9402346	1:20.51	<b>1:24.93</b>	+0,86	
33.	Julia Zwertbroek	HZ&PC Heerenveen	9600950	1:20.60	<b>1:25.77</b>	+0,90	
34.	Ellen Jager	PWC Buitenpost	9801384	1:21.80	<b>1:25.81</b>	+0,93	
35.	Carmen Weistra	Orca	9802148	1:20.85	<b>1:26.61</b>	+0,91	
36.	Femke Groos	DZ&PC	9404492	1:19.44	<b>1:28.91</b>	+0,84	
BM	Chantal Molenkamp	KNZB Gsn	9002624	1:15.00	<b>1:14.26</b>	+0,80	S10
BM	Marije Oosterhuis	KNZB Gsn	9500318	1:31.00	<b>1:34.64</b>	+0,88	S10
BM	Lisa den Braber	KNZB Gsn	92lbr	1:34.00	<b>1:48.65</b>	+0,78	S8



Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 14, Heren, 100m vrije slag, 18 jaar en ouder

Rang			In.tijd	Tijd	RT	
6.	Casper Hut	HZ&PC Heerenveen	7800471	54.33	<b>58.17</b>	+0,72
7.	Jorrit Visser	FZC'54	8903393	56.97	<b>58.37</b>	+0,88
8.	Jildert Prins	FZC'54	8902509	55.96	<b>59.44</b>	+0,82
9.	Hendrik Ben v/d Boon	ZPD	8804761	57.93	<b>1:00.26</b>	+0,65
10.	Rick Mooij	HZ&PC Heerenveen	9106571	56.80	<b>1:01.72</b>	+0,89

alg. leeftijdsgroep

1.	Dennis Mooij	HZ&PC Heerenveen	8902201	51.78	<b>53.74</b>	+0,74
2.	Michiel Punter	Orca	8401823	54.02	<b>54.84</b>	+0,82
3.	Wouter Sikma	Neptunia'24	9302335	55.21	<b>56.36</b>	+0,82
4.	Remco Kamps	DZ&PC	9001465	54.48	<b>56.46</b>	+0,77
5.	Erik Nijholt	DZ&PC	9401349	56.02	<b>56.61</b>	+0,79
6.	Vincent van Iperen	Orca	9106179	53.59	<b>56.84</b>	+0,79
7.	Erik Hagting	DZ&PC	9100829	54.98	<b>56.93</b>	+0,78
8.	Arno Nieuwhof	FZC'54	9302375	55.54	<b>56.96</b>	+0,69
9.	Willem Kees Roos	Orca	9402693	53.72	<b>57.05</b>	+0,93
10.	Maiko Postma	DZ&PC	9400963	55.12	<b>57.23</b>	+0,71
11.	Michael Westers	Orca	9204263	55.78	<b>57.43</b>	+0,72
12.	Ramon Fredrik	Wetterwille	9403933	57.60	<b>57.73</b>	+0,76
13.	Casper Hut	HZ&PC Heerenveen	7800471	54.33	<b>58.17</b>	+0,72
14.	Jorrit Visser	FZC'54	8903393	56.97	<b>58.37</b>	+0,88
15.	Jonathan Rozema	DZ&PC	9501157	56.81	<b>58.57</b>	+0,77
16.	Christiaan van Dijk	HZ&PC Heerenveen	9200245	55.67	<b>58.96</b>	+0,87
17.	Jildert Prins	FZC'54	8902509	55.96	<b>59.44</b>	+0,82
18.	Gijs Gertsen	Orca	9303485	56.75	<b>59.93</b>	+0,93
19.	Myrdin Willemse	Orca	9500951	59.39	<b>1:00.15</b>	+0,86
20.	Hendrik Ben v/d Boon	ZPD	8804761	57.93	<b>1:00.26</b>	+0,65
21.	Matthijs Ganzevoort	HZ&PC Heerenveen	9305533	59.43	<b>1:00.95</b>	+0,87
22.	Pieter Ytsma	Orca	9501809	1:00.09	<b>1:01.72</b>	+0,77
	Rick Mooij	HZ&PC Heerenveen	9106571	56.80	<b>1:01.72</b>	+0,89
24.	Rycklef Epema	DZ&PC	9202787	58.92	<b>1:01.89</b>	+0,81
25.	Alex Odinga	SG Middelse-Skelp	9205557	1:00.82	<b>1:02.17</b>	+0,87
26.	Aydin Hummel	ZCNF'34	9201577	57.91	<b>1:02.44</b>	+0,95
27.	Oebele v/d Velde	DZ&PC	9502731	1:02.03	<b>1:02.47</b>	+0,92
28.	Bram ter Ellen	Orca	9402689	1:00.86	<b>1:02.50</b>	+0,81
29.	Cor Sytsma	SG. Bolsward-Workum	9503385	1:03.54	<b>1:03.12</b>	+0,77
30.	Sander Akkerman	HZ&PC Heerenveen	9501527	1:01.60	<b>1:03.23</b>	+0,76
31.	Robin de Joode	de Granaet	9601371	1:04.37	<b>1:03.90</b>	+0,74
32.	Minne Koopmans	Neptunia'24	9603557	1:05.63	<b>1:03.91</b>	+0,77
33.	Harm Lemstra	De Vikings	9305009	1:01.82	<b>1:03.97</b>	+0,88
34.	Allard Veenstra	ZCNF'34	9703453	1:08.16	<b>1:04.42</b>	+0,90
35.	Rick Halma	De Vikings	9505121	1:01.78	<b>1:04.46</b>	+1,05
36.	Jens Kuitert	Orca	9603891	1:05.49	<b>1:05.27</b>	+0,92
37.	J. Benedictus	PWC Buitenpost	9401149	1:01.84	<b>1:05.58</b>	+1,13
38.	Ruben Bonnema	HZ&PC Heerenveen	9504389	1:03.71	<b>1:05.72</b>	+0,74
39.	Jorn Steenbergen	DZ&PC	9700039	1:07.97	<b>1:05.86</b>	+0,75
40.	Jelmer Groos	DZ&PC	9602945	1:05.84	<b>1:05.87</b>	+0,67
41.	Mathijs Mulder	HZ&PC Heerenveen	9700071	1:04.93	<b>1:06.06</b>	+0,76
42.	Stuart Vis	Orca	9702991	1:09.07	<b>1:06.64</b>	+0,88
43.	Marcel van der Heide	De Vikings	9701503	1:08.30	<b>1:08.82</b>	+0,73
44.	Koen van der Eems	Wetterwille	9700807	1:07.26	<b>1:08.88</b>	+0,91

Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 14, Heren, 100m vrije slag

BM Mike van der Zanden	KNZB Gsn	87mza	55.00	<b>58.21</b>	+0,93	S10
BM Michel Tielbeke	KNZB Gsn	81mti	58.50	<b>59.04</b>	+0,79	S13
BM Marc Evers	KNZB Gsn	91mev	58.50	<b>59.30</b>	+0,90	S14
BM Maurice Deelen	KNZB Gsn	71mde	58.80	<b>1:00.67</b>	+0,93	S8
BM Wessel Everloo	KNZB Gsn	89wev	1:04.00	<b>1:01.49</b>	+0,89	S14
BM Thijs van den End	KNZB Gsn	93ten	1:03.00	<b>1:05.25</b>	+1,06	S9
BM Simon Boer	KNZB Gsn	95sbo	1:09.00	<b>1:09.54</b>	+0,85	S9
BM Michael Schoenmaker	KNZB Gsn	83msc	1:30.40	<b>1:35.08</b>		S4

Programmanr. 15  
15.5.10

Dames, 200m vrije slag

alg. leeftijdsgroep  
Resultaten

Rang			In.tijd	Tijd	RT	
11 jaar						
1.	Kinge Zandringa	Orca	9801422	2:37.92	<b>2:33.28</b>	+0,75
	100m: 1:14.77	1:14.77	200m: 2:33.28	1:18.51		
2.	Nynke Klokman	DZ&PC	9801424	2:37.27	<b>2:33.66</b>	+0,84
	100m: 1:15.80	1:15.80	200m: 2:33.66	1:17.86		
3.	Anneliene Zuidema	SG Middelse-Skelp	9800768	2:28.63	<b>2:35.62</b>	+0,73
	100m: 1:14.57	1:14.57	200m: 2:35.62	1:21.05		
4.	Hanny van Dijk	Orca	9804514	2:39.88	<b>2:39.52</b>	+0,67
	100m: 1:17.55	1:17.55	200m: 2:39.52	1:21.97		
5.	Carmen Weistra	Orca	9802148	2:42.16	<b>2:40.14</b>	+0,78
	100m: 1:18.50	1:18.50	200m: 2:40.14	1:21.64		
6.	Jildou Temming	Avena	9802768	2:46.42	<b>2:50.26</b>	+0,83
	100m: 1:23.84	1:23.84	200m: 2:50.26	1:26.42		
7.	Linda Noord	DZ&PC	9800454	2:48.46	<b>2:51.58</b>	+0,77
	100m: 1:23.98	1:23.98	200m: 2:51.58	1:27.60		
12 jaar						
1.	Marre Zandringa	Orca	9701136	2:12.24	<b>2:19.32</b>	+0,85
	100m: 1:08.13	1:08.13	200m: 2:19.32	1:11.19		
2.	Clariss de Vries	DZ&PC	9700942	2:24.54	<b>2:25.87</b>	+0,84
	100m: 1:10.72	1:10.72	200m: 2:25.87	1:15.15		
3.	Rebecca Jansen	Orca	9703490	2:34.59	<b>2:33.24</b>	+0,97
	100m: 1:15.57	1:15.57	200m: 2:33.24	1:17.67		
4.	Annemiek Halma	De Vikings	9702884	2:37.42	<b>2:34.33</b>	+0,84
	100m: 1:16.58	1:16.58	200m: 2:34.33	1:17.75		
5.	Aldith Pasveer	Orca	9701398	2:41.56	<b>2:37.10</b>	+0,97
	100m: 1:17.53	1:17.53	200m: 2:37.10	1:19.57		
6.	Lisanne Hassing	De Forel	9702584	2:38.61	<b>2:40.98</b>	+1,06
	100m: 1:18.48	1:18.48	200m: 2:40.98	1:22.50		
7.	Maaïke de Ruijter	Orca	9704684	2:35.43	<b>2:41.22</b>	+1,03
	100m: 1:18.22	1:18.22	200m: 2:41.22	1:23.00		
8.	Esther Visser	De Vikings	9700544	2:29.36	<b>2:42.73</b>	+1,01
	100m: 1:19.09	1:19.09	200m: 2:42.73	1:23.64		
9.	Carolien Baarda	Orca	9704060	2:41.12	<b>2:44.56</b>	+0,60
	100m: 1:19.30	1:19.30	200m: 2:44.56	1:25.26		
10.	Martine van Sluis	De Vikings	9702888	2:32.59	<b>2:47.46</b>	+0,93
	100m: 1:19.05	1:19.05	200m: 2:47.46	1:28.41		

Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 15, Meisjes, 200m vrije slag, 12 jaar

Rang				In.tijd	Tijd	RT
11.	Nynke Ytsma	Wetterwille	9701654	2:42.63	<b>2:53.80</b>	+0,90
	100m: 1:23.98	1:23.98	200m: 2:53.80	1:29.82		

13 jaar

1.	Renate Hemmes	DZ&PC	9600418	2:11.47	<b>2:14.07</b>	+0,88
	100m: 1:04.33	1:04.33	200m: 2:14.07	1:09.74		
2.	Cynthia Verkaik	de Granaet	9601288	2:14.03	<b>2:18.49</b>	+0,81
	100m: 1:08.43	1:08.43	200m: 2:18.49	1:10.06		
3.	Evelien van Ruiten	Orca	9602924	2:14.20	<b>2:19.41</b>	+0,83
	100m: 1:06.29	1:06.29	200m: 2:19.41	1:13.12		
4.	Claudia Hacke	Orca	9602936	2:20.78	<b>2:25.69</b>	+0,93
	100m: 1:10.12	1:10.12	200m: 2:25.69	1:15.57		
5.	Desiree Vedder	HZ&PC Heerenveen	9600864	2:21.90	<b>2:28.80</b>	+0,77
	100m: 1:11.92	1:11.92	200m: 2:28.80	1:16.88		
6.	Melissa Nauta	Orca	9602388	2:25.97	<b>2:29.97</b>	+0,72
	100m: 1:14.01	1:14.01	200m: 2:29.97	1:15.96		
7.	Mirthe Alkema	Orca	9603616	2:28.77	<b>2:31.21</b>	+0,78
	100m: 1:14.51	1:14.51	200m: 2:31.21	1:16.70		
8.	Joëlle Rozema	DZ&PC	9601124	2:28.24	<b>2:31.73</b>	+0,72
	100m: 1:13.53	1:13.53	200m: 2:31.73	1:18.20		
9.	Jill Muller	DZ&PC	9600728	2:25.46	<b>2:34.57</b>	+0,94
	100m: 1:13.52	1:13.52	200m: 2:34.57	1:21.05		
10.	Rixt Menger	DZ&PC	9602052	2:35.36	<b>2:34.74</b>	+0,85
	100m: 1:15.02	1:15.02	200m: 2:34.74	1:19.72		
11.	Simone Mus	SG Middelse-Skelp	9601932	2:26.43	<b>2:34.93</b>	+0,91
	100m: 1:16.54	1:16.54	200m: 2:34.93	1:18.39		
12.	Marieke Dijkstra	Avena	9602122	2:32.21	<b>2:35.46</b>	+0,87
	100m: 1:14.69	1:14.69	200m: 2:35.46	1:20.77		
13.	Roelie de Boer	Wetterwille	9600508	2:36.52	<b>2:37.52</b>	+0,95
	100m: 1:16.44	1:16.44	200m: 2:37.52	1:21.08		
14.	Joyce Bakker	De Forel	9600522	2:30.83	<b>2:38.08</b>	+0,79
	100m: 1:15.76	1:15.76	200m: 2:38.08	1:22.32		
15.	Bianca Jongsma	Avena	9601006	2:37.18	<b>2:42.64</b>	+0,81
	100m: 1:18.87	1:18.87	200m: 2:42.64	1:23.77		
16.	Janna Post	Neptunia'24	9602061	2:33.16	<b>2:44.05</b>	+0,98
	100m: 1:18.68	1:18.68	200m: 2:44.05	1:25.37		
17.	Rixt-Nynke Baron	FZC'54	9601896	2:30.00	<b>2:44.96</b>	+1,02
	100m: 1:19.81	1:19.81	200m: 2:44.96	1:25.15		

14 - 15 jaar

1.	Femke Leenstra	Orca	9503038	2:04.60	<b>2:09.68</b>	+0,90
	100m: 1:03.26	1:03.26	200m: 2:09.68	1:06.42		
2.	Jessie Smeding	Orca	9504528	2:12.72	<b>2:18.52</b>	+0,83
	100m: 1:06.73	1:06.73	200m: 2:18.52	1:11.79		
3.	Fiona van Heerde	Orca	9403660	2:17.13	<b>2:19.23</b>	
	100m: 1:05.28	1:05.28	200m: 2:19.23	1:13.95		
4.	Daniëlle Boer de	HZ&PC Heerenveen	9404736	2:18.57	<b>2:24.03</b>	+0,79
	100m: 1:07.31	1:07.31	200m: 2:24.03	1:16.72		



Friese Zomerkampioenschappen 2010  
Drachten, 14, 15 en 16 mei 2010

Programmanr. 15, Meisjes, 200m vrije slag, 14 - 15 jaar

Rang				In.tijd	Tijd	RT
5.	Nenne Venema	DZ&PC	9503586	2:23.64	<b>2:25.05</b>	+0,78
	100m: 1:11.62	1:11.62	200m: 2:25.05	1:13.43		
6.	Hjordis Wagenaar	HZ&PC Heerenveen	9502170	2:22.76	<b>2:26.76</b>	+0,81
	100m: 1:09.32	1:09.32	200m: 2:26.76	1:17.44		
7.	Rixt Wilbers	de Granaet	9503480	2:23.95	<b>2:28.13</b>	+1,00
	100m: 1:11.41	1:11.41	200m: 2:28.13	1:16.72		
8.	Aukje Zwart	Avena	9402916	2:22.15	<b>2:28.49</b>	+1,07
	100m: 1:11.01	1:11.01	200m: 2:28.49	1:17.48		
9.	Femke Groos	DZ&PC	9404492	2:32.55	<b>2:29.23</b>	+0,94
	100m: 1:13.27	1:13.27	200m: 2:29.23	1:15.96		
10.	Johanna de Boer	ZPD	9403944	2:22.29	<b>2:30.80</b>	+0,90
	100m: 1:12.79	1:12.79	200m: 2:30.80	1:18.01		
11.	Anja Mus	SG Middelse-Skelp	9403928	2:28.14	<b>2:31.87</b>	+0,88
	100m: 1:13.05	1:13.05	200m: 2:31.87	1:18.82		
12.	Freya Holwerda	Orca	9502780	2:23.47	<b>2:34.03</b>	+0,90
	100m: 1:12.61	1:12.61	200m: 2:34.03	1:21.42		
13.	Henny de Vries	HZ&PC Heerenveen	9500556	2:27.92	<b>2:35.61</b>	+0,85
	100m: 1:13.38	1:13.38	200m: 2:35.61	1:22.23		
14.	Maayke de Boer	de Granaet	9505906	2:28.47	<b>2:36.60</b>	+0,95
	100m: 1:14.54	1:14.54	200m: 2:36.60	1:22.06		
15.	Thea Baas	PWC Buitenpost	9501388	2:33.91	<b>2:37.96</b>	+0,78
	100m: 1:16.16	1:16.16	200m: 2:37.96	1:21.80		
16.	Claudia Damski	DZ&PC	9402346	2:31.89	<b>2:38.72</b>	+0,86
	100m: 1:17.83	1:17.83	200m: 2:38.72	1:20.89		
17.	Bregje Tingen	ZCNF'34	9500960	2:34.99	<b>2:39.15</b>	+0,95
	100m: 1:15.80	1:15.80	200m: 2:39.15	1:23.35		

16 jaar en ouder

1.	Ilse Kraaijeveld	Orca	9002110	2:00.00	<b>2:04.43</b>	+0,79
	100m: 1:01.30	1:01.30	200m: 2:04.43	1:03.13		
2.	Wendan Poelstra	Orca	9102496	2:08.31	<b>2:14.61</b>	+0,78
	100m: 1:05.18	1:05.18	200m: 2:14.61	1:09.43		
3.	Iris Rozema	FZC'54	9305108	2:21.84	<b>2:24.37</b>	+0,87
	100m: 1:09.47	1:09.47	200m: 2:24.37	1:14.90		
4.	Sanne Huisman	DZ&PC	9301998	2:21.73	<b>2:25.09</b>	+0,84
	100m: 1:09.78	1:09.78	200m: 2:25.09	1:15.31		
5.	Saskia Bergsma	ZCNF'34	9301686	2:18.96	<b>2:27.64</b>	+0,98
	100m: 1:09.21	1:09.21	200m: 2:27.64	1:18.43		
6.	Josephine Meerman	DZ&PC	9304258	2:17.21	<b>2:28.70</b>	+0,95
	100m: 1:11.64	1:11.64	200m: 2:28.70	1:17.06		
7.	Renske de Groot	DZ&PC	9300276	2:25.45	<b>2:28.72</b>	+0,92
	100m: 1:12.69	1:12.69	200m: 2:28.72	1:16.03		
8.	Marissa Lindemulder	de Granaet	9306392	2:24.59	<b>2:30.39</b>	+1,01
	100m: 1:11.82	1:11.82	200m: 2:30.39	1:18.57		
9.	Nanda de Vries	HZ&PC Heerenveen	9204328	2:16.86	<b>2:30.52</b>	+0,92
	100m: 1:13.69	1:13.69	200m: 2:30.52	1:16.83		
10.	Lysbeth Wiersma	HZ&PC Heerenveen	9204486	2:21.18	<b>2:31.57</b>	+0,73
	100m: 1:13.06	1:13.06	200m: 2:31.57	1:18.51		

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Programmanr. 15, Dames, 200m vrije slag, 16 jaar en ouder

Rang				In.tijd	Tijd	RT
11.	Femke de Jong	Orca	9306390	2:23.51	<b>2:33.09</b>	+0,84
	100m: 1:12.64	1:12.64	200m: 2:33.09	1:20.45		
12.	Eline Ligthart	De Vikings	9301706	2:26.92	<b>2:38.26</b>	+0,93
	100m: 1:15.31	1:15.31	200m: 2:38.26	1:22.95		
alg. leeftijdsgroep						
1.	Ilse Kraaijeveld	Orca	9002110	2:00.00	<b>2:04.43</b>	+0,79
	100m: 1:01.30	1:01.30	200m: 2:04.43	1:03.13		
2.	Femke Leenstra	Orca	9503038	2:04.60	<b>2:09.68</b>	+0,90
	100m: 1:03.26	1:03.26	200m: 2:09.68	1:06.42		
3.	Renate Hemmes	DZ&PC	9600418	2:11.47	<b>2:14.07</b>	+0,88
	100m: 1:04.33	1:04.33	200m: 2:14.07	1:09.74		
4.	Wendan Poelstra	Orca	9102496	2:08.31	<b>2:14.61</b>	+0,78
	100m: 1:05.18	1:05.18	200m: 2:14.61	1:09.43		
5.	Cynthia Verkaik	de Granaet	9601288	2:14.03	<b>2:18.49</b>	+0,81
	100m: 1:08.43	1:08.43	200m: 2:18.49	1:10.06		
6.	Jessie Smeding	Orca	9504528	2:12.72	<b>2:18.52</b>	+0,83
	100m: 1:06.73	1:06.73	200m: 2:18.52	1:11.79		
7.	Fiona van Heerde	Orca	9403660	2:17.13	<b>2:19.23</b>	
	100m: 1:05.28	1:05.28	200m: 2:19.23	1:13.95		
8.	Marre Zandringa	Orca	9701136	2:12.24	<b>2:19.32</b>	+0,85
	100m: 1:08.13	1:08.13	200m: 2:19.32	1:11.19		
9.	Evelien van Ruiten	Orca	9602924	2:14.20	<b>2:19.41</b>	+0,83
	100m: 1:06.29	1:06.29	200m: 2:19.41	1:13.12		
10.	Danielle Boer de	HZ&PC Heerenveen	9404736	2:18.57	<b>2:24.03</b>	+0,79
	100m: 1:07.31	1:07.31	200m: 2:24.03	1:16.72		
11.	Iris Rozema	FZC'54	9305108	2:21.84	<b>2:24.37</b>	+0,87
	100m: 1:09.47	1:09.47	200m: 2:24.37	1:14.90		
12.	Nenne Venema	DZ&PC	9503586	2:23.64	<b>2:25.05</b>	+0,78
	100m: 1:11.62	1:11.62	200m: 2:25.05	1:13.43		
13.	Sanne Huisman	DZ&PC	9301998	2:21.73	<b>2:25.09</b>	+0,84
	100m: 1:09.78	1:09.78	200m: 2:25.09	1:15.31		
14.	Claudia Hacke	Orca	9602936	2:20.78	<b>2:25.69</b>	+0,93
	100m: 1:10.12	1:10.12	200m: 2:25.69	1:15.57		
15.	Clariss de Vries	DZ&PC	9700942	2:24.54	<b>2:25.87</b>	+0,84
	100m: 1:10.72	1:10.72	200m: 2:25.87	1:15.15		
16.	Hjordis Wagenaar	HZ&PC Heerenveen	9502170	2:22.76	<b>2:26.76</b>	+0,81
	100m: 1:09.32	1:09.32	200m: 2:26.76	1:17.44		
17.	Saskia Bergsma	ZCNF'34	9301686	2:18.96	<b>2:27.64</b>	+0,98
	100m: 1:09.21	1:09.21	200m: 2:27.64	1:18.43		
18.	Rixt Wilbers	de Granaet	9503480	2:23.95	<b>2:28.13</b>	+1,00
	100m: 1:11.41	1:11.41	200m: 2:28.13	1:16.72		
19.	Aukje Zwart	Avena	9402916	2:22.15	<b>2:28.49</b>	+1,07
	100m: 1:11.01	1:11.01	200m: 2:28.49	1:17.48		
20.	Josephine Meerman	DZ&PC	9304258	2:17.21	<b>2:28.70</b>	+0,95
	100m: 1:11.64	1:11.64	200m: 2:28.70	1:17.06		
21.	Renske de Groot	DZ&PC	9300276	2:25.45	<b>2:28.72</b>	+0,92
	100m: 1:12.69	1:12.69	200m: 2:28.72	1:16.03		

Friese Zomerkampioenschappen 2010  
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Programmanr. 15, Dames, 200m vrije slag, alg. leeftijdsgroep

Rang				In.tijd	Tijd	RT
22.	Desiree Vedder	HZ&PC Heerenveen	9600864	2:21.90	<b>2:28.80</b>	+0,77
	100m: 1:11.92	1:11.92	200m: 2:28.80	1:16.88		
23.	Femke Groos	DZ&PC	9404492	2:32.55	<b>2:29.23</b>	+0,94
	100m: 1:13.27	1:13.27	200m: 2:29.23	1:15.96		
24.	Melissa Nauta	Orca	9602388	2:25.97	<b>2:29.97</b>	+0,72
	100m: 1:14.01	1:14.01	200m: 2:29.97	1:15.96		
25.	Marissa Lindemulder	de Granaet	9306392	2:24.59	<b>2:30.39</b>	+1,01
	100m: 1:11.82	1:11.82	200m: 2:30.39	1:18.57		
26.	Nanda de Vries	HZ&PC Heerenveen	9204328	2:16.86	<b>2:30.52</b>	+0,92
	100m: 1:13.69	1:13.69	200m: 2:30.52	1:16.83		
27.	Johanna de Boer	ZPD	9403944	2:22.29	<b>2:30.80</b>	+0,90
	100m: 1:12.79	1:12.79	200m: 2:30.80	1:18.01		
28.	Mirthe Alkema	Orca	9603616	2:28.77	<b>2:31.21</b>	+0,78
	100m: 1:14.51	1:14.51	200m: 2:31.21	1:16.70		
29.	Lysbeth Wiersma	HZ&PC Heerenveen	9204486	2:21.18	<b>2:31.57</b>	+0,73
	100m: 1:13.06	1:13.06	200m: 2:31.57	1:18.51		
30.	Joëlle Rozema	DZ&PC	9601124	2:28.24	<b>2:31.73</b>	+0,72
	100m: 1:13.53	1:13.53	200m: 2:31.73	1:18.20		
31.	Anja Mus	SG Middelse-Skelp	9403928	2:28.14	<b>2:31.87</b>	+0,88
	100m: 1:13.05	1:13.05	200m: 2:31.87	1:18.82		
32.	Femke de Jong	Orca	9306390	2:23.51	<b>2:33.09</b>	+0,84
	100m: 1:12.64	1:12.64	200m: 2:33.09	1:20.45		
33.	Rebecca Jansen	Orca	9703490	2:34.59	<b>2:33.24</b>	+0,97
	100m: 1:15.57	1:15.57	200m: 2:33.24	1:17.67		
34.	Kinge Zandringa	Orca	9801422	2:37.92	<b>2:33.28</b>	+0,75
	100m: 1:14.77	1:14.77	200m: 2:33.28	1:18.51		
35.	Nynke Klokman	DZ&PC	9801424	2:37.27	<b>2:33.66</b>	+0,84
	100m: 1:15.80	1:15.80	200m: 2:33.66	1:17.86		
36.	Freya Holwerda	Orca	9502780	2:23.47	<b>2:34.03</b>	+0,90
	100m: 1:12.61	1:12.61	200m: 2:34.03	1:21.42		
37.	Annemiek Halma	De Vikings	9702884	2:37.42	<b>2:34.33</b>	+0,84
	100m: 1:16.58	1:16.58	200m: 2:34.33	1:17.75		
38.	Jill Muller	DZ&PC	9600728	2:25.46	<b>2:34.57</b>	+0,94
	100m: 1:13.52	1:13.52	200m: 2:34.57	1:21.05		
39.	Rixt Menger	DZ&PC	9602052	2:35.36	<b>2:34.74</b>	+0,85
	100m: 1:15.02	1:15.02	200m: 2:34.74	1:19.72		
40.	Simone Mus	SG Middelse-Skelp	9601932	2:26.43	<b>2:34.93</b>	+0,91
	100m: 1:16.54	1:16.54	200m: 2:34.93	1:18.39		
41.	Marieke Dijkstra	Avena	9602122	2:32.21	<b>2:35.46</b>	+0,87
	100m: 1:14.69	1:14.69	200m: 2:35.46	1:20.77		
42.	Henny de Vries	HZ&PC Heerenveen	9500556	2:27.92	<b>2:35.61</b>	+0,85
	100m: 1:13.38	1:13.38	200m: 2:35.61	1:22.23		
43.	Anneliene Zuidema	SG Middelse-Skelp	9800768	2:28.63	<b>2:35.62</b>	+0,73
	100m: 1:14.57	1:14.57	200m: 2:35.62	1:21.05		
44.	Maayke de Boer	de Granaet	9505906	2:28.47	<b>2:36.60</b>	+0,95
	100m: 1:14.54	1:14.54	200m: 2:36.60	1:22.06		
45.	Aldith Pasveer	Orca	9701398	2:41.56	<b>2:37.10</b>	+0,97
	100m: 1:17.53	1:17.53	200m: 2:37.10	1:19.57		

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Programmanr. 15, Dames, 200m vrije slag, alg. leeftijdsgroep

Rang				In.tijd	Tijd	RT	
46.	Roelie de Boer	Wetterwille	9600508	2:36.52	<b>2:37.52</b>	+0,95	
	100m: 1:16.44	1:16.44	200m: 2:37.52	1:21.08			
47.	Thea Baas	PWC Buitenpost	9501388	2:33.91	<b>2:37.96</b>	+0,78	
	100m: 1:16.16	1:16.16	200m: 2:37.96	1:21.80			
48.	Joyce Bakker	De Forel	9600522	2:30.83	<b>2:38.08</b>	+0,79	
	100m: 1:15.76	1:15.76	200m: 2:38.08	1:22.32			
49.	Eline Ligthart	De Vikings	9301706	2:26.92	<b>2:38.26</b>	+0,93	
	100m: 1:15.31	1:15.31	200m: 2:38.26	1:22.95			
50.	Claudia Damski	DZ&PC	9402346	2:31.89	<b>2:38.72</b>	+0,86	
	100m: 1:17.83	1:17.83	200m: 2:38.72	1:20.89			
51.	Bregje Tingen	ZCNF'34	9500960	2:34.99	<b>2:39.15</b>	+0,95	
	100m: 1:15.80	1:15.80	200m: 2:39.15	1:23.35			
52.	Hanny van Dijk	Orca	9804514	2:39.88	<b>2:39.52</b>	+0,67	
	100m: 1:17.55	1:17.55	200m: 2:39.52	1:21.97			
53.	Carmen Weistra	Orca	9802148	2:42.16	<b>2:40.14</b>	+0,78	
	100m: 1:18.50	1:18.50	200m: 2:40.14	1:21.64			
54.	Lisanne Hassing	De Forel	9702584	2:38.61	<b>2:40.98</b>	+1,06	
	100m: 1:18.48	1:18.48	200m: 2:40.98	1:22.50			
55.	Maaike de Ruijter	Orca	9704684	2:35.43	<b>2:41.22</b>	+1,03	
	100m: 1:18.22	1:18.22	200m: 2:41.22	1:23.00			
56.	Bianca Jongsma	Avena	9601006	2:37.18	<b>2:42.64</b>	+0,81	
	100m: 1:18.87	1:18.87	200m: 2:42.64	1:23.77			
57.	Esther Visser	De Vikings	9700544	2:29.36	<b>2:42.73</b>	+1,01	
	100m: 1:19.09	1:19.09	200m: 2:42.73	1:23.64			
58.	Janna Post	Neptunia'24	9602061	2:33.16	<b>2:44.05</b>	+0,98	
	100m: 1:18.68	1:18.68	200m: 2:44.05	1:25.37			
59.	Carolien Baarda	Orca	9704060	2:41.12	<b>2:44.56</b>	+0,60	
	100m: 1:19.30	1:19.30	200m: 2:44.56	1:25.26			
60.	Rixt-Nynke Baron	FZC'54	9601896	2:30.00	<b>2:44.96</b>	+1,02	
	100m: 1:19.81	1:19.81	200m: 2:44.96	1:25.15			
61.	Martine van Sluis	De Vikings	9702888	2:32.59	<b>2:47.46</b>	+0,93	
	100m: 1:19.05	1:19.05	200m: 2:47.46	1:28.41			
62.	Jildou Temming	Avena	9802768	2:46.42	<b>2:50.26</b>	+0,83	
	100m: 1:23.84	1:23.84	200m: 2:50.26	1:26.42			
63.	Linda Noord	DZ&PC	9800454	2:48.46	<b>2:51.58</b>	+0,77	
	100m: 1:23.98	1:23.98	200m: 2:51.58	1:27.60			
64.	Nynke Ytsma	Wetterwille	9701654	2:42.63	<b>2:53.80</b>	+0,90	
	100m: 1:23.98	1:23.98	200m: 2:53.80	1:29.82			
BM	Magda Toeters	KNZB Gsn	86mto	2:25.00	<b>2:20.00</b>	+0,93	S14
	100m: 1:07.59	1:07.59	200m: 2:20.00	1:12.41			
BM	Marlou van der Kulk	KNZB Gsn	93mku	2:26.00	<b>2:20.73</b>	+0,90	S14
	100m: 1:07.60	1:07.60	200m: 2:20.73	1:13.13			
BM	M. de Koning - Peper	KNZB Gsn	69mko	NT	<b>2:54.34</b>		S6
	100m: 1:23.12	1:23.12	200m: 2:54.34	1:31.22			
BM	Romy Pansters	KNZB Gsn	96rpa	3:15.00	<b>3:04.06</b>	+1,15	S8
	100m: 1:28.09	1:28.09	200m: 3:04.06	1:35.97			
BM	Lisette Teunissen	KNZB Gsn	86lte	3:20.00	<b>3:25.45</b>		S5
	100m: 1:39.63	1:39.63	200m: 3:25.45	1:45.82			

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Programmanr. 16 Heren, 400m wisselslag alg. leeftijdsgroep  
15.5.10 Resultaten

Rang				In.tijd	Tijd	RT						
13 jaar												
1.	Minne Koopmans	Neptunia'24	9603557	5:48.32	<b>5:40.57</b>	+0,79						
	100m:	1:20.61	1:20.61	200m:	2:48.74	1:28.13	300m:	4:27.12	1:38.38	400m:	5:40.57	1:13.45
14 jaar												
1.	Jonathan Rozema	DZ&PC	9501157	4:56.64	<b>5:15.88</b>	+0,87						
	100m:	1:08.83	1:08.83	200m:	2:32.61	1:23.78	300m:	4:06.96	1:34.35	400m:	5:15.88	1:08.92
2.	Pieter Ytsma	Orca	9501809	5:25.21	<b>5:29.85</b>	+0,78						
	100m:	1:18.57	1:18.57	200m:	2:40.90	1:22.33	300m:	4:16.00	1:35.10	400m:	5:29.85	1:13.85
3.	Sander Akkerman	HZ&PC Heerenveen	9501527	5:48.30	<b>6:03.46</b>	+0,81						
	100m:	1:23.08	1:23.08	200m:	2:56.24	1:33.16	300m:	4:39.57	1:43.33	400m:	6:03.46	1:23.89
15 jaar												
1.	Willem Kees Roos	Orca	9402693	4:50.08	<b>5:04.87</b>	+0,94						
	100m:	1:08.74	1:08.74	200m:	2:24.83	1:16.09	300m:	3:57.05	1:32.22	400m:	5:04.87	1:07.82
2.	Maxim Veldhuis	HZ&PC Heerenveen	9400195	4:56.46	<b>5:08.95</b>	+0,71						
	100m:	1:06.06	1:06.06	200m:	2:27.16	1:21.10	300m:	3:58.60	1:31.44	400m:	5:08.95	1:10.35
3.	Robert Westerdijk	Neptunia'24	9402139	5:50.46	<b>5:42.21</b>	+0,97						
	100m:	1:21.81	1:21.81	200m:	2:50.90	1:29.09	300m:	4:24.54	1:33.64	400m:	5:42.21	1:17.67
4.	Bram ter Ellen	Orca	9402689	5:42.52	<b>5:44.82</b>	+0,78						
	100m:	1:21.94	1:21.94	200m:	2:49.71	1:27.77	300m:	4:28.65	1:38.94	400m:	5:44.82	1:16.17
16 - 17 jaar												
1.	Dennis Bos	HZ&PC Heerenveen	9201965	4:56.87	<b>5:36.84</b>	+0,73						
	100m:	1:06.92	1:06.92	200m:	2:35.67	1:28.75	300m:	4:05.99	1:30.32	400m:	5:36.84	1:30.85
2.	Sietse Wijbenga	ZPD	9301967	5:35.38	<b>5:47.79</b>	+0,92						
	100m:	1:20.54	1:20.54	200m:	2:45.52	1:24.98	300m:	4:30.41	1:44.89	400m:	5:47.79	1:17.38
18 jaar en ouder												
1.	Vincent van Iperen	Orca	9106179	4:31.80	<b>4:50.91</b>	+0,80						
	100m:	1:05.69	1:05.69	200m:	2:21.28	1:15.59	300m:	3:42.67	1:21.39	400m:	4:50.91	1:08.24
2.	Erik Hagting	DZ&PC	9100829	4:39.22	<b>4:56.77</b>	+0,88						
	100m:	1:09.19	1:09.19	200m:	2:24.31	1:15.12	300m:	3:50.89	1:26.58	400m:	4:56.77	1:05.88
3.	Jelmer Meijer	HZ&PC Heerenveen	9001961	4:50.94	<b>5:03.19</b>	+0,94						
	100m:	1:07.02	1:07.02	200m:	2:23.80	1:16.78	300m:	3:53.49	1:29.69	400m:	5:03.19	1:09.70
DIS	Hendrik Ben v/d Boon	ZPD	8804761	5:19.71	<b>5:44.47</b>	+0,88						
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>											
	100m:	1:16.60	1:16.60	200m:	2:50.22	1:33.62	300m:	4:28.11	1:37.89	400m:	5:44.47	1:16.36
alg. leeftijdsgroep												
1.	Vincent van Iperen	Orca	9106179	4:31.80	<b>4:50.91</b>	+0,80						
	100m:	1:05.69	1:05.69	200m:	2:21.28	1:15.59	300m:	3:42.67	1:21.39	400m:	4:50.91	1:08.24
2.	Erik Hagting	DZ&PC	9100829	4:39.22	<b>4:56.77</b>	+0,88						
	100m:	1:09.19	1:09.19	200m:	2:24.31	1:15.12	300m:	3:50.89	1:26.58	400m:	4:56.77	1:05.88
3.	Jelmer Meijer	HZ&PC Heerenveen	9001961	4:50.94	<b>5:03.19</b>	+0,94						
	100m:	1:07.02	1:07.02	200m:	2:23.80	1:16.78	300m:	3:53.49	1:29.69	400m:	5:03.19	1:09.70

Friese Zomerkampioenschappen 2010  
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Programmanr. 16, Heren, 400m wisselslag, alg. leeftijdsgroep

Rang			In.tijd	Tijd	RT	
4.	Willem Kees Roos	Orca	9402693	4:50.08	<b>5:04.87</b>	+0,94
	100m: 1:08.74	1:08.74	200m: 2:24.83	1:16.09	300m: 3:57.05	1:32.22
	400m: 5:04.87					1:07.82
5.	Maxim Veldhuis	HZ&PC Heerenveen	9400195	4:56.46	<b>5:08.95</b>	+0,71
	100m: 1:06.06	1:06.06	200m: 2:27.16	1:21.10	300m: 3:58.60	1:31.44
	400m: 5:08.95					1:10.35
6.	Jonathan Rozema	DZ&PC	9501157	4:56.64	<b>5:15.88</b>	+0,87
	100m: 1:08.83	1:08.83	200m: 2:32.61	1:23.78	300m: 4:06.96	1:34.35
	400m: 5:15.88					1:08.92
7.	Pieter Ytsma	Orca	9501809	5:25.21	<b>5:29.85</b>	+0,78
	100m: 1:18.57	1:18.57	200m: 2:40.90	1:22.33	300m: 4:16.00	1:35.10
	400m: 5:29.85					1:13.85
8.	Dennis Bos	HZ&PC Heerenveen	9201965	4:56.87	<b>5:36.84</b>	+0,73
	100m: 1:06.92	1:06.92	200m: 2:35.67	1:28.75	300m: 4:05.99	1:30.32
	400m: 5:36.84					1:30.85
9.	Minne Koopmans	Neptunia'24	9603557	5:48.32	<b>5:40.57</b>	+0,79
	100m: 1:20.61	1:20.61	200m: 2:48.74	1:28.13	300m: 4:27.12	1:38.38
	400m: 5:40.57					1:13.45
10.	Robert Westerdijk	Neptunia'24	9402139	5:50.46	<b>5:42.21</b>	+0,97
	100m: 1:21.81	1:21.81	200m: 2:50.90	1:29.09	300m: 4:24.54	1:33.64
	400m: 5:42.21					1:17.67
11.	Bram ter Ellen	Orca	9402689	5:42.52	<b>5:44.82</b>	+0,78
	100m: 1:21.94	1:21.94	200m: 2:49.71	1:27.77	300m: 4:28.65	1:38.94
	400m: 5:44.82					1:16.17
12.	Sietse Wijbenga	ZPD	9301967	5:35.38	<b>5:47.79</b>	+0,92
	100m: 1:20.54	1:20.54	200m: 2:45.52	1:24.98	300m: 4:30.41	1:44.89
	400m: 5:47.79					1:17.38
13.	Sander Akkerman	HZ&PC Heerenveen	9501527	5:48.30	<b>6:03.46</b>	+0,81
	100m: 1:23.08	1:23.08	200m: 2:56.24	1:33.16	300m: 4:39.57	1:43.33
	400m: 6:03.46					1:23.89
DIS	Hendrik Ben v/d Boon	ZPD	8804761	5:19.71	<b>5:44.47</b>	+0,88
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>					
	100m: 1:16.60	1:16.60	200m: 2:50.22	1:33.62	300m: 4:28.11	1:37.89
	400m: 5:44.47					1:16.36

Programmanr. 17  
15.5.10

Dames, 4 x 100m vrije slag

10 jaar en ouder  
Resultaten

Rang			In.tijd	Tijd	RT	
10 jaar en ouder						
1.	Orca 1	Orca		3:51.97	<b>4:00.73</b>	+0,80
	Jessie Smeding	+0,80	1:03.57	Femke Leenstra	+0,34	59.65
	Wendan Poelstra	+0,19	1:01.73	Ilse Kraaijeveld	+0,32	55.78
2.	DZ&PC 1	DZ&PC		4:12.08	<b>4:19.85</b>	+0,82
	Lia Dekker	+0,82	1:00.28	Sanne Huisman		1:05.15
	Renske de Groot	+0,37	1:08.35	Nenne Venema	+0,46	1:06.07
3.	Orca 2	Orca		4:17.12	<b>4:23.38</b>	+0,93
	Claudia Hacke	+0,93	1:07.12	Marre Zandringa	+0,58	1:03.45
	Melissa Nauta	+0,25	1:08.69	Evelien van Ruiten	+0,42	1:04.12
4.	HZ&PC Heerenveen 1	HZ&PC Heerenveen		4:16.64	<b>4:23.80</b>	+0,81
	Hjordis Wagenaar	+0,81	1:04.82	Danielle Boer de	+0,29	1:05.37
	Myrthe Sijtsema	+0,38	1:07.89	Nanda de Vries	+0,40	1:05.72
5.	de Granaet 1	de Granaet		4:20.20	<b>4:31.12</b>	+0,86
	Cynthia Verkaik	+0,86	1:04.03	Rixt Wilbers	+0,58	1:07.91
	Maayke de Boer	+0,54	1:11.85	Marissa Lindemulder	+0,54	1:07.33
6.	FZC'54 1	FZC'54		4:17.73	<b>4:32.15</b>	+0,90
	Rixt-Nynke Baron	+0,90	1:11.11	Lisa Rozema	+0,35	1:10.41
	Anna-Jetske Baron	+0,61	1:06.01	Iris Rozema	+0,63	1:04.62
7.	DZ&PC 2	DZ&PC		4:22.56	<b>4:33.31</b>	+0,80
	Renate Hemmes	+0,80	1:02.31	Claris de Vries	+0,50	1:11.06
	Rixt Menger	+0,65	1:10.24	Jill Muller	+0,44	1:09.70

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Programmanr. 17, Dames, 4 x 100m vrije slag, 10 jaar en ouder

Rang		In.tijd	Tijd	RT
8.	HZ&PC Heerenveen 3 HZ&PC Heerenveen	4:33.50	<b>4:38.94</b>	+0,95
	Desiree Vedder +0,95	1:05.77	Julia Zwertbroek +0,56	1:13.87
	Rixt Meijer +0,49	1:10.45	Leandra Vedder +0,44	1:08.85
9.	HZ&PC Heerenveen 2 HZ&PC Heerenveen	4:32.00	<b>4:39.86</b>	+1,02
	Karin Dijk van +1,02	1:12.17	Kelly de Jong +0,41	1:08.74
	Henny de Vries +0,36	1:11.72	Lysbeth Wiersma +0,37	1:07.23
10.	Orca 3 Orca	4:36.56	<b>4:43.56</b>	
	Mirthe Alkema	1:08.29	Maaïke de Ruijter +0,53	1:13.98
	Kinge Zandringa +0,18	1:09.15	Carmen Weistra	1:12.14
11.	Orca 4 Orca	4:45.64	<b>4:57.77</b>	+0,98
	Rebecca Jansen +0,98	1:11.18	Carolien Baarda +0,60	1:17.55
	Aldith Pasveer +0,69	1:14.22	Hanny van Dijk +0,67	1:14.82
12.	De Vikings 1 De Vikings	5:07.89	<b>5:24.91</b>	+0,97
	Anne Vlottes +0,97	1:22.66	Caroline Nauta +0,42	1:29.48
	Martine van Sluis +0,53	1:17.70	Esther Visser +0,76	1:15.07

Programmanr. 18  
15.5.10

Heren, 4 x 100m wisselslag

alg. leeftijdsgroep  
Resultaten

Rang		In.tijd	Tijd	RT
1.	HZ&PC Heerenveen 1 HZ&PC Heerenveen	3:54.54	<b>4:03.80</b>	+0,75
	Jelmer Meijer +0,75	1:03.11	Dennis Mooij +0,48	59.51
	Gavin van der Werf +0,44	1:05.34	Casper Hut +0,42	55.84
2.	Orca 1 Orca	4:03.77	<b>4:12.96</b>	+0,82
	Willem Kees Roos +0,82	1:03.55	Michiel Punter +0,49	1:03.00
	Vincent van Iperen +0,28	1:08.92	Michael Westers +0,50	57.49
3.	DZ&PC 4 DZ&PC	4:21.51	<b>4:30.44</b>	+0,75
	Erik Nijholt +0,75	1:08.33	Jonathan Rozema +0,39	1:01.92
	Maïko Postma +0,55	1:17.40	Oebele v/d Velde +0,69	1:02.79
4.	HZ&PC Heerenveen 2 HZ&PC Heerenveen	4:10.34	<b>4:34.51</b>	+0,70
	Christiaan van Dijk +0,70	1:06.76	Dennis Bos +0,35	1:03.91
	Herman van Dijk +0,50	1:16.03	Rick Mooij +0,56	1:07.81
5.	HZ&PC Heerenveen 3 HZ&PC Heerenveen	4:37.52	<b>4:47.35</b>	+0,95
	Sander Akkerman +0,95	1:15.48	Maxim Veldhuis +0,30	1:02.70
	Jacob Sikkes +0,37	1:25.22	Ruben Bonnema +0,28	1:03.95
6.	Orca 2 Orca	4:41.40	<b>4:59.14</b>	+0,73
	Jens Kuitert +0,73	1:15.94	Pieter Ytsma +0,48	1:17.73
	Bram ter Ellen +0,76	1:24.50	Myrdin Willemse +0,45	1:00.97
7.	Orca 3 Orca	5:01.70	<b>5:12.35</b>	+0,80
	Jelmer Postma +0,80	42.66	Gijs Gertsen +0,42	1:13.56
	Stuart Vis	2:10.29	Willem Heijting +0,47	1:05.84
8.	HZ&PC Heerenveen 4 HZ&PC Heerenveen	5:11.43	<b>5:31.71</b>	+0,73
	Marc de Vries +0,73	1:26.61	Mathijs Mulder +0,43	1:19.47
	Janco Molen van der +0,60	1:30.53	Niels Visser +0,37	1:15.10