



Programmanr. 1
10-2-2019 - 14:45

400m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Minioren 3 en 4, Jongens					
1.	Wilco Driessen	Pwc	6:58.86	200900041	6:22.27
	50m: 43.27	43.27	150m:	250m:	350m:
	100m: 1:31.50	48.23	200m: 3:10.12	300m:	400m: 6:22.27
2.	Roy Hofman	Apexswim	7:03.21	200900439	6:22.59
	50m: 42.95	42.95	150m:	250m:	350m:
	100m: 1:31.08	48.13	200m: 3:08.85	300m:	400m: 6:22.59
3.	Ruben De Vries	Wetterwille	7:53.68	200900517	6:51.22
	50m: 46.56	46.56	150m:	250m:	350m:
	100m: 1:38.40	51.84	200m: 3:25.15	300m:	400m: 6:51.22
4.	Robin Mintjes	Apexswim	NT	201000957	7:39.62
	50m: 51.51	51.51	150m:	250m:	350m:
	100m: 1:48.53	57.02	200m: 3:46.27	300m:	400m: 7:39.62

Minioren 3 en 4, Meisjes

1.	Daphne Westra	De Granaet	NT	200900344	6:13.21
	50m: 41.29	41.29	150m:	250m:	350m:
	100m: 1:27.48	46.19	200m: 3:02.54	300m:	400m: 6:13.21
2.	Devenda van der Meer	De Granaet	NT	200900948	6:28.62
	50m: 40.48	40.48	150m:	250m:	350m:
	100m: 1:27.79	47.31	200m: 3:07.11	300m:	400m: 6:28.62
3.	Ilse Wiltjer	Dz&Pc	NT	200900868	6:34.11
	50m: 42.37	42.37	150m:	250m:	350m:
	100m: 1:30.21	47.84	200m: 3:11.62	300m:	400m: 6:34.11

Programmanr. 2
10-2-2019 - 15:03

800m vrije slag

Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Minioren 5 en 6, Jongens					
1.	Remco Jelsma	Dz&Pc	NT	200800639	12:46.80
	100m: 1:35.16	1:35.16	300m:	500m:	700m:
	200m: 3:11.71	1:36.55	400m: 6:24.17	600m:	800m: 12:46.80
2.	Hein Muller	Dz&Pc	NT	200800157	12:53.36
	100m: 1:30.78	1:30.78	300m:	500m:	700m:
	200m: 3:08.53	1:37.75	400m: 6:27.38	600m:	800m: 12:53.36
3.	Hylke de Jong	De Granaet	NT	200801057	13:07.88
	100m: 1:28.71	1:28.71	300m:	500m:	700m:
	200m: 3:08.36	1:39.65	400m: 6:29.45	600m:	800m: 13:07.88
4.	Damir Mustafic	Dz&Pc	NT	200800885	13:08.88
	100m: 1:32.78	1:32.78	300m:	500m:	700m:
	200m: 3:11.83	1:39.05	400m: 6:37.27	600m:	800m: 13:08.88
5.	Hielke van der Zwaag	Wetterwille	14:26.00	200701197	13:10.50
	100m: 1:32.60	1:32.60	300m:	500m:	700m:
	200m: 3:13.15	1:40.55	400m: 6:34.97	600m:	800m: 13:10.50
6.	Gerben Bouma	Dz&Pc	NT	200701353	13:24.25
	100m: 1:30.75	1:30.75	300m:	500m:	700m:
	200m: 3:09.38	1:38.63	400m: 6:34.15	600m:	800m: 13:24.25
7.	Gertjan van der Meer	Wetterwille	15:34.24	200701369	13:57.16
	100m: 1:33.61	1:33.61	300m:	500m:	700m:
	200m: 3:17.99	1:44.38	400m: 6:50.43	600m:	800m: 13:57.16
8.	Yanick van den Berg	Wetterwille	15:00.99	200800667	14:01.02
	100m: 1:40.42	1:40.42	300m:	500m:	700m:
	200m: 3:26.75	1:46.33	400m: 7:03.54	600m:	800m: 14:01.02
9.	Jente-Piebe Dijkstra	Wetterwille	15:40.99	200800299	14:10.31
	100m: 1:39.51	1:39.51	300m:	500m:	700m:
	200m: 3:29.94	1:50.43	400m: 7:07.38	600m:	800m: 14:10.31
10.	Jorn van Kammen	Wetterwille	16:30.99	200801289	14:10.49
	100m: 1:42.08	1:42.08	300m:	500m:	700m:
	200m: 3:31.62	1:49.54	400m: 7:08.50	600m:	800m: 14:10.49



Programmanr. 2, Jongens, 800m vrije slag, Minioren 5 en 6

rang	naam	vereniging	intijd	tijd	RT
11.	Ricardo Hassing	Apexswim	NT 200800097	14:11.81	
	100m: 1:34.02	1:34.02	300m: 500m:	700m:	
	200m: 3:22.76	1:48.74	400m: 7:02.76	800m: 14:11.81	

Minioren 5 en Junioren 1, Meisjes

1.	Frouke Ludwig	Dz&Pc	NT 200800112	11:11.76	
	100m: 1:19.24	1:19.24	300m: 500m:	700m:	
	200m: 2:45.52	1:26.28	400m: 5:33.76	800m: 11:11.76	
2.	Indy Hof	Dz&Pc	NT 200800630	12:28.98	
	100m: 1:24.04	1:24.04	300m: 500m:	700m:	
	200m: 2:49.40	1:25.36	400m: 6:04.35	800m: 12:28.98	
3.	Annick van Eeuwijk	Wetterwille	15:20.99 200801798	13:13.23	
	100m: 1:31.32	1:31.32	300m: 500m:	700m:	
	200m: 3:12.68	1:41.36	400m: 6:38.33	800m: 13:13.23	
4.	Lotte van der Werf	Wetterwille	15:30.99 200703336	13:47.97	
	100m: 1:42.18	1:42.18	300m: 500m:	700m:	
	200m: 3:29.91	1:47.73	400m: 7:02.73	800m: 13:47.97	

Programmanr. 3
10-2-2019 - 16:05

1500m vrije slag

12 - 13 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2, Jongens					
1.	Senna Hof	Dz&Pc	19:48.17 200600761	19:04.24	
	100m: 1:08.33	1:08.33	500m: 900m:	1300m:	
	200m: 2:24.56	1:16.23	600m: 1000m:	1400m:	
	300m: 4:59.42		700m: 10:11.42	1500m: 19:04.24	
	400m: 4:59.42		800m: 10:11.42		
2.	Willem Crossen	Wetterwille	27:15.63 200503049	24:51.42	
	100m: 1:29.03	1:29.03	500m: 900m:	1300m:	
	200m: 3:07.41	1:38.38	600m: 1000m:	1400m:	
	300m: 6:30.23		700m: 11:15.82	1500m: 24:51.42	
	400m: 6:30.23		800m: 13:15.82		
AFGEM	Axel Jorn Veenstra	Pwc	25:43.46 200500577		

Junioren 2 en 3, Meisjes

1.	Sara Korhuis	Apexswim	NT 200600494	19:04.26	
	100m: 1:10.58	1:10.58	500m: 900m:	1300m:	
	200m: 2:27.51	1:16.93	600m: 1000m:	1400m:	
	300m: 5:04.64		700m: 10:21.23	1500m: 19:04.26	
	400m: 5:04.64		800m: 10:21.23		
2.	Maike van der Heide	Apexswim	NT 200500828	21:34.29	
	100m: 1:17.55	1:17.55	500m: 900m:	1300m:	
	200m: 2:44.66	1:27.11	600m: 1000m:	1400m:	
	300m: 5:36.74		700m: 11:29.10	1500m: 21:34.29	
	400m: 5:36.74		800m: 11:29.10		
3.	Naomi Vellinga	Wetterwille	22:40.55 200500504	22:17.26	
	100m: 1:17.86	1:17.86	500m: 900m:	1300m:	
	200m: 2:46.88	1:29.02	600m: 1000m:	1400m:	
	300m: 5:45.26		700m: 11:48.18	1500m: 22:17.26	
	400m: 5:45.26		800m: 11:48.18		
4.	Esmee Hofstra	Wetterwille	23:59.30 200501816	22:19.85	
	100m: 1:22.15	1:22.15	500m: 900m:	1300m:	
	200m: 2:50.99	1:28.84	600m: 1000m:	1400m:	
	300m: 5:49.87		700m: 11:52.45	1500m: 22:19.85	
	400m: 5:49.87		800m: 11:52.45		
5.	Maaïke van der Wal	Wetterwille	25:20.99 200603288	23:51.57	
	100m: 1:28.57	1:28.57	500m: 900m:	1300m:	
	200m: 3:04.67	1:36.10	600m: 1000m:	1400m:	
	300m: 6:18.19		700m: 12:46.27	1500m: 23:51.57	
	400m: 6:18.19		800m: 12:46.27		
6.	Kyra Kootstra	Pwc	NT 200501834	24:13.29	
	100m: 1:26.99	1:26.99	500m: 900m:	1300m:	
	200m: 3:03.40	1:36.41	600m: 1000m:	1400m:	
	300m: 6:18.55		700m: 12:53.21	1500m: 24:13.29	
	400m: 6:18.55		800m: 12:53.21		



Programmanr. 3, Meisjes, 1500m vrije slag, Junioren 2 en 3

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Fardau Dikkers	Wetterwille	24:50.99	200501722	

Programmanr. 4
10-2-2019 - 17:01

400m wisselslag

14 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 3 en 4, Jongens					
1.	Frederik Adema	De Granaet	4:57.70	200300253	5:01.30
	50m: 31.08	31.08 150m:	250m:	350m:	350m:
	100m: 1:08.46	37.38 200m:	300m:	400m:	5:01.30
2.	Vincent Horsthuis	De Granaet	6:08.71	200300247	5:55.54
	50m:	150m:	250m:	350m:	350m:
	100m: 1:16.00	200m:	300m:	400m:	5:55.54
3.	Roan Altena	Pwc	6:10.39	200303255	6:09.86
	50m: 31.89	31.89 150m:	250m:	350m:	350m:
	100m: 1:26.43	54.54 200m:	300m:	400m:	6:09.86
4.	Jens Schievink	Wetterwille	6:40.99	200304099	6:11.11
	50m: 40.89	40.89 150m:	250m:	350m:	350m:
	100m: 1:32.23	51.34 200m:	300m:	400m:	6:11.11

Jeugd 1 en 2, Jongens

1.	Marcel Delfstra	Wetterwille	4:41.35	200100037	4:45.95
	50m: 28.57	28.57 150m:	250m:	350m:	350m:
	100m: 1:02.73	34.16 200m:	300m:	400m:	4:45.95
2.	Makai van Haren	Apexswim	5:00.67	200200627	5:04.16
	50m: 32.24	32.24 150m:	250m:	350m:	350m:
	100m: 1:10.46	38.22 200m:	300m:	400m:	5:04.16
3.	Mees Niemeijer	Dz&Pc	5:21.23	200201275	5:19.88
	50m: 32.79	32.79 150m:	250m:	350m:	350m:
	100m: 1:12.66	39.87 200m:	300m:	400m:	5:19.88
4.	Hidde Betten	Dz&Pc	6:04.51	200204819	5:30.55
	50m: 31.84	31.84 150m:	250m:	350m:	350m:
	100m: 1:10.36	38.52 200m:	300m:	400m:	5:30.55
5.	Willem Poortinga	Wetterwille	6:11.88	200105093	6:14.22
	50m: 40.88	40.88 150m:	250m:	350m:	350m:
	100m: 1:33.47	52.59 200m:	300m:	400m:	6:14.22

Senioren 1 en ouder, Heren

1.	Mirko van Ligtenberg	Wetterwille	5:05.27	199800735	5:21.92
	50m: 37.59	37.59 150m:	250m:	350m:	350m:
	100m: 1:06.74	29.15 200m:	300m:	400m:	5:21.92
2.	Sjoerd Vonk	Wetterwille	5:06.65	200004241	5:33.74
	50m:	150m:	250m:	350m:	350m:
	100m: 1:10.10	200m:	300m:	400m:	5:33.74

Jeugd 1 en 2, Meisjes

1.	Merle Stavorinus	De Granaet	5:42.72	200400138	5:53.50
	50m:	150m:	250m:	350m:	350m:
	100m: 1:22.05	200m:	300m:	400m:	5:53.50
2.	Lieke Visser	Apexswim	NT	200400666	5:56.51
	50m: 36.37	36.37 150m:	250m:	350m:	350m:
	100m: 1:22.93	46.56 200m:	300m:	400m:	5:56.51
3.	Margreet Bosch	Pwc	NT	200400470	7:43.54
	50m:	150m:	250m:	350m:	350m:
	100m: 1:51.58	200m:	300m:	400m:	7:43.54



Programmanr. 4, 400m wisselslag

Senioren 1 en ouder, Dames

1. Myrna van Duijven	Dz&Pc	5:05.13	199900252	5:11.86
50m: 1:08.23	150m: 32.47	250m: 300m:	350m: 5:11.86	
100m: 1:11.69	200m: 39.22		400m: 5:11.86	
2. Renée Vanderheyden	ReVeLie Swim Team	5:23.87	199903130	5:29.20
50m: 33.44	32.47 150m: 39.22	250m: 300m:	350m: 5:29.20	
100m: 1:16.85	200m: 43.94		400m: 5:29.20	
3. Ingrid de Vries	De Granaet	5:44.12	200100500	5:47.55
50m: 37.46	37.46 150m: 43.94	250m: 300m:	350m: 5:47.55	
100m: 1:21.40	200m: 43.94		400m: 5:47.55	
4. Myrthe Sietsma	Wetterwille	5:38.54	200203854	5:47.91
50m: 33.44	33.44 150m: 43.41	250m: 300m:	350m: 5:47.91	
100m: 1:16.85	200m: 43.41		400m: 5:47.91	
5. Martine Kamminga	Dz&Pc	5:54.04	200201172	5:54.92
50m: 1:26.23	150m: 34.66	250m: 300m:	350m: 5:54.92	
	200m: 41.19		400m: 5:54.92	
6. Nynke Ytsma	Wetterwille	6:05.48	199700792	6:08.69
50m: 34.66	34.66 150m: 41.19	250m: 300m:	350m: 6:08.69	
100m: 1:15.85	200m: 41.19		400m: 6:08.69	
7. Lisanne Rinzema	Wetterwille	6:24.69	200204294	6:29.54
50m: 39.93	39.93 150m: 49.53	250m: 300m:	350m: 6:29.54	
100m: 1:29.46	200m: 49.53		400m: 6:29.54	
8. Ellen Jager	Pwc	6:11.41	199801384	6:33.44
50m: 38.01	38.01 150m: 48.31	250m: 300m:	350m: 6:33.44	
100m: 1:26.32	200m: 48.31		400m: 6:33.44	