



Programmanr. 1
2-12-2018 - 14:45

200m vrije slag

Minioren 3 en 4
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---------------------------------|------------|---------|-----------|----------------|-------|---------|------|---------|
| Minioren 3 en 4, Meisjes | | | | | | | | |
| 1. Daphne Westra | De Granaet | 2:57.25 | 200900344 | 2:53.89 | 39.00 | 1:23.82 | | 2:53.89 |
| 2. Ilse Wiltjer | Dz&Pc | 3:13.34 | 200900868 | 3:02.33 | 37.24 | | | 3:02.33 |
| 3. Devenda van der Meer | De Granaet | 3:11.50 | 200900948 | 3:11.13 | 39.50 | 1:28.41 | | 3:11.13 |

Minioren 3 en 4, Jongens

| | | | | | | | | |
|-------------------|-----|---------|-----------|----------------|-------|---------|--|---------|
| 1. Wilco Driessen | PWC | 3:03.40 | 200900041 | 3:04.22 | 42.78 | 1:30.50 | | 3:04.22 |
|-------------------|-----|---------|-----------|----------------|-------|---------|--|---------|

Programmanr. 2
2-12-2018 - 14:49

400m vrije slag

Minioren 5 en 6
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|--|-------------|---------------|---------------|----------------|
| Minioren 5 en Junioren 1, Meisjes | | | | |
| 1. Frouke Ludwig | Dz&Pc | 5:40.63 | 200800112 | 5:25.21 |
| 50m: 36.61 | 36.61 | 150m: 2:41.76 | 250m: 5:25.21 | 350m: 5:25.21 |
| 100m: 1:18.11 | 41.50 | 200m: 2:41.76 | 300m: 5:25.21 | 400m: 5:25.21 |
| 2. Indy Hof | Dz&Pc | 6:07.39 | 200800630 | 6:14.38 |
| 50m: 39.83 | 39.83 | 150m: 3:02.50 | 250m: 6:14.38 | 350m: 6:14.38 |
| 100m: 1:26.28 | 46.45 | 200m: 3:02.50 | 300m: 6:14.38 | 400m: 6:14.38 |
| 3. Lotte van der Werf | Wetterwille | 6:56.73 | 200703336 | 6:48.13 |
| 50m: 46.96 | 46.96 | 150m: 3:25.06 | 250m: 6:48.13 | 350m: 6:48.13 |
| 100m: 1:37.80 | 50.84 | 200m: 3:25.06 | 300m: 6:48.13 | 400m: 6:48.13 |
| 4. Jildou van der Hoek | Dz&Pc | NT | 200801654 | 6:57.34 |
| 50m: 44.49 | 44.49 | 150m: 3:20.49 | 250m: 6:57.34 | 350m: 6:57.34 |
| 100m: 1:34.94 | 50.45 | 200m: 3:20.49 | 300m: 6:57.34 | 400m: 6:57.34 |
| AFGEM Annick van Eeuwijk | Wetterwille | 6:41.57 | 200801798 | |

Minioren 5 en 6, Jongens

| | | | | |
|-------------------------|-------------|---------------|---------------|----------------|
| 1. Tieme Wiersma | Dz&Pc | 5:38.23 | 200701031 | 5:26.33 |
| 50m: 36.78 | 36.78 | 150m: 2:43.03 | 250m: 5:26.33 | 350m: 5:26.33 |
| 100m: 1:18.50 | 41.72 | 200m: 2:43.03 | 300m: 5:26.33 | 400m: 5:26.33 |
| 2. Jere Wiersma | Dz&Pc | 6:21.60 | 200701037 | 6:10.62 |
| 50m: 40.69 | 40.69 | 150m: 3:03.46 | 250m: 6:10.62 | 350m: 6:10.62 |
| 100m: 1:26.97 | 46.28 | 200m: 3:03.46 | 300m: 6:10.62 | 400m: 6:10.62 |
| 3. Hielke van der Zwaag | Wetterwille | 6:28.90 | 200701197 | 6:26.14 |
| 50m: 42.53 | 42.53 | 150m: 3:09.42 | 250m: 6:26.14 | 350m: 6:26.14 |
| 100m: 1:32.58 | 50.05 | 200m: 3:09.42 | 300m: 6:26.14 | 400m: 6:26.14 |
| 4. Remco Jelsma | ZPC Isis | 6:46.88 | 200800639 | 6:28.91 |
| 50m: 44.51 | 44.51 | 150m: 3:11.51 | 250m: 6:28.91 | 350m: 6:28.91 |
| 100m: 1:33.30 | 48.79 | 200m: 3:11.51 | 300m: 6:28.91 | 400m: 6:28.91 |
| 5. Hylke de Jong | De Granaet | 6:47.25 | 200801057 | 6:33.86 |
| 50m: 41.90 | 41.90 | 150m: 3:13.99 | 250m: 6:33.86 | 350m: 6:33.86 |
| 100m: 1:31.88 | 49.98 | 200m: 3:13.99 | 300m: 6:33.86 | 400m: 6:33.86 |
| 6. Yanick van den Berg | Wetterwille | 7:24.72 | 200800667 | 6:37.43 |
| 50m: 42.50 | 42.50 | 150m: 3:14.28 | 250m: 6:37.43 | 350m: 6:37.43 |
| 100m: 1:32.50 | 50.00 | 200m: 3:14.28 | 300m: 6:37.43 | 400m: 6:37.43 |
| 7. Gertjan van der Meer | Wetterwille | 7:00.31 | 200701369 | 6:46.86 |
| 50m: 43.69 | 43.69 | 150m: 3:17.16 | 250m: 6:46.86 | 350m: 6:46.86 |
| 100m: 1:34.80 | 51.11 | 200m: 3:17.16 | 300m: 6:46.86 | 400m: 6:46.86 |
| 8. Jente-Piebe Dijkstra | Wetterwille | 7:02.03 | 200800299 | 6:47.65 |
| 50m: 47.12 | 47.12 | 150m: 3:26.36 | 250m: 6:47.65 | 350m: 6:47.65 |
| 100m: 1:38.84 | 51.72 | 200m: 3:26.36 | 300m: 6:47.65 | 400m: 6:47.65 |
| 9. Hein Muller | Dz&Pc | 6:21.64 | 200800157 | 6:56.96 |
| 50m: 46.15 | 46.15 | 150m: 3:22.55 | 250m: 6:56.96 | 350m: 6:56.96 |
| 100m: 1:37.65 | 51.50 | 200m: 3:22.55 | 300m: 6:56.96 | 400m: 6:56.96 |
| 10. Jorn van Kammen | Wetterwille | 7:20.96 | 200801289 | 7:15.48 |
| 50m: 48.58 | 48.58 | 150m: 3:33.79 | 250m: 7:15.48 | 350m: 7:15.48 |
| 100m: 1:42.98 | 54.40 | 200m: 3:33.79 | 300m: 7:15.48 | 400m: 7:15.48 |



Programmanr. 3
2-12-2018 - 15:12

800m vrije slag

12 - 13 jaar
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---------------------------------|---------------------|-------------|---------------|-----------|-----------------|----|
| Junioren 2 en 3, Meisjes | | | | | | |
| 1. | Maïke van der Heide | De Granaet | 11:27.14 | 200500828 | 10:46.01 | |
| | 100m: 1:12.23 | 1:12.23 | 300m: | 500m: | 700m: | |
| | 200m: 2:33.66 | 1:21.43 | 400m: 5:20.40 | 600m: | 800m: 10:46.01 | |
| 2. | Esmee Hofstra | Wetterwille | 11:19.71 | 200501816 | 11:26.59 | |
| | 100m: 1:18.91 | 1:18.91 | 300m: | 500m: | 700m: | |
| | 200m: 2:45.19 | 1:26.28 | 400m: 5:39.59 | 600m: | 800m: 11:26.59 | |
| 3. | Fardau Dikkers | Wetterwille | 12:27.11 | 200501722 | 12:27.93 | |
| | 100m: 1:26.23 | 1:26.23 | 300m: | 500m: | 700m: | |
| | 200m: 2:59.17 | 1:32.94 | 400m: 6:11.43 | 600m: | 800m: 12:27.93 | |
| 4. | Maaïke van der Wal | Wetterwille | 14:05.75 | 200603288 | 12:39.82 | |
| | 100m: 1:30.50 | 1:30.50 | 300m: | 500m: | 700m: | |
| | 200m: 3:09.11 | 1:38.61 | 400m: 6:26.20 | 600m: | 800m: 12:39.82 | |
| AFGEM | Naomi Vellinga | Wetterwille | 11:30.52 | 200500504 | | |
| AFGEM | Kyra Kootstra | PWC | 13:22.33 | 200501834 | | |

Junioren 1 en 2, Jongens

| | | | | | | |
|----|--------------------|-------------|---------------|-----------|-----------------|--|
| 1. | Senna Hof | Dz&Pc | 10:08.50 | 200600761 | 9:55.26 | |
| | 100m: 1:10.90 | 1:10.90 | 300m: | 500m: | 700m: | |
| | 200m: 2:27.20 | 1:16.30 | 400m: 4:58.88 | 600m: | 800m: 9:55.26 | |
| 2. | Axel Jorn Veenstra | PWC | 12:23.06 | 200500577 | 11:56.26 | |
| | 100m: 1:24.16 | 1:24.16 | 300m: | 500m: | 700m: | |
| | 200m: 2:55.86 | 1:31.70 | 400m: 6:00.67 | 600m: | 800m: 11:56.26 | |
| 3. | Willem Cnossen | Wetterwille | 13:51.72 | 200503049 | 12:57.00 | |
| | 100m: 1:28.75 | 1:28.75 | 300m: | 500m: | 700m: | |
| | 200m: 3:06.78 | 1:38.03 | 400m: 6:28.36 | 600m: | 800m: 12:57.00 | |
| 4. | Sil Veenstra | Zcnf'34 | 15:52.34 | 200501497 | 15:56.56 | |
| | 100m: 1:50.73 | 1:50.73 | 300m: | 500m: | 700m: | |
| | 200m: 3:52.18 | 2:01.45 | 400m: 7:58.16 | 600m: | 800m: 15:56.56 | |

Programmanr. 4
2-12-2018 - 15:42

1500m vrije slag

14 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------------------------------|------------------|------------|----------------|-----------|-----------------|----|
| Jeugd 1 en 2, Meisjes | | | | | | |
| 1. | Merle Stavorinus | De Granaet | 20:30.56 | 200400138 | 19:50.81 | |
| | 100m: 1:12.64 | 1:12.64 | 500m: | 900m: | 1300m: | |
| | 200m: 2:31.51 | 1:18.87 | 600m: | 1000m: | 1400m: | |
| | 300m: | 700m: | 800m: 10:28.62 | 1100m: | 1500m: 19:50.81 | |
| | 400m: 5:09.83 | 800m: | 1200m: | | | |
| 2. | Lieke Visser | De Granaet | NT | 200400666 | 20:57.15 | |
| | 100m: 1:18.72 | 1:18.72 | 500m: | 900m: | 1300m: | |
| | 200m: 2:42.65 | 1:23.93 | 600m: | 1000m: | 1400m: | |
| | 300m: | 700m: | 800m: 11:06.40 | 1100m: | 1500m: 20:57.15 | |
| | 400m: 5:30.72 | 800m: | 1200m: | | | |
| 3. | Roos de Jong | Zcnf'34 | 22:10.00 | 200302948 | 21:46.69 | |
| | 100m: 1:20.57 | 1:20.57 | 500m: | 900m: | 1300m: | |
| | 200m: 2:46.97 | 1:26.40 | 600m: | 1000m: | 1400m: | |
| | 300m: | 700m: | 800m: 11:34.66 | 1100m: | 1500m: 21:46.69 | |
| | 400m: 5:41.09 | 800m: | 1200m: | | | |
| 4. | Margreet Bosch | PWC | NT | 200400470 | 25:43.28 | |
| | 100m: 1:30.89 | 1:30.89 | 500m: | 900m: | 1300m: | |
| | 200m: 3:13.93 | 1:43.04 | 600m: | 1000m: | 1400m: | |
| | 300m: | 700m: | 800m: 13:59.36 | 1100m: | 1500m: 25:43.28 | |
| | 400m: 6:47.78 | 800m: | 1200m: | | | |



Programmanr. 4, 1500m vrije slag

Senioren 1 en ouder, Dames

| | | | | | |
|-------|----------------------|-------------|----------------|-----------|-----------------|
| 1. | Martine Kamminga | Dz&Pc | 21:16.84 | 200201172 | 20:02.46 |
| | 100m: 1:12.90 | 1:12.90 | 500m: | 900m: | 1300m: |
| | 200m: 2:31.86 | 1:18.96 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 20:02.46 |
| | 400m: 5:11.17 | | 800m: 10:32.30 | 1200m: | |
| 2. | Lizette van der Vegt | NTB | 21:31.00 | 197901440 | 21:16.68 |
| | 100m: 1:17.30 | 1:17.30 | 500m: | 900m: | 1300m: |
| | 200m: 2:41.70 | 1:24.40 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 21:16.68 |
| | 400m: 5:33.17 | | 800m: 11:15.11 | 1200m: | |
| 3. | Nynke Zandstra | Wetterwille | 18:52.38 | 200202044 | 21:20.56 |
| | 100m: 1:13.81 | 1:13.81 | 500m: | 900m: | 1300m: |
| | 200m: 2:36.95 | 1:23.14 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 21:20.56 |
| | 400m: 5:30.10 | | 800m: 11:13.33 | 1200m: | |
| 4. | Nynke Ytsma | Wetterwille | 22:19.93 | 199700792 | 22:06.48 |
| | 100m: 1:17.14 | 1:17.14 | 500m: | 900m: | 1300m: |
| | 200m: 2:42.29 | 1:25.15 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 22:06.48 |
| | 400m: 5:38.70 | | 800m: 11:35.86 | 1200m: | |
| 5. | Alyah de Bruijn | De Forel | 21:29.97 | 200004308 | 23:03.51 |
| | 100m: 1:18.28 | 1:18.28 | 500m: | 900m: | 1300m: |
| | 200m: 2:44.75 | 1:26.47 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 23:03.51 |
| | 400m: 5:46.71 | | 800m: 12:05.98 | 1200m: | |
| 6. | Lisanne Rinzema | Wetterwille | 21:54.87 | 200204294 | 23:06.09 |
| | 100m: 1:22.50 | 1:22.50 | 500m: | 900m: | 1300m: |
| | 200m: 2:53.50 | 1:31.00 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 23:06.09 |
| | 400m: 6:00.50 | | 800m: 12:15.00 | 1200m: | |
| 7. | Ellen Jager | PWC | NT | 199801384 | 23:35.99 |
| | 100m: 1:23.51 | 1:23.51 | 500m: | 900m: | 1300m: |
| | 200m: 2:55.50 | 1:31.99 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 23:35.99 |
| | 400m: 6:02.10 | | 800m: 12:25.45 | 1200m: | |
| 8. | Petra Zandstra | ZPC Isis | NT | 199006248 | 24:23.95 |
| | 100m: 1:29.46 | 1:29.46 | 500m: | 900m: | 1300m: |
| | 200m: 3:05.99 | 1:36.53 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 24:23.95 |
| | 400m: 6:20.31 | | 800m: 12:56.39 | 1200m: | |
| AFGEM | Elisabeth Postma | NTB | 23:00.00 | 197801360 | |
| AFGEM | Myrthe Sietsma | Wetterwille | 20:16.42 | 200203854 | |

Junioren 3 en 4, Jongens

| | | | | | |
|----|-------------------|-------------|----------------|-----------|-----------------|
| 1. | Frederik Adema | De Granaet | 18:28.82 | 200300253 | 18:14.93 |
| | 100m: 1:05.75 | 1:05.75 | 500m: | 900m: | 1300m: |
| | 200m: 2:18.22 | 1:12.47 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 18:14.93 |
| | 400m: 4:44.92 | | 800m: 9:40.80 | 1200m: | |
| 2. | Vincent Horsthuis | De Granaet | 21:45.35 | 200300247 | 22:24.07 |
| | 100m: 1:18.35 | 1:18.35 | 500m: | 900m: | 1300m: |
| | 200m: 2:45.24 | 1:26.89 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 22:24.07 |
| | 400m: 5:45.21 | | 800m: 11:49.92 | 1200m: | |
| 3. | Roan Altena | PWC | 24:43.80 | 200303255 | 22:50.07 |
| | 100m: 1:24.34 | 1:24.34 | 500m: | 900m: | 1300m: |
| | 200m: 2:56.42 | 1:32.08 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 22:50.07 |
| | 400m: 6:01.31 | | 800m: 12:14.81 | 1200m: | |
| 4. | Jens Schievink | Wetterwille | 23:33.99 | 200304099 | 23:34.52 |
| | 100m: 1:23.23 | 1:23.23 | 500m: | 900m: | 1300m: |
| | 200m: 2:57.89 | 1:34.66 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 23:34.52 |
| | 400m: 6:10.41 | | 800m: 12:43.39 | 1200m: | |

Jeugd 1 en 2, Jongens

| | | | | | |
|----|-----------------|----------|---------------|-----------|-----------------|
| 1. | Makai van Haren | Apexswim | 17:16.17 | 200200627 | 17:20.89 |
| | 100m: 1:02.63 | 1:02.63 | 500m: | 900m: | 1300m: |
| | 200m: 2:11.76 | 1:09.13 | 600m: | 1000m: | 1400m: |
| | 300m: | | 700m: | 1100m: | 1500m: 17:20.89 |
| | 400m: 4:31.26 | | 800m: 9:13.39 | 1200m: | |



Programmanr. 4, Jongens, 1500m vrije slag, Jeugd 1 en 2

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------|--------------|-----------------|-----------|-----------------|
| 2. | Marcel Delfstra | Wetterwille | 17:30.95 | 200100037 | 17:47.13 |
| | 100m: 1:02.56 | 1:02.56 | 500m: 900m: | 1300m: | |
| | 200m: 2:11.78 | 1:09.22 | 600m: 1000m: | 1400m: | |
| | 300m: 4:34.26 | 700m: 1100m: | 1500m: 17:47.13 | | |
| | 400m: 9:26.36 | 800m: 1200m: | | | |
| 3. | Mees Niemeijer | Dz&Pc | 19:41.58 | 200201275 | 18:45.55 |
| | 100m: 1:10.22 | 1:10.22 | 500m: 900m: | 1300m: | |
| | 200m: 2:24.18 | 1:13.96 | 600m: 1000m: | 1400m: | |
| | 300m: 4:54.65 | 700m: 1100m: | 1500m: 18:45.55 | | |
| | 400m: 9:57.45 | 800m: 1200m: | | | |
| 4. | Hidde Betten | Dz&Pc | 22:00.00 | 200204819 | 20:36.12 |
| | 100m: 1:15.52 | 1:15.52 | 500m: 900m: | 1300m: | |
| | 200m: 2:37.61 | 1:22.09 | 600m: 1000m: | 1400m: | |
| | 300m: 5:24.78 | 700m: 1100m: | 1500m: 20:36.12 | | |
| | 400m: 11:00.92 | 800m: 1200m: | | | |
| 5. | Willem Poortinga | Wetterwille | 22:44.31 | 200105093 | 23:55.99 |
| | 100m: 1:26.89 | 1:26.89 | 500m: 900m: | 1300m: | |
| | 200m: 3:02.12 | 1:35.23 | 600m: 1000m: | 1400m: | |
| | 300m: 6:10.59 | 700m: 1100m: | 1500m: 23:55.99 | | |
| | 400m: 12:33.86 | 800m: 1200m: | | | |

Senioren 1 en ouder, Heren

| | | | | | |
|-------|----------------------|--------------|-----------------|-----------|-----------------|
| 1. | Mirko van Ligtenberg | Wetterwille | 18:15.56 | 199800735 | 18:54.56 |
| | 100m: 1:07.00 | 1:07.00 | 500m: 900m: | 1300m: | |
| | 200m: 2:20.42 | 1:13.42 | 600m: 1000m: | 1400m: | |
| | 300m: 4:54.26 | 700m: 1100m: | 1500m: 18:54.56 | | |
| | 400m: 10:04.61 | 800m: 1200m: | | | |
| 2. | Sjoerd Vonk | Wetterwille | 18:47.96 | 200004241 | 19:17.92 |
| | 100m: 1:05.36 | 1:05.36 | 500m: 900m: | 1300m: | |
| | 200m: 2:19.95 | 1:14.59 | 600m: 1000m: | 1400m: | |
| | 300m: 4:53.36 | 700m: 1100m: | 1500m: 19:17.92 | | |
| | 400m: 10:08.77 | 800m: 1200m: | | | |
| 3. | Eric Wattez | Zcnf'34 | 21:00.00 | 197001727 | 20:48.39 |
| | 100m: 1:15.59 | 1:15.59 | 500m: 900m: | 1300m: | |
| | 200m: 2:40.03 | 1:24.44 | 600m: 1000m: | 1400m: | |
| | 300m: 5:29.46 | 700m: 1100m: | 1500m: 20:48.39 | | |
| | 400m: 11:07.11 | 800m: 1200m: | | | |
| 4. | René Jaasma | NTB | 22:30.00 | 198403580 | 21:49.77 |
| | 100m: 1:21.98 | 1:21.98 | 500m: 900m: | 1300m: | |
| | 200m: 2:51.13 | 1:29.15 | 600m: 1000m: | 1400m: | |
| | 300m: 5:50.53 | 700m: 1100m: | 1500m: 21:49.77 | | |
| | 400m: 11:43.63 | 800m: 1200m: | | | |
| 5. | Dyan Hendriks | NTB | NT | 199107777 | 22:26.06 |
| | 100m: 1:22.48 | 1:22.48 | 500m: 900m: | 1300m: | |
| | 200m: 2:49.74 | 1:27.26 | 600m: 1000m: | 1400m: | |
| | 300m: 5:48.32 | 700m: 1100m: | 1500m: 22:26.06 | | |
| | 400m: 11:49.75 | 800m: 1200m: | | | |
| 6. | David van Oosten | NTB | NT | 199007689 | 22:29.31 |
| | 100m: 1:21.46 | 1:21.46 | 500m: 900m: | 1300m: | |
| | 200m: 2:49.30 | 1:27.84 | 600m: 1000m: | 1400m: | |
| | 300m: 5:48.52 | 700m: 1100m: | 1500m: 22:29.31 | | |
| | 400m: 11:51.63 | 800m: 1200m: | | | |
| 7. | Rene Knijpstra | ZPC Isis | 21:59.46 | 198806181 | 23:16.84 |
| | 100m: 1:20.43 | 1:20.43 | 500m: 900m: | 1300m: | |
| | 200m: 2:49.04 | 1:28.61 | 600m: 1000m: | 1400m: | |
| | 300m: 5:51.10 | 700m: 1100m: | 1500m: 23:16.84 | | |
| | 400m: 12:09.54 | 800m: 1200m: | | | |
| AFGEM | Sander van Kammen | NTB | 23:30.00 | 199007687 | |

Programmanr. 5
2-12-2018 - 17:40

200m wisselslag

Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-----------------------------------|--------------------|-------------|---------|-----------|----------------|-------|------|------|---------|
| Minioren 5 en Junioren 1, Meisjes | | | | | | | | | |
| 1. | Frouke Ludwig | Dz&Pc | 3:06.83 | 200800112 | 3:00.56 | 40.25 | | | 3:00.56 |
| 2. | Indy Hof | Dz&Pc | 3:24.25 | 200800630 | 3:29.50 | 51.54 | | | 3:29.50 |
| 3. | Lotte van der Werf | Wetterwille | 3:47.47 | 200703336 | 3:35.91 | 50.22 | | | 3:35.91 |
| AFGEM | Annick van Eeuwijk | Wetterwille | 3:23.11 | 200801798 | | | | | |



Programmanr. 5, 200m wisselslag

Minioren 5 en 6, Jongens

| | | | | | | |
|--------------------------|-------------|---------|-----------|----------------|-------|---------|
| 1. Tieme Wiersma | Dz&Pc | 3:06.31 | 200701031 | 3:00.16 | 41.37 | 3:00.16 |
| 2. Jere Wiersma | Dz&Pc | 3:16.21 | 200701037 | 3:13.19 | 36.68 | 3:13.19 |
| 3. Hein Muller | Dz&Pc | 3:36.49 | 200800157 | 3:14.99 | 43.80 | 3:14.99 |
| 4. Hylke de Jong | De Granaet | 3:30.34 | 200801057 | 3:24.77 | 42.17 | 3:24.77 |
| 5. Remco Jelsma | ZPC Isis | 3:33.76 | 200800639 | 3:28.99 | 51.37 | 3:28.99 |
| 6. Hielke van der Zwaag | Wetterwille | 3:35.16 | 200701197 | 3:33.53 | 55.14 | 3:33.53 |
| 7. Jorn van Kammen | Wetterwille | 3:40.68 | 200801289 | 3:42.91 | | 3:42.91 |
| 8. Lennard Brandsma | Dz&Pc | 3:51.50 | 200702645 | 3:43.06 | 55.78 | 3:43.06 |
| 9. Jente-Piebe Dijkstra | Wetterwille | 3:41.35 | 200800299 | 3:46.83 | 56.13 | 3:46.83 |
| 10. Gertjan van der Meer | Wetterwille | 3:42.06 | 200701369 | 3:47.26 | 56.53 | 3:47.26 |
| DIS Yanick van den Berg | Wetterwille | 4:03.30 | 200800667 | | 57.59 | |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

DIS D Mustafic Dz&Pc NT 200800885 42.97

SJ - Na start en/of keerpunt een verkeerde arm- en/of beenslag gemaakt.

Programmanr. 6
2-12-2018 - 17:54

200m wisselslag

12 - 13 jaar
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---------------------------------|-------------|---------|-----------|----------------|-------|------|------|---------|
| Junioren 2 en 3, Meisjes | | | | | | | | |
| 1. Maike van der Heide | De Granaet | 2:49.50 | 200500828 | 2:47.06 | 35.78 | | | 2:47.06 |
| 2. Fardau Dikkers | Wetterwille | 3:06.18 | 200501722 | 3:03.30 | 43.07 | | | 3:03.30 |
| 3. Esmee Hofstra | Wetterwille | 3:00.27 | 200501816 | 3:03.75 | 40.53 | | | 3:03.75 |
| 4. Maaïke van der Wal | Wetterwille | 3:24.00 | 200603288 | 3:19.95 | 50.35 | | | 3:19.95 |
| AFGEM Naomi Vellinga | Wetterwille | 3:02.30 | 200500504 | | | | | |
| AFGEM Kyra Kootstra | PWC | 3:12.39 | 200501834 | | | | | |

Junioren 1 en 2, Jongens

| | | | | | | | | |
|-----------------------|-------------|---------|-----------|----------------|-------|--|--|---------|
| 1. Senna Hof | Dz&Pc | 2:40.00 | 200600761 | 2:33.36 | 33.75 | | | 2:33.36 |
| 2. Axel Jorn Veenstra | PWC | 3:08.43 | 200500577 | 3:12.11 | 45.60 | | | 3:12.11 |
| 3. Willem Crossen | Wetterwille | 3:34.15 | 200503049 | 3:22.18 | 50.42 | | | 3:22.18 |