

# Limietwedstrijd



GZ TriVia

Groningen 26-9-2020

Nummer: 1 - zaterdag 26 september 2020 om 14:00u (25 m)

Aanvangstijd juryvergadering: 13:30u

## 1. 400m vrije slag - Dames

*vanaf 11 jaar (Senioren Open)*

1. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	05:20.13		
50m 00:34.06 34,06	150m 01:52.28 40,19	250m 03:14.06 40,96	350m 04:37.83 41,75
100m 01:12.09 38,03	200m 02:33.10 40,82	300m 03:56.08 42,02	
2. Esther Roele (HZ&PC Heerenveen, 200001056)	05:30.98		
50m 00:36.76 36,76	150m 01:59.99 42,40	250m 03:25.03 41,52	350m 04:50.11 42,53
100m 01:17.59 40,83	200m 02:43.51 43,52	300m 04:07.58 42,55	
3. Silke Koehoorn (HZ&PC Heerenveen, 200300968)	05:35.87		
50m 00:35.52 35,52	150m 01:57.47 42,32	250m 03:23.38 43,18	350m 04:51.44 44,07
100m 01:15.15 39,63	200m 02:40.20 42,73	300m 04:07.37 43,99	
4. Aniek Vuist (HZ&PC Heerenveen, 200600958)	05:40.03		
50m 00:35.21 35,21	150m 01:57.73 42,94	250m 03:25.54 43,90	350m 04:54.81 45,21
100m 01:14.79 39,58	200m 02:41.64 43,91	300m 04:09.60 44,06	

## 2. 400m vrije slag - Heren

*vanaf 12 jaar (Junioren 1 en ouder)*

1. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)	04:16.12		
50m 00:28.61 28,61	150m 01:32.71 32,51	250m 02:39.50 33,49	350m 03:45.06 32,53
100m 01:00.20 31,59	200m 02:06.01 33,30	300m 03:12.53 33,03	
2. Djurre van der Wal (HZ&PC Heerenveen, 200500301)	04:45.46		
50m 00:30.59 30,59	150m 01:40.95 36,00	250m 02:54.55 37,10	350m 04:08.96 37,20
100m 01:04.95 34,36	200m 02:17.45 36,50	300m 03:31.76 37,21	
3. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	05:18.74		
50m 00:34.27 34,27	150m 01:55.15 40,66	250m 03:17.38 40,93	350m 04:39.92 41,26
100m 01:14.49 40,22	200m 02:36.45 41,30	300m 03:58.66 41,28	

## 3. 50m rugslag - Dames

*vanaf 11 jaar (Senioren Open)*

1. Arianne Kooijnga (TriVia, 200001544)	00:29.42
2. Joline Koop (Aqua 68, 200403174)	00:31.68
3. Myrthe Offenga (De Vikings, 199901874)	00:31.83
4. Ciska de Lugt (Aqua 68, 200503302)	00:33.00
5. Olena Dijkstra (TriVia, 200202624)	00:33.55
6. Maud Koehoorn (HZ&PC Heerenveen, 200501418)	00:33.93
7. Myrte van Mook (HZ&PC Heerenveen, 200600610)	00:34.30
8. Lois Jalving (HZ&PC Heerenveen, 200400280)	00:34.42
9. Xoë Stuut (Aqua 68, 200400754)	00:34.63
10. Mare Broekstra (De Vikings, 200600616)	00:34.77
11. Eline Pathuis (Bubble, 200300408)	00:35.75
12. Chaira Scholte (Bubble, 200304478)	00:36.58
13. Nienke Koop (Aqua 68, 200800884)	00:36.59

14. Lyanne Pathuis (Bubble, 200800042)	00:37.31
15. Marieke Speijer (Bubble, 200401154)	00:37.61
16. Yke Spelde (Thor, 200700208)	00:37.84
17. Milou Geneuglijk (Aqua 68, 200900556)	00:39.29
18. Gabriella da Silva Miranda (De Vikings, 200700088)	00:39.58
19. Luesza Siahajja (Aqua 68, 200801316)	00:40.03
20. Karolina Holen (Z.C. Haren, 200902434)	00:48.55
21. Sophie Zwart (TriVia, 200902664)	00:49.52
4. 50m rugslag - Heren <i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Joachim Wolbersen (Aqua 68, 200600771)	00:33.59
2. Pepijn Houwen (Bubble, 200500433)	00:33.99
3. Rong Fu van der Neut (Aqua 68, 200600725) [S9]	00:39.00
4. Sem Hiddingh (Thor, 200700141)	00:40.36
5. Niels Nijhof (Z.C. Haren, 200504253)	00:47.33
5. 100m schoolslag - Dames <i>vanaf 11 jaar (Senioren Open)</i>	
1. Hedwig Bolt (HZ&PC Heerenveen, 200602660) 50m 00:36.80 36,80	01:19.01
2. Sanne Kloezen (Bubble, 200204644) 50m 00:37.28 37,28	01:20.58
3. Sterre van der Wal (De Vikings, 200502356) 50m 00:39.74 39,74	01:24.71
4. Amber Boomsma (HZ&PC Heerenveen, 200401416) 50m 00:39.41 39,41	01:24.78
5. Imke Boontjes (Aqua 68, 200600386) 50m 00:39.87 39,87	01:25.10
6. Alicia van der Gaast (TriVia, 200205036) 50m 00:40.79 40,79	01:25.51
7. Nina Dekker (Z.C. Haren, 200500126) 50m 00:39.77 39,77	01:25.51
8. Anna van Eeken (HZ&PC Heerenveen, 200401414) 50m 00:39.92 39,92	01:25.64
9. Melanie Schaap (Bubble, 200501180) 50m 00:39.38 39,38	01:27.60
10. Nadia Veenstra (HZ&PC Heerenveen, 200602482) 50m 00:43.05 43,05	01:31.43
11. Jannoula Jaspers (De Vikings, 200800202) 50m 00:43.13 43,13	01:31.81
12. Natalia van Heuveln (Z.C. Haren, 200703764) 50m 00:45.43 45,43	01:35.06
13. Tessa Joosten (Thor, 200700198) 50m 00:46.78 46,78	01:38.47
14. Hannelore Buze (HZ&PC Heerenveen, 200801226) 50m 00:46.88 46,88	01:40.00

15. Sophie Zwart (TriVia, 200902664)				01:56.76
	50m	00:53.23	53,23	
6. 100m schoolslag - Heren				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
1. Tim Speijer (Bubble, 200301661)				01:11.26
	50m	00:33.01	33,01	
2. Rico Vroom (TriVia, 199802363)				01:18.79
	50m	00:36.17	36,17	
3. Geert Sies (TriVia, 200700763)				01:33.44
	50m	00:43.62	43,62	
4. Rong Fu van der Neut (Aqua 68, 200600725) [SB8]				01:46.83
	50m	00:48.84	48,84	
7. 200m vrije slag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Mariëlle Dolfijn (TriVia, 200201640)				02:11.61
	50m	00:30.33	30,33	
	100m	01:03.18	32,85	
	150m	01:36.85	33,67	
2. Myrthe Natzijl (TriVia, 200400076)				02:11.61
	50m	00:31.23	31,23	
	100m	01:04.34	33,11	
	150m	01:38.24	33,90	
3. Sara Korhuis (TriVia, 200600494)				02:15.19
	50m	00:31.27	31,27	
	100m	01:05.51	34,24	
	150m	01:40.86	35,35	
4. Sterre-Marit Drok (Bubble, 200400880)				02:15.92
	50m	00:30.61	30,61	
	100m	01:04.07	33,46	
	150m	01:39.59	35,52	
5. Inge Dekker (TriVia, 200200476)				02:16.73
	50m	00:30.43	30,43	
	100m	01:05.27	34,84	
	150m	01:40.97	35,70	
6. Esmee van Peer (TriVia, 200201114)				02:17.67
	50m	00:30.90	30,90	
	100m	01:05.92	35,02	
	150m	01:41.94	36,02	
7. Michelle van den Hoofdakker (HZ&PC Heerenveen, 200302708)				02:21.13
	50m	00:31.55	31,55	
	100m	01:07.45	35,90	
	150m	01:44.61	37,16	
8. Olena Dijkstra (TriVia, 200202624)				02:23.32
	50m	00:31.94	31,94	
	100m	01:08.34	36,40	
	150m	01:45.82	37,48	
9. Maud Roffel (HZ&PC Heerenveen, 200700840)				02:31.84
	50m	00:35.31	35,31	
	100m	01:14.76	39,45	
	150m	01:54.58	39,82	
10. Amarinske Meijer (HZ&PC Heerenveen, 200600282)				02:32.64
	50m	00:34.33	34,33	
	100m	01:14.08	39,75	
	150m	01:53.14	39,06	
11. Janine ter Schure (HZ&PC Heerenveen, 200105164)				02:33.73
	50m	00:35.55	35,55	
	100m	01:15.68	40,13	
	150m	01:56.06	40,38	
12. Monique Tienstra (TriVia, 200600354)				02:37.86
	50m	00:36.15	36,15	
	100m	01:16.57	40,42	
	150m	01:57.79	41,22	
13. Heleen Spelde Fransens (Thor, 197901358)				02:38.46
	50m	00:35.42	35,42	
	100m	01:16.51	41,09	
	150m	01:58.81	42,30	
14. Aniek Vuist (HZ&PC Heerenveen, 200600958)				02:39.37
	50m	00:34.84	34,84	
	100m	01:16.17	41,33	
	150m	01:59.15	42,98	
15. Marjolie Spelde (Thor, 200900266)				02:41.07
	50m	00:35.37	35,37	
	100m	01:15.93	40,56	
	150m	02:00.00	44,07	
16. Laura van Etten (HZ&PC Heerenveen, 200800264)				02:44.53
	50m	00:35.84	35,84	
	100m	01:18.18	42,34	
	150m	02:01.99	43,81	
17. Milou Geneuglijk (Aqua 68, 200900556)				02:45.21
	50m	00:36.70	36,70	
	100m	01:19.35	42,65	
	150m	02:03.12	43,77	
18. Femke Smilde (HZ&PC Heerenveen, 200801826)				02:46.34
	100m	01:19.16	79,16	
	150m	02:03.82	44,66	

19. Yke Spelde (Thor, 200700208)				02:47.78
	50m 00:36.55 36,55	100m 01:20.10 43,55	150m 02:06.54 46,44	
8. 200m vrije slag - Heren				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
1. Richard Kuipers (TriVia, 199704171)				01:58.21
	50m 00:26.95 26,95	100m 00:56.71 29,76	150m 01:27.14 30,43	
2. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)				02:05.72
	50m 00:27.72 27,72	100m 00:59.34 31,62	150m 01:32.77 33,43	
3. Kevin van Gelderen (TriVia, 200402325)				02:14.69
	50m 00:30.92 30,92	100m 01:04.87 33,95	150m 01:39.87 35,00	
4. Jetze de Vries (De Vikings, 200602589)				02:14.86
	50m 00:29.81 29,81	100m 01:04.06 34,25	150m 01:39.73 35,67	
5. Rik Stahlie (TriVia, 200201915)				02:15.78
	50m 00:29.05 29,05	100m 01:02.94 33,89	150m 01:39.12 36,18	
6. Ryan Huizinga (Bubble, 200700419)				02:17.57
	50m 00:29.85 29,85	100m 01:03.93 34,08	150m 01:41.10 37,17	
7. Quinten Brouwer von Gonzenbach (TriVia, 200700001)				02:22.69
	50m 00:31.86 31,86	100m 01:09.41 37,55	150m 01:47.37 37,96	
8. Stefan van der Feer (Bubble, 200701607)				02:33.04
	50m 00:33.92 33,92	100m 01:13.23 39,31	150m 01:54.36 41,13	
9. Lars van Zessen (HZ&PC Heerenveen, 200603045)				02:42.49
	50m 00:35.41 35,41	100m 01:17.50 42,09	150m 02:01.17 43,67	
10. Jesse Stel (HZ&PC Heerenveen, 200700589) [S10]				02:46.06
	50m 00:37.81 37,81	100m 01:21.58 43,77	150m 02:05.06 43,48	
11. Ivan Vuist (HZ&PC Heerenveen, 200802067)				02:54.01
	50m 00:37.90 37,90	100m 01:22.59 44,69	150m 02:08.72 46,13	
12. Ido Kootstra (TriVia, 200801577)				03:06.96
	50m 00:39.93 39,93	100m 01:27.42 47,49	150m 02:18.50 51,08	
9. 50m vlinderslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Arianne Kooijnga (TriVia, 200001544)				00:28.46
2. Joline Koop (Aqua 68, 200403174)				00:30.32
3. Kamina van Osch (Aqua 68, 200603974)				00:30.87
4. Ciska de Lugt (Aqua 68, 200503302)				00:31.84
5. Daniëlle Cosse (Bubble, 200500448)				00:34.56
6. Nina Dekker (Z.C. Haren, 200500126)				00:35.36
7. Ilse Kramer (TriVia, 200403072)				00:36.47
8. Lyanne Pathuis (Bubble, 200800042)				00:43.41
9. Sanne Hellinga (TriVia, 200902714)				00:47.74
10. Cynthia Blik (Thor, 200700414)				00:53.43
10. 50m vlinderslag - Heren				
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>				
1. Matthijs van Meerendonk (TriVia, 199900375)				00:25.06
2. Jaime Fais (TriVia, 200400291)				00:27.15
3. Quinten Stuut (Aqua 68, 200203239)				00:28.55
4. Rick Smit (Aqua 68, 200602435)				00:33.14

5. Ids Harms (TriVia, 200702753)	00:34.42
6. Rowan Bosma (Bubble, 200702021)	00:36.54
7. Sem Hiddingh (Thor, 200700141)	00:43.29
DIS. Sven Brongers (Thor, 200700139)	00:00.00
11. 100m rugslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Myrte van Mook (HZ&PC Heerenveen, 200600610)	01:13.25
50m 00:34.87 34,87	
2. Maud Koehoorn (HZ&PC Heerenveen, 200501418)	01:13.70
50m 00:36.46 36,46	
3. Lois Jalving (HZ&PC Heerenveen, 200400280)	01:15.05
50m 00:36.39 36,39	
4. Esmee Kloezen (Bubble, 200204646)	01:17.39
50m 00:36.47 36,47	
5. Jannoula Jaspers (De Vikings, 200800202)	01:18.90
50m 00:38.60 38,60	
6. Nienke Koop (Aqua 68, 200800884)	01:21.60
50m 00:39.03 39,03	
7. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	01:26.63
50m 00:41.76 41,76	
8. Tessa Joosten (Thor, 200700198)	01:27.75
50m 00:42.22 42,22	
12. 100m rugslag - Heren	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Djurre van der Wal (HZ&PC Heerenveen, 200500301)	01:11.27
50m 00:35.67 35,67	
2. Wouter Sies (TriVia, 200500369)	01:14.07
50m 00:35.12 35,12	
3. Rico Vroom (TriVia, 199802363)	01:15.16
50m 00:36.44 36,44	
4. Ido Kootstra (TriVia, 200801577)	01:31.12
50m 00:44.46 44,46	
13. 200m schoolslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Anna van Eeken (HZ&PC Heerenveen, 200401414)	03:06.57
50m 00:42.52 42,52 100m 01:31.09 48,57 150m 02:19.22 48,13	
2. Amber Boomsma (HZ&PC Heerenveen, 200401416)	03:06.93
50m 00:42.11 42,11 100m 01:30.74 48,63 150m 02:19.81 49,07	
3. Nadia Veenstra (HZ&PC Heerenveen, 200602482)	03:20.86
50m 00:44.93 44,93 100m 01:36.72 51,79 150m 02:29.24 52,52	
4. Luesza Siahaija (Aqua 68, 200801316)	03:22.02
50m 00:46.25 46,25 100m 01:38.24 51,99 150m 02:30.05 51,81	
14. 200m schoolslag - Heren	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Rick Smit (Aqua 68, 200602435)	02:55.81
50m 00:38.41 38,41 100m 01:23.50 45,09 150m 02:09.22 45,72	
2. Lars van Zessen (HZ&PC Heerenveen, 200603045)	03:10.03
50m 00:42.49 42,49 100m 01:32.11 49,62 150m 02:21.99 49,88	
DIS. Tim Speijer (Bubble, 200301661)	00:00.00

15. 400m wisselslag - Dames

vanaf 11 jaar (Senioren Open)

1. Hedwig Bolt (HZ&PC Heerenveen, 200602660)						05:32.21					
50m	00:36.22	36,22	150m	02:02.57	41,99	250m	03:29.31	45,38	350m	04:54.91	39,50
100m	01:20.58	44,36	200m	02:43.93	41,36	300m	04:15.41	46,10			
2. Silke Koehoorn (HZ&PC Heerenveen, 200300968)						06:16.42					
50m	00:39.75	39,75	150m	02:16.90	49,24	250m	03:57.48	52,34	350m	05:34.09	42,95
100m	01:27.66	47,91	200m	03:05.14	48,24	300m	04:51.14	53,66			
3. Esther Roele (HZ&PC Heerenveen, 200001056)						06:37.19					
50m	00:44.45	44,45	150m	02:30.70	49,87	250m	04:11.94	52,18	350m	05:52.68	46,04
100m	01:40.83	56,38	200m	03:19.76	49,06	300m	05:06.64	54,70			
4. Gabriella da Silva Miranda (De Vikings, 200700088)						06:41.63					
50m	00:43.16	43,16	150m	02:31.67	51,74	250m	04:19.41	58,60	350m	06:01.00	43,81
100m	01:39.93	56,77	200m	03:20.81	49,14	300m	05:17.19	57,78			
5. Yke Spelde (Thor, 200700208)						07:03.84					
50m	00:49.10	49,10	150m	02:46.49	54,15	250m	04:31.81	53,13	350m	06:18.69	49,74
100m	01:52.34	63,24	200m	03:38.68	52,19	300m	05:28.95	57,14			

16. 400m wisselslag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

1. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)						04:49.04					
50m	00:30.84	30,84	150m	01:45.07	38,37	250m	03:02.64	39,79	350m	04:16.91	33,91
100m	01:06.70	35,86	200m	02:22.85	37,78	300m	03:43.00	40,36			
2. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)						05:11.83					
50m	00:30.32	30,32	150m	01:48.94	41,64	250m	03:13.28	42,72	350m	04:35.39	37,62
100m	01:07.30	36,98	200m	02:30.56	41,62	300m	03:57.77	44,49			
3. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)						06:24.10					
50m	00:46.19	46,19	150m	02:30.73	47,75	250m	04:10.23	53,20	350m	05:44.76	41,10
100m	01:42.98	56,79	200m	03:17.03	46,30	300m	05:03.66	53,43			

17. 50m vrije slag - Dames

vanaf 11 jaar (Senioren Open)

1. Arianne Kooijinga (TriVia, 200001544)						00:26.41
2. Sara Korhuis (TriVia, 200600494)						00:27.56
3. Mariëlle Dolfijn (TriVia, 200201640)						00:28.17
4. Sanne Kloezen (Bubble, 200204644)						00:28.22
5. Kamina van Osch (Aqua 68, 200603974)						00:28.62
6. Esmee van Peer (TriVia, 200201114)						00:28.64
7. Ciska de Lugt (Aqua 68, 200503302)						00:28.70
8. Olena Dijkstra (TriVia, 200202624)						00:29.02
9. Xoë Stuu (Aqua 68, 200400754)						00:29.19
10. Mare Broekstra (De Vikings, 200600616)						00:29.32
11. Esmee Kloezen (Bubble, 200204646)						00:29.67
12. Alicia van der Gaast (TriVia, 200205036)						00:30.44
13. Eline Pathuis (Bubble, 200300408)						00:31.02
14. Melanie Schaap (Bubble, 200501180)						00:31.30
15. Chaira Scholte (Bubble, 200304478)						00:31.73
16. Marieke Speijer (Bubble, 200401154)						00:33.32
17. Nina Dekker (Z.C. Haren, 200500126)						00:34.07

18. Milou Geneuglijk (Aqua 68, 200900556)	00:34.56
19. Marjolie Spelde (Thor, 200900266)	00:34.99
20. Natalia van Heuveln (Z.C. Haren, 200703764)	00:37.50
21. Sophie Zwart (TriVia, 200902664)	00:43.61
22. Karolina Holen (Z.C. Haren, 200902434)	00:44.77
23. Cynthia Blik (Thor, 200700414)	00:47.15
<b>18. 50m vrije slag - Heren</b>	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Richard Kuipers (TriVia, 199704171)	00:25.02
2. Quinten Stuu (Aqua 68, 200203239)	00:25.16
3. Jaime Fais (TriVia, 200400291)	00:25.66
4. Wouter Sies (TriVia, 200500369)	00:27.74
5. Kevin van Gelderen (TriVia, 200402325)	00:27.78
6. Jetze de Vries (De Vikings, 200602589)	00:28.08
7. Rik Stahlie (TriVia, 200201915)	00:28.23
8. Ryan Huizinga (Bubble, 200700419)	00:28.28
9. Joachim Wolbersen (Aqua 68, 200600771)	00:28.91
10. Pepijn Houwen (Bubble, 200500433)	00:29.44
11. Stefan van der Feer (Bubble, 200701607)	00:30.38
12. Rowan Bosma (Bubble, 200702021)	00:30.83
13. Geert Sies (TriVia, 200700763)	00:35.74
14. Sven Brongers (Thor, 200700139)	00:36.15
15. Rong Fu van der Neut (Aqua 68, 200600725) [S9]	00:36.85
16. Ido Kootstra (TriVia, 200801577)	00:37.17
17. Niels Nijhof (Z.C. Haren, 200504253)	00:43.72
DIS. Ids Harms (TriVia, 200702753)	00:00.00
<b>19. 100m vlinderslag - Dames</b>	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Inge Dekker (TriVia, 200200476)	01:11.70
50m 00:32.25 32,25	
2. Michelle van den Hoofdakker (HZ&PC Heerenveen, 200302708)	01:13.19
50m 00:32.73 32,73	
3. Sterre van der Wal (De Vikings, 200502356)	01:17.21
50m 00:35.29 35,29	
4. Amarinske Meijer (HZ&PC Heerenveen, 200600282)	01:17.50
50m 00:35.54 35,54	
5. Daniëlle Cosse (Bubble, 200500448)	01:21.88
50m 00:37.13 37,13	
6. Monique Tienstra (TriVia, 200600354)	01:22.65
50m 00:37.09 37,09	
7. Laura van Etten (HZ&PC Heerenveen, 200800264)	01:33.81
50m 00:41.56 41,56	
8. Hannelore Buze (HZ&PC Heerenveen, 200801226)	01:47.65

	50m 00:48.04 48,04			
20. 100m vlinderslag - Heren				
	<i>vanaf 12 jaar (Junioren 1 en ouder)</i>			
1. Matthijs van Meerendonk (TriVia, 199900375)				00:57.32
	50m 00:26.27 26,27			
2. Damian Emmanuel (Aqua 68, 200303123)				01:06.14
	50m 00:29.23 29,23			
3. Ivan Vuist (HZ&PC Heerenveen, 200802067)				01:51.49
	50m 00:50.97 50,97			
21. 200m wisselslag - Dames				
	<i>vanaf 11 jaar (Senioren Open)</i>			
1. Myrthe Natzijsl (TriVia, 200400076)				02:29.97
	50m 00:33.31 33,31	100m 01:12.68 39,37	150m 01:55.21 42,53	
2. Sterre-Marit Drok (Bubble, 200400880)				02:38.13
	50m 00:33.06 33,06	100m 01:14.51 41,45	150m 02:01.72 47,21	
3. Esmee van Peer (TriVia, 200201114)				02:38.44
	50m 00:33.54 33,54	100m 01:14.75 41,21	150m 02:01.88 47,13	
4. Imke Boontjes (Aqua 68, 200600386)				02:44.90
	50m 00:37.19 37,19	100m 01:20.67 43,48	150m 02:07.96 47,29	
5. Amber Boomsma (HZ&PC Heerenveen, 200401416)				02:47.79
	50m 00:36.84 36,84	100m 01:21.34 44,50	150m 02:10.28 48,94	
6. Maud Roffel (HZ&PC Heerenveen, 200700840)				02:48.45
	50m 00:37.39 37,39	100m 01:19.32 41,93	150m 02:09.91 50,59	
7. Liselotte Schaap (HZ&PC Heerenveen, 200603016)				02:53.48
	50m 00:36.28 36,28	100m 01:19.68 43,40	150m 02:14.43 54,75	
8. Anna van Eeken (HZ&PC Heerenveen, 200401414)				02:54.45
	50m 00:39.91 39,91	100m 01:24.46 44,55	150m 02:13.77 49,31	
9. Ilse Kramer (TriVia, 200403072)				02:57.66
	50m 00:38.27 38,27	100m 01:24.67 46,40	150m 02:17.13 52,46	
10. Janine ter Schure (HZ&PC Heerenveen, 200105164)				02:58.96
	50m 00:40.71 40,71	100m 01:25.87 45,16	150m 02:20.64 54,77	
11. Femke Smilde (HZ&PC Heerenveen, 200801826)				03:05.64
	50m 00:42.44 42,44	100m 01:27.10 44,66	150m 02:22.37 55,27	
12. Nadia Veenstra (HZ&PC Heerenveen, 200602482)				03:14.54
	50m 00:49.89 49,89	100m 01:36.69 46,80	150m 02:30.51 53,82	
22. 200m wisselslag - Heren				
	<i>vanaf 12 jaar (Junioren 1 en ouder)</i>			
1. Quinten Brouwer von Gonzenbach (TriVia, 200700001)				02:41.97
	50m 00:34.18 34,18	100m 01:16.79 42,61	150m 02:03.89 47,10	
2. Jesse Stel (HZ&PC Heerenveen, 200700589) [S10]				03:12.17
	50m 00:45.96 45,96	100m 01:34.77 48,81	150m 02:32.29 57,52	
23. 50m schoolslag - Dames				
	<i>vanaf 11 jaar (Senioren Open)</i>			
1. Alicia van der Gaast (TriVia, 200205036)				00:40.00
2. Natalia van Heuveln (Z.C. Haren, 200703764)				00:44.92
3. Sanne Hellinga (TriVia, 200902714)				00:47.28
4. Karolina Holen (Z.C. Haren, 200902434)				00:56.58
5. Cynthia Blik (Thor, 200700414)				00:56.99



24. 50m schoolslag - Heren		
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>		
1. Matthijs van Meerendonk (TriVia, 199900375)		00:30.02
2. Jorian Darwinkel (HZ&PC Heerenveen, 200300565)		00:32.10
3. Niels Nijhof (Z.C. Haren, 200504253)		01:01.66
DIS: Sven Brongers (Thor, 200700139)		00:00.00
DIS: Geert Sies (TriVia, 200700763)		00:00.00
25. 200m vlinderslag - Dames		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Silke Koehoorn (HZ&PC Heerenveen, 200300968)		03:14.57
50m 00:41.01 41,01	100m 01:31.10 50,09	150m 02:24.07 52,97
26. 200m vlinderslag - Heren		
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>		
1. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)		02:28.58
50m 00:31.56 31,56	100m 01:09.24 37,68	150m 01:49.24 40,00
2. Djurre van der Wal (HZ&PC Heerenveen, 200500301)		02:33.65
50m 00:32.93 32,93	100m 01:12.25 39,32	150m 01:52.92 40,67
3. Lars van Zessen (HZ&PC Heerenveen, 200603045)		03:39.00
50m 00:46.58 46,58	100m 01:43.81 57,23	150m 02:41.57 57,76
27. 200m rugslag - Dames		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Joline Koop (Aqua 68, 200403174)		02:29.22
50m 00:34.90 34,90	100m 01:13.06 38,16	150m 01:51.13 38,07
2. Hedwig Bolt (HZ&PC Heerenveen, 200602660)		02:36.01
50m 00:36.38 36,38	100m 01:16.11 39,73	150m 01:56.42 40,31
3. Maud Koehoorn (HZ&PC Heerenveen, 200501418)		02:36.69
50m 00:36.99 36,99	100m 01:17.78 40,79	150m 01:58.40 40,62
4. Michelle van den Hoofdakker (HZ&PC Heerenveen, 200302708)		02:38.71
50m 00:36.38 36,38	100m 01:17.36 40,98	150m 01:59.02 41,66
5. Loïs Jalving (HZ&PC Heerenveen, 200400280)		02:40.77
50m 00:38.09 38,09	100m 01:19.06 40,97	150m 02:00.04 40,98
6. Myrte van Mook (HZ&PC Heerenveen, 200600610)		02:46.17
50m 00:37.13 37,13	100m 01:18.65 41,52	150m 02:02.32 43,67
7. Jannoula Jaspers (De Vikings, 200800202)		02:49.11
50m 00:39.43 39,43	100m 01:21.23 41,80	150m 02:07.03 45,80
8. Aniek Vuist (HZ&PC Heerenveen, 200600958)		02:53.94
50m 00:40.35 40,35	100m 01:25.09 44,74	150m 02:11.49 46,40
28. 200m rugslag - Heren		
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>		
1. Joachim Wolbersen (Aqua 68, 200600771)		02:37.76
50m 00:37.64 37,64	100m 01:19.04 41,40	150m 01:59.81 40,77
2. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)		02:49.73
50m 00:40.00 40,00	100m 01:23.43 43,43	150m 02:07.73 44,30
29. 100m vrije slag - Dames		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Mariëlle Dolfijn (TriVia, 200201640)		01:00.43
50m 00:29.03 29,03		
2. Sara Korthuis (TriVia, 200600494)		01:00.63
50m 00:29.23 29,23		

3. Inge Dekker (TriVia, 200200476)	01:01.66
50m 00:29.64 29,64	
4. Myrthe Natzijs (TriVia, 200400076)	01:01.83
50m 00:30.03 30,03	
5. Sanne Kloezen (Bubble, 200204644)	01:02.58
50m 00:29.86 29,86	
6. Kamina van Osch (Aqua 68, 200603974)	01:02.68
50m 00:30.20 30,20	
7. Myrthe Offenga (De Vikings, 199901874)	01:02.99
50m 00:30.59 30,59	
8. Xoë Stuu (Aqua 68, 200400754)	01:03.10
50m 00:30.46 30,46	
9. Sterre-Marit Drok (Bubble, 200400880)	01:04.16
50m 00:30.42 30,42	
10. Mare Broekstra (De Vikings, 200600616)	01:05.01
50m 00:30.74 30,74	
11. Esmee Kloezen (Bubble, 200204646)	01:05.33
50m 00:30.99 30,99	
12. Daniëlle Cosse (Bubble, 200500448)	01:07.01
50m 00:32.68 32,68	
13. Imke Boontjes (Aqua 68, 200600386)	01:07.32
50m 00:31.99 31,99	
14. Eline Pathuis (Bubble, 200300408)	01:08.27
50m 00:32.69 32,69	
15. Sterre van der Wal (De Vikings, 200502356)	01:08.37
50m 00:32.35 32,35	
16. Janine ter Schure (HZ&PC Heerenveen, 200105164)	01:09.37
50m 00:33.94 33,94	
17. Amarinske Meijer (HZ&PC Heerenveen, 200600282)	01:09.68
50m 00:33.89 33,89	
18. Heleen Spelde Fransens (Thor, 197901358)	01:10.28
50m 00:33.62 33,62	
19. Ilse Kramer (TriVia, 200403072)	01:10.69
50m 00:34.27 34,27	
20. Monique Tienstra (TriVia, 200600354)	01:10.83
50m 00:34.36 34,36	
21. Nienke Koop (Aqua 68, 200800884)	01:11.45
50m 00:33.56 33,56	
22. Maud Roffel (HZ&PC Heerenveen, 200700840)	01:11.48
50m 00:35.09 35,09	
23. Melanie Schaap (Bubble, 200501180)	01:11.60
50m 00:32.88 32,88	
24. Chaira Scholte (Bubble, 200304478)	01:11.78
50m 00:33.46 33,46	
25. Esther Roele (HZ&PC Heerenveen, 200001056)	01:11.84
50m 00:34.42 34,42	
26. Marieke Speijer (Bubble, 200401154)	01:11.87
50m 00:34.41 34,41	
27. Gabriella da Silva Miranda (De Vikings, 200700088)	01:13.77
50m 00:34.87 34,87	

28. Laura van Etten (HZ&PC Heerenveen, 200800264)	01:14.64
50m 00:35.58 35,58	
29. Luesza Siahajja (Aqua 68, 200801316)	01:14.69
50m 00:35.11 35,11	
30. Femke Smilde (HZ&PC Heerenveen, 200801826)	01:16.01
50m 00:36.39 36,39	
31. Marjolie Spelde (Thor, 200900266)	01:17.23
50m 00:36.55 36,55	
32. Hannelore Buze (HZ&PC Heerenveen, 200801226)	01:23.17
50m 00:38.85 38,85	
33. Sanne Hellinga (TriVia, 200902714)	01:35.66
50m 00:44.26 44,26	
30. 100m vrije slag - Heren	
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>	
1. Richard Kuipers (TriVia, 199704171)	00:53.55
50m 00:25.74 25,74	
2. Quinten Stuuat (Aqua 68, 200203239)	00:56.36
50m 00:26.86 26,86	
3. Damian Emmanuel (Aqua 68, 200303123)	00:56.83
50m 00:26.79 26,79	
4. Tim Speijer (Bubble, 200301661)	00:56.92
50m 00:26.83 26,83	
5. Jaime Fais (TriVia, 200400291)	01:00.58
50m 00:27.76 27,76	
6. Kevin van Gelderen (TriVia, 200402325)	01:00.63
50m 00:29.62 29,62	
7. Jetze de Vries (De Vikings, 200602589)	01:01.28
50m 00:29.51 29,51	
8. Rik Stahlie (TriVia, 200201915)	01:01.38
50m 00:29.45 29,45	
9. Ryan Huizinga (Bubble, 200700419)	01:01.88
50m 00:30.04 30,04	
10. Rico Vroom (TriVia, 199802363)	01:03.86
50m 00:29.98 29,98	
11. Quinten Brouwer von Gonzenbach (TriVia, 200700001)	01:04.67
50m 00:31.36 31,36	
12. Pepijn Houwen (Bubble, 200500433)	01:04.91
50m 00:31.41 31,41	
13. Ids Harms (TriVia, 200702753)	01:05.65
50m 00:31.22 31,22	
14. Rick Smit (Aqua 68, 200602435)	01:05.85
50m 00:31.37 31,37	
15. Rowan Bosma (Bubble, 200702021)	01:08.37
50m 00:32.91 32,91	
16. Stefan van der Feer (Bubble, 200701607)	01:10.16
50m 00:33.36 33,36	
17. Sem Hiddingh (Thor, 200700141)	01:14.98
50m 00:35.04 35,04	
18. Ivan Vuist (HZ&PC Heerenveen, 200802067)	01:20.42

50m 00:37.37 37,37