

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 7 Heren, 100m rugslag alg. leeftijdsgroep
17-5-2008 Resultaten

Punten: FINA 2004

| Rang | Geb. | Tijd | Pnt |
|----------------|----------------------|---------------------|--------------------|
| 12 jaar | | | |
| 1. | Myrdin, Willemse | 95 Orca | 1:19.95 307 |
| 2. | Pieter, Ytsma | 95 de Granaet | 1:20.50 301 |
| 3. | Bart, Bekkema | 95 De Forel | 1:21.52 290 |
| 4. | Sander, Akkerman | 95 HZ&PC Heerenveen | 1:21.72 287 |
| 13 jaar | | | |
| 1. | Willem Kees, Roos | 94 De Vikings | 1:07.74 505 |
| 2. | Maiko, Postma | 94 DZ&PC | 1:14.25 383 |
| 3. | Erik, Nijholt | 94 ZCNF'34 | 1:15.76 361 |
| 4. | Ramon, Fredrik | 94 Wetterwille | 1:16.04 357 |
| 5. | Robert, Westerdijk | 94 Neptunia'24 | 1:18.95 319 |
| 14 jaar | | | |
| 1. | Jorke, Willemse | 93 Orca | 1:04.54 583 |
| 2. | Wouter, Sikma | 93 Neptunia'24 | 1:06.59 531 |
| 3. | Gavin, van der Werf | 93 HZ&PC Heerenveen | 1:07.15 518 |
| 4. | Sven, Alkema | 93 De Vikings | 1:08.21 494 |
| 5. | Arno, Nieuwhof | 93 FZC'54 | 1:10.38 450 |
| 6. | Mike, Koelewijn | 93 HZ&PC Heerenveen | 1:14.71 376 |
| 7. | Sietse, Wijbenga | 93 ZPD | 1:15.30 367 |
| 8. | Henk-Jan, Verkaik | 93 de Granaet | 1:15.55 364 |
| 9. | Willem, van de Ende | 93 Neptunia'24 | 1:15.59 363 |
| 10. | Bauke, Ytsma | 93 Wetterwille | 1:19.32 314 |
| 15 jaar | | | |
| 1. | Albert, Dijkstra | 92 DZ&PC | 1:06.01 545 |
| 2. | Christiaan, van Dijk | 92 HZ&PC Heerenveen | 1:07.38 513 |
| 3. | Dennis, Bos | 92 HZ&PC Heerenveen | 1:09.33 471 |
| 4. | Marco, Krips | 92 Neptunia'24 | 1:12.10 418 |
| 5. | Kirk, van Maanen | 92 ZPD | 1:12.13 418 |
| 6. | Haye, Heidema | 92 ZPD | 1:12.82 406 |
| 7. | Jappie, Jongasma | 92 de Granaet | 1:13.34 398 |
| 8. | Aydin, Hummel | 92 ZCNF'34 | 1:13.72 392 |
| 16 jaar | | | |
| 1. | Vincent, van Iperen | 91 Orca | 1:09.55 466 |
| 2. | Rick, Mooij | 91 HZ&PC Heerenveen | 1:12.10 418 |
| 3. | Eric, Oord | 91 HZ&PC Heerenveen | 1:12.26 416 |
| 4. | Ruben, Post | 91 Neptunia'24 | 1:13.11 401 |
| NG | Bas, Vaartjes | 91 Neptunia'24 | |
| 17 jaar | | | |
| 1. | Jelmer, Meijer | 90 HZ&PC Heerenveen | 1:03.51 612 |
| 2. | Rudie, Kirkenier | 90 DZ&PC | 1:07.55 509 |
| 3. | Kevin, Visser | 90 De Vikings | 1:11.90 422 |
| 4. | Ritske, Reitsma | 90 ZPD | 1:14.04 386 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 7, Heren, 100m rugslag

18 jaar en ouder

| | | | | |
|-------------------------|----|------------------|----------------|-----|
| 1. Dennis, Mooij | 89 | HZ&PC Heerenveen | 1:02.76 | 635 |
| 2. Michiel, Punter | 84 | Orca | 1:05.39 | 561 |
| 3. Janco, Nolles | 89 | HZ&PC Heerenveen | 1:06.01 | 545 |
| 4. Sietse, v/d Hoeven | 89 | DZ&PC | 1:06.09 | 543 |
| 5. Jelmer, Waterlander | 88 | HZ&PC Heerenveen | 1:07.52 | 510 |
| 6. Sikke, Kooistra | 83 | Avena | 1:10.17 | 454 |
| 7. Roukebert, de Boer | 89 | ZPD | 1:10.37 | 450 |
| 8. Martin, Gildemeester | 80 | DZ&PC | 1:12.60 | 410 |
| 9. Herman, van Dijk | 89 | HZ&PC Heerenveen | 1:12.87 | 405 |
| 10. Roelof, de Jong | 89 | ZPD | 1:16.13 | 355 |
| NG Jan Jaap, Orneé | 86 | Neptunia'24 | | |

alg. leeftijdsgroep

| | | | | |
|--------------------------|----|------------------|----------------|-----|
| 1. Dennis, Mooij | 89 | HZ&PC Heerenveen | 1:02.76 | 635 |
| 2. Jelmer, Meijer | 90 | HZ&PC Heerenveen | 1:03.51 | 612 |
| 3. Jorke, Willemse | 93 | Orca | 1:04.54 | 583 |
| 4. Michiel, Punter | 84 | Orca | 1:05.39 | 561 |
| 5. Janco, Nolles | 89 | HZ&PC Heerenveen | 1:06.01 | 545 |
| 5. Albert, Dijkstra | 92 | DZ&PC | 1:06.01 | 545 |
| 7. Sietse, v/d Hoeven | 89 | DZ&PC | 1:06.09 | 543 |
| 8. Wouter, Sikma | 93 | Neptunia'24 | 1:06.59 | 531 |
| 9. Gavin, van der Werf | 93 | HZ&PC Heerenveen | 1:07.15 | 518 |
| 10. Christiaan, van Dijk | 92 | HZ&PC Heerenveen | 1:07.38 | 513 |
| 11. Jelmer, Waterlander | 88 | HZ&PC Heerenveen | 1:07.52 | 510 |
| 12. Rudie, Kirkenier | 90 | DZ&PC | 1:07.55 | 509 |
| 13. Willem Kees, Roos | 94 | De Vikings | 1:07.74 | 505 |
| 14. Sven, Alkema | 93 | De Vikings | 1:08.21 | 494 |
| 15. Dennis, Bos | 92 | HZ&PC Heerenveen | 1:09.33 | 471 |
| 16. Vincent, van Iperen | 91 | Orca | 1:09.55 | 466 |
| 17. Sikke, Kooistra | 83 | Avena | 1:10.17 | 454 |
| 18. Roukebert, de Boer | 89 | ZPD | 1:10.37 | 450 |
| 19. Arno, Nieuwhof | 93 | FZC'54 | 1:10.38 | 450 |
| 20. Kevin, Visser | 90 | De Vikings | 1:11.90 | 422 |
| 21. Rick, Mooij | 91 | HZ&PC Heerenveen | 1:12.10 | 418 |
| 21. Marco, Krips | 92 | Neptunia'24 | 1:12.10 | 418 |
| 23. Kirk, van Maanen | 92 | ZPD | 1:12.13 | 418 |
| 24. Eric, Oord | 91 | HZ&PC Heerenveen | 1:12.26 | 416 |
| 25. Martin, Gildemeester | 80 | DZ&PC | 1:12.60 | 410 |
| 26. Haye, Heidema | 92 | ZPD | 1:12.82 | 406 |
| 27. Herman, van Dijk | 89 | HZ&PC Heerenveen | 1:12.87 | 405 |
| 28. Ruben, Post | 91 | Neptunia'24 | 1:13.11 | 401 |
| 29. Jappie, Jongsma | 92 | de Granaet | 1:13.34 | 398 |
| 30. Aydin, Hummel | 92 | ZCNF'34 | 1:13.72 | 392 |
| 31. Ritske, Reitsma | 90 | ZPD | 1:14.04 | 386 |
| 32. Maiko, Postma | 94 | DZ&PC | 1:14.25 | 383 |
| 33. Mike, Koelewijn | 93 | HZ&PC Heerenveen | 1:14.71 | 376 |
| 34. Sietse, Wijbenga | 93 | ZPD | 1:15.30 | 367 |
| 35. Henk-Jan, Verkaik | 93 | de Granaet | 1:15.55 | 364 |
| 36. Willem, van de Ende | 93 | Neptunia'24 | 1:15.59 | 363 |
| 37. Erik, Nijholt | 94 | ZCNF'34 | 1:15.76 | 361 |
| 38. Ramon, Fredrik | 94 | Wetterwille | 1:16.04 | 357 |
| 39. Roelof, de Jong | 89 | ZPD | 1:16.13 | 355 |
| 40. Robert, Westerdijk | 94 | Neptunia'24 | 1:18.95 | 319 |
| 41. Bauke, Ytsma | 93 | Wetterwille | 1:19.32 | 314 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

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

| Rang | | Geb. | | Tijd | Pnt |
|------|------------------|------|------------------|----------------|-----|
| 42. | Myrdin, Willemse | 95 | Orca | 1:19.95 | 307 |
| 43. | Pieter, Ytsma | 95 | de Granaet | 1:20.50 | 301 |
| 44. | Bart, Bekkema | 95 | De Forel | 1:21.52 | 290 |
| 45. | Sander, Akkerman | 95 | HZ&PC Heerenveen | 1:21.72 | 287 |
| NG | Bas, Vaartjes | 91 | Neptunia'24 | | |
| NG | Jan Jaap, Orneé | 86 | Neptunia'24 | | |

Programmanr. 8
17-5-2008

Dames, 200m wisselslag

alg. leeftijdsgroep
Resultaten

Punten: FINA 2004

| Rang | | Geb. | | Tijd | Pnt | 100m | 200m |
|----------------|--|------|------------------|----------------|-----|---------|---------|
| 11 jaar | | | | | | | |
| 1. | Cynthia, Verkaik | 96 | de Granaet | 2:56.00 | 417 | 1:26.32 | 1:29.68 |
| 2. | Evelien, van Ruiten | 96 | Orca | 3:00.55 | 386 | 1:24.13 | 1:36.42 |
| 3. | Desiree, Vedder | 96 | HZ&PC Heerenveen | 3:00.95 | 383 | 1:31.10 | 1:29.85 |
| 4. | Indyra, Hummel | 96 | ZCNF'34 | 3:01.42 | 380 | 1:31.57 | 1:29.85 |
| 5. | Rixt, Menger | 96 | DZ&PC | 3:02.96 | 371 | | |
| 6. | Simone, Mus | 96 | De Skelp | 3:03.64 | 367 | 1:31.96 | 1:31.68 |
| 7. | Lisa, Rozema | 96 | FZC'54 | 3:03.89 | 365 | 1:27.44 | 1:36.45 |
| 8. | Leandra, Vedder | 96 | HZ&PC Heerenveen | 3:04.26 | 363 | 1:29.28 | 1:34.98 |
| 9. | Rixt-Nynke, Baron | 96 | FZC'54 | 3:08.53 | 339 | 1:27.87 | 1:40.66 |
| 10. | Claudia, Hacke | 96 | De Vikings | 3:08.85 | 337 | 1:32.86 | 1:35.99 |
| 11. | Joëlle, Rozema | 96 | DZ&PC | 3:10.65 | 328 | 1:29.29 | 1:41.36 |
| 12. | Irene, Dotinga | 96 | Neptunia'24 | 3:11.07 | 326 | 1:32.47 | 1:38.60 |
| 13. | Willeke, Willems | 96 | ZCNF'34 | 3:13.94 | 311 | 1:31.67 | 1:42.27 |
| 14. | Marieke, Dijkstra | 96 | Avena | 3:15.47 | 304 | 1:32.09 | 1:43.38 |
| 15. | Julia, Zwertbroek | 96 | HZ&PC Heerenveen | 3:20.41 | 282 | 1:34.39 | 1:46.02 |
| 16. | Bianca, Jongsma | 96 | Avena | 3:20.66 | 281 | | |
| 12 jaar | | | | | | | |
| 1. | Femke, Leenstra | 95 | Orca | 2:41.73 | 537 | 1:16.32 | 1:25.41 |
| 2. | Myrthe, Sytsema | 95 | HZ&PC Heerenveen | 2:45.77 | 498 | 1:16.20 | 1:29.57 |
| 3. | Jessie, Smeding | 95 | De Vikings | 2:45.81 | 498 | 1:19.48 | 1:26.33 |
| 4. | Liza, Salverda | 95 | Orca | 2:45.98 | 497 | 1:21.21 | 1:24.77 |
| 5. | Freya, Holwerda | 95 | Orca | 2:52.56 | 442 | 1:22.96 | 1:29.60 |
| 6. | Nynke, Dijkstra | 95 | HZ&PC Heerenveen | 2:53.93 | 432 | 1:25.53 | 1:28.40 |
| 7. | Rixt, Wilbers | 95 | de Granaet | 2:57.48 | 406 | 1:27.04 | 1:30.44 |
| 8. | Hjordis, Wagenaar | 95 | HZ&PC Heerenveen | 2:57.97 | 403 | 1:24.27 | 1:33.70 |
| 9. | Elbrich, Gerritsma | 95 | Avena | 2:58.76 | 398 | 1:25.77 | 1:32.99 |
| 10. | Andrea, Bandstra | 95 | Neptunia'24 | 3:02.74 | 372 | 1:30.10 | 1:32.64 |
| 11. | Myrna, Gorter | 95 | Neptunia'24 | 3:10.50 | 328 | | |
| 12. | Yolanda, de Vegt | 95 | ZCNF'34 | 3:13.83 | 312 | 1:39.97 | 1:33.86 |
| DIS | Rianne, Hartman | 95 | Orca | | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | | | |
| DIS | Nenne, Venema | 95 | DZ&PC | 2:58.32 | | 1:27.48 | 1:30.84 |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | |
| 13 jaar | | | | | | | |
| 1. | Minke, Betten | 94 | DZ&PC | 2:43.45 | 520 | 1:17.91 | 1:25.54 |
| 2. | Anna, Visser | 94 | HZ&PC Heerenveen | 2:47.87 | 480 | 1:18.15 | 1:29.72 |
| 3. | Daniëlle, de Boer | 94 | HZ&PC Heerenveen | 2:48.75 | 473 | 1:19.00 | 1:29.75 |
| 4. | Aukje, Zwart | 94 | Avena | 2:48.78 | 472 | 1:19.55 | 1:29.23 |
| 5. | Johanna, de Boer | 94 | ZPD | 2:51.74 | 448 | 1:25.05 | 1:26.69 |
| 6. | Tineke, Wind | 94 | DZ&PC | 2:53.99 | 431 | 1:23.56 | 1:30.43 |
| 7. | Laura, Terpstra | 94 | Avena | 2:58.38 | 400 | 1:18.97 | 1:39.41 |
| 8. | Merel, Weysenfeld | 94 | De Vikings | 3:02.36 | 374 | 1:25.41 | 1:36.95 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

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

| Rang | Geb. | | Tijd | Pnt | 100m | 200m |
|------|----------------|---------------------|----------------|-----|---------|---------|
| 9. | Ilse, Dammer | 94 de Granaet | 3:03.87 | 365 | 1:30.15 | 1:33.72 |
| 10. | Anja, Mus | 94 De Skelp | 3:05.19 | 358 | 1:28.05 | 1:37.14 |
| 11. | Ilse, Harskamp | 94 FZC'54 | 3:09.52 | 334 | 1:31.54 | 1:37.98 |
| NG | Manon, Kuiper | 94 HZ&PC Heerenveen | | | | |

14 jaar

| | | | | | | |
|-----|----------------------|---------------------|----------------|-----|---------|---------|
| 1. | Sanne, Huisman | 93 DZ&PC | 2:42.57 | 529 | 1:15.82 | 1:26.75 |
| 2. | Josephine, Meerman | 93 DZ&PC | 2:42.71 | 527 | 1:18.07 | 1:24.64 |
| 3. | Ankie, v.d. Meer | 93 Neptunia'24 | 2:46.64 | 491 | 1:17.92 | 1:28.72 |
| 4. | Iris, Rozema | 93 FZC'54 | 2:48.81 | 472 | 1:17.96 | 1:30.85 |
| 5. | Geeske, Wind | 93 DZ&PC | 2:51.51 | 450 | 1:22.14 | 1:29.37 |
| 6. | Wytske, Klijnstra | 93 Avena | 2:55.60 | 419 | 1:21.87 | 1:33.73 |
| 7. | Eline, Ligthart | 93 De Vikings | 2:56.96 | 410 | 1:28.68 | 1:28.28 |
| 8. | Femke, de Jong | 93 de Granaet | 2:58.78 | 397 | 1:21.39 | 1:37.39 |
| 9. | Eva, Zwertbroek | 93 HZ&PC Heerenveen | 2:58.97 | 396 | 1:25.68 | 1:33.29 |
| 10. | Marissa, Lindemulder | 93 de Granaet | 2:59.98 | 390 | 1:27.66 | 1:32.32 |
| 11. | Hester, Ludema | 93 PWC Buitenpost | 3:06.03 | 353 | 1:27.95 | 1:38.08 |
| 12. | Maaïke, de Wolff | 93 Avena | 3:10.08 | 331 | 1:31.64 | 1:38.44 |
| DIS | Dieneke, Been | 93 DZ&PC | 2:47.69 | | 1:21.42 | 1:26.27 |

SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.

15 jaar

| | | | | | | |
|----|--------------------|---------------------|----------------|-----|---------|---------|
| 1. | Nanda, de Vries | 92 HZ&PC Heerenveen | 2:45.51 | 501 | 1:18.70 | 1:26.81 |
| 2. | Lysbeth, Wiersma | 92 HZ&PC Heerenveen | 2:49.01 | 470 | 1:19.37 | 1:29.64 |
| 3. | Anna-Jetske, Baron | 92 FZC'54 | 2:51.57 | 450 | 1:23.14 | 1:28.43 |
| 4. | Sjoukje, Karsten | 92 DZ&PC | 2:55.46 | 420 | 1:20.96 | 1:34.50 |
| 5. | Jannie, de Boer | 92 Wetterwille | 3:03.04 | 370 | 1:27.26 | 1:35.78 |
| 6. | Lotte, Nienhuis | 92 Avena | 3:04.49 | 362 | 1:29.49 | 1:35.00 |
| 7. | Liesbeth, Hoekstra | 92 ZPD | 3:09.92 | 331 | 1:31.80 | 1:38.12 |

16 jaar en ouder

| | | | | | | |
|----|----------------------|---------------------|----------------|-----|---------|---------|
| 1. | Marloes, Oldenburg | 88 Orca | 2:26.43 | 723 | 1:09.44 | 1:16.99 |
| 2. | Wendan, Poelstra | 91 Orca | 2:34.87 | 611 | 1:09.09 | 1:25.78 |
| 3. | Karin, van Dijk | 86 HZ&PC Heerenveen | 2:44.57 | 509 | 1:21.10 | 1:23.47 |
| 4. | Baukje, Hooghiemstra | 88 HZ&PC Heerenveen | 2:45.79 | 498 | 1:20.21 | 1:25.58 |
| 5. | Kirsten, Vos-Kompaan | 84 ZCNF'34 | 2:51.42 | 451 | 1:20.61 | 1:30.81 |
| 6. | Nicky, de Wilde | 90 DZ&PC | 2:59.21 | 395 | 1:24.24 | 1:34.97 |
| 7. | Marjolein, Tissingh | 89 HZ&PC Heerenveen | 3:02.08 | 376 | 1:25.42 | 1:36.66 |
| NG | Mariët, Koster | 83 DZ&PC | | | | |
| NG | Wiepkje, Venema | 90 Avena | | | | |

alg. leeftijdsgroep

| | | | | | | |
|-----|----------------------|---------------------|----------------|-----|---------|---------|
| 1. | Marloes, Oldenburg | 88 Orca | 2:26.43 | 723 | 1:09.44 | 1:16.99 |
| 2. | Wendan, Poelstra | 91 Orca | 2:34.87 | 611 | 1:09.09 | 1:25.78 |
| 3. | Femke, Leenstra | 95 Orca | 2:41.73 | 537 | 1:16.32 | 1:25.41 |
| 4. | Sanne, Huisman | 93 DZ&PC | 2:42.57 | 529 | 1:15.82 | 1:26.75 |
| 5. | Josephine, Meerman | 93 DZ&PC | 2:42.71 | 527 | 1:18.07 | 1:24.64 |
| 6. | Minke, Betten | 94 DZ&PC | 2:43.45 | 520 | 1:17.91 | 1:25.54 |
| 7. | Karin, van Dijk | 86 HZ&PC Heerenveen | 2:44.57 | 509 | 1:21.10 | 1:23.47 |
| 8. | Nanda, de Vries | 92 HZ&PC Heerenveen | 2:45.51 | 501 | 1:18.70 | 1:26.81 |
| 9. | Myrthe, Sytsema | 95 HZ&PC Heerenveen | 2:45.77 | 498 | 1:16.20 | 1:29.57 |
| 10. | Baukje, Hooghiemstra | 88 HZ&PC Heerenveen | 2:45.79 | 498 | 1:20.21 | 1:25.58 |
| 11. | Jessie, Smeding | 95 De Vikings | 2:45.81 | 498 | 1:19.48 | 1:26.33 |
| 12. | Liza, Salverda | 95 Orca | 2:45.98 | 497 | 1:21.21 | 1:24.77 |
| 13. | Ankie, v.d. Meer | 93 Neptunia'24 | 2:46.64 | 491 | 1:17.92 | 1:28.72 |
| 14. | Anna, Visser | 94 HZ&PC Heerenveen | 2:47.87 | 480 | 1:18.15 | 1:29.72 |
| 15. | Daniëlle, de Boer | 94 HZ&PC Heerenveen | 2:48.75 | 473 | 1:19.00 | 1:29.75 |
| 16. | Aukje, Zwart | 94 Avena | 2:48.78 | 472 | 1:19.55 | 1:29.23 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

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

| Rang | Geb. | Tijd | Pnt | 100m | 200m | | |
|------|---|------|------------------|----------------|------|---------|---------|
| 17. | Iris, Rozema | 93 | FZC'54 | 2:48.81 | 472 | 1:17.96 | 1:30.85 |
| 18. | Lysbeth, Wiersma | 92 | HZ&PC Heerenveen | 2:49.01 | 470 | 1:19.37 | 1:29.64 |
| 19. | Kirsten, Vos-Kompaan | 84 | ZCNF'34 | 2:51.42 | 451 | 1:20.61 | 1:30.81 |
| 20. | Geeske, Wind | 93 | DZ&PC | 2:51.51 | 450 | 1:22.14 | 1:29.37 |
| 21. | Anna-Jetske, Baron | 92 | FZC'54 | 2:51.57 | 450 | 1:23.14 | 1:28.43 |
| 22. | Johanna, de Boer | 94 | ZPD | 2:51.74 | 448 | 1:25.05 | 1:26.69 |
| 23. | Freya, Holwerda | 95 | Orca | 2:52.56 | 442 | 1:22.96 | 1:29.60 |
| 24. | Nynke, Dijkstra | 95 | HZ&PC Heerenveen | 2:53.93 | 432 | 1:25.53 | 1:28.40 |
| 25. | Tineke, Wind | 94 | DZ&PC | 2:53.99 | 431 | 1:23.56 | 1:30.43 |
| 26. | Sjoukje, Karsten | 92 | DZ&PC | 2:55.46 | 420 | 1:20.96 | 1:34.50 |
| 27. | Wytske, Klijnstra | 93 | Avena | 2:55.60 | 419 | 1:21.87 | 1:33.73 |
| 28. | Cynthia, Verkaik | 96 | de Granaet | 2:56.00 | 417 | 1:26.32 | 1:29.68 |
| 29. | Eline, Ligthart | 93 | De Vikings | 2:56.96 | 410 | 1:28.68 | 1:28.28 |
| 30. | Rixt, Wilbers | 95 | de Granaet | 2:57.48 | 406 | 1:27.04 | 1:30.44 |
| 31. | Hjordis, Wagenaar | 95 | HZ&PC Heerenveen | 2:57.97 | 403 | 1:24.27 | 1:33.70 |
| 32. | Laura, Terpstra | 94 | Avena | 2:58.38 | 400 | 1:18.97 | 1:39.41 |
| 33. | Elbrich, Gerritsma | 95 | Avena | 2:58.76 | 398 | 1:25.77 | 1:32.99 |
| 34. | Femke, de Jong | 93 | de Granaet | 2:58.78 | 397 | 1:21.39 | 1:37.39 |
| 35. | Eva, Zwertbroek | 93 | HZ&PC Heerenveen | 2:58.97 | 396 | 1:25.68 | 1:33.29 |
| 36. | Nicky, de Wilde | 90 | DZ&PC | 2:59.21 | 395 | 1:24.24 | 1:34.97 |
| 37. | Marissa, Lindemulder | 93 | de Granaet | 2:59.98 | 390 | 1:27.66 | 1:32.32 |
| 38. | Evelien, van Ruiten | 96 | Orca | 3:00.55 | 386 | 1:24.13 | 1:36.42 |
| 39. | Desiree, Vedder | 96 | HZ&PC Heerenveen | 3:00.95 | 383 | 1:31.10 | 1:29.85 |
| 40. | Indyra, Hummel | 96 | ZCNF'34 | 3:01.42 | 380 | 1:31.57 | 1:29.85 |
| 41. | Marjolein, Tissingh | 89 | HZ&PC Heerenveen | 3:02.08 | 376 | 1:25.42 | 1:36.66 |
| 42. | Merel, Weysenfeld | 94 | De Vikings | 3:02.36 | 374 | 1:25.41 | 1:36.95 |
| 43. | Andrea, Bandstra | 95 | Neptunia'24 | 3:02.74 | 372 | 1:30.10 | 1:32.64 |
| 44. | Rixt, Menger | 96 | DZ&PC | 3:02.96 | 371 | | |
| 45. | Jannie, de Boer | 92 | Wetterwille | 3:03.04 | 370 | 1:27.26 | 1:35.78 |
| 46. | Simone, Mus | 96 | De Skelp | 3:03.64 | 367 | 1:31.96 | 1:31.68 |
| 47. | Ilse, Dammer | 94 | de Granaet | 3:03.87 | 365 | 1:30.15 | 1:33.72 |
| 48. | Lisa, Rozema | 96 | FZC'54 | 3:03.89 | 365 | 1:27.44 | 1:36.45 |
| 49. | Leandra, Vedder | 96 | HZ&PC Heerenveen | 3:04.26 | 363 | 1:29.28 | 1:34.98 |
| 50. | Lotte, Nienhuis | 92 | Avena | 3:04.49 | 362 | 1:29.49 | 1:35.00 |
| 51. | Anja, Mus | 94 | De Skelp | 3:05.19 | 358 | 1:28.05 | 1:37.14 |
| 52. | Hester, Ludema | 93 | PWC Buitenpost | 3:06.03 | 353 | 1:27.95 | 1:38.08 |
| 53. | Rixt-Nynke, Baron | 96 | FZC'54 | 3:08.53 | 339 | 1:27.87 | 1:40.66 |
| 54. | Claudia, Hacke | 96 | De Vikings | 3:08.85 | 337 | 1:32.86 | 1:35.99 |
| 55. | Ilse, Harskamp | 94 | FZC'54 | 3:09.52 | 334 | 1:31.54 | 1:37.98 |
| 56. | Liesbeth, Hoekstra | 92 | ZPD | 3:09.92 | 331 | 1:31.80 | 1:38.12 |
| 57. | Maaïke, de Wolff | 93 | Avena | 3:10.08 | 331 | 1:31.64 | 1:38.44 |
| 58. | Myrna, Gorter | 95 | Neptunia'24 | 3:10.50 | 328 | | |
| 59. | Joëlle, Rozema | 96 | DZ&PC | 3:10.65 | 328 | 1:29.29 | 1:41.36 |
| 60. | Irene, Dotinga | 96 | Neptunia'24 | 3:11.07 | 326 | 1:32.47 | 1:38.60 |
| 61. | Yolanda, de Vegt | 95 | ZCNF'34 | 3:13.83 | 312 | 1:39.97 | 1:33.86 |
| 62. | Willeke, Willems | 96 | ZCNF'34 | 3:13.94 | 311 | 1:31.67 | 1:42.27 |
| 63. | Marieke, Dijkstra | 96 | Avena | 3:15.47 | 304 | 1:32.09 | 1:43.38 |
| 64. | Julia, Zwertbroek | 96 | HZ&PC Heerenveen | 3:20.41 | 282 | 1:34.39 | 1:46.02 |
| 65. | Bianca, Jongsma | 96 | Avena | 3:20.66 | 281 | | |
| DIS | Rianne, Hartman | 95 | Orca | | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | | | |
| DIS | Dieneke, Been | 93 | DZ&PC | 2:47.69 | | 1:21.42 | 1:26.27 |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | | | |
| DIS | Nenne, Venema | 95 | DZ&PC | 2:58.32 | | 1:27.48 | 1:30.84 |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | |
| NG | Mariët, Koster | 83 | DZ&PC | | | | |
| NG | Wiepkje, Venema | 90 | Avena | | | | |
| NG | Manon, Kuiper | 94 | HZ&PC Heerenveen | | | | |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 9 Heren, 200m vlinderslag alg. leeftijdsgroep
17-5-2008 Resultaten

Punten: FINA 2004

| Rang | Geb. | Tijd | Pnt | 100m | 200m | | |
|--|---------------------|------|------------|----------------|------|---------|---------|
| 12 jaar | | | | | | | |
| 1. | Jonathan, Rozema | 95 | DZ&PC | 2:42.44 | 356 | 1:16.82 | 1:25.62 |
| 15 jaar | | | | | | | |
| DIS | Thomas, Veltman | 92 | de Granaet | 2:37.10 | | 1:12.47 | 1:24.63 |
| <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> | | | | | | | |
| 16 jaar | | | | | | | |
| 1. | Vincent, van Iperen | 91 | Orca | 2:17.90 | 582 | 1:05.87 | 1:12.03 |
| 18 jaar en ouder | | | | | | | |
| 1. | Arjen, v/d Meulen | 87 | DZ&PC | 2:05.93 | 764 | 59.51 | 1:06.42 |
| 2. | Ewoud, Potiek | 89 | DZ&PC | 2:23.04 | 522 | 1:07.87 | 1:15.17 |
| 3. | René, Beetsma | 69 | DZ&PC | 2:30.95 | 444 | 1:09.90 | 1:21.05 |
| 4. | Jildert, Prins | 89 | FZC'54 | 2:36.21 | 400 | 1:11.57 | 1:24.64 |

alg. leeftijdsgroep

| | | | | | | | |
|--|---------------------|----|------------|----------------|-----|---------|---------|
| 1. | Arjen, v/d Meulen | 87 | DZ&PC | 2:05.93 | 764 | 59.51 | 1:06.42 |
| 2. | Vincent, van Iperen | 91 | Orca | 2:17.90 | 582 | 1:05.87 | 1:12.03 |
| 3. | Ewoud, Potiek | 89 | DZ&PC | 2:23.04 | 522 | 1:07.87 | 1:15.17 |
| 4. | René, Beetsma | 69 | DZ&PC | 2:30.95 | 444 | 1:09.90 | 1:21.05 |
| 5. | Jildert, Prins | 89 | FZC'54 | 2:36.21 | 400 | 1:11.57 | 1:24.64 |
| 6. | Jonathan, Rozema | 95 | DZ&PC | 2:42.44 | 356 | 1:16.82 | 1:25.62 |
| DIS | Thomas, Veltman | 92 | de Granaet | 2:37.10 | | 1:12.47 | 1:24.63 |
| <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> | | | | | | | |

Programmanr. 10 Dames, 200m schoolslag alg. leeftijdsgroep
17-5-2008 Resultaten

Punten: FINA 2004

| Rang | Geb. | Tijd | Pnt | 100m | 200m | | |
|---|-------------------|------|------------------|----------------|------|---------|---------|
| 11 jaar | | | | | | | |
| 1. | Jill, Muller | 96 | DZ&PC | 3:18.41 | 381 | 1:35.24 | 1:43.17 |
| 2. | Aniek, Bergsma | 96 | De Forel | 3:18.59 | 380 | 1:36.03 | 1:42.56 |
| 3. | Indyra, Hummel | 96 | ZCNF'34 | 3:24.67 | 347 | 1:40.54 | 1:44.13 |
| 4. | Leandra, Vedder | 96 | HZ&PC Heerenveen | 3:26.03 | 340 | 1:41.37 | 1:44.66 |
| 5. | Simone, Mus | 96 | De Skelp | 3:26.44 | 338 | 1:40.13 | 1:46.31 |
| 6. | Cynthia, Verkaik | 96 | de Granaet | 3:28.05 | 331 | 1:42.29 | 1:45.76 |
| 7. | Tineke, Nicolai | 96 | de Granaet | 3:30.37 | 320 | 1:41.37 | 1:49.00 |
| 8. | Lisa, Rozema | 96 | FZC'54 | 3:31.96 | 313 | 1:43.55 | 1:48.41 |
| 9. | Melissa, Nauta | 96 | De Vikings | 3:36.92 | 292 | 1:45.20 | 1:51.72 |
| DIS | Irene, Dotinga | 96 | Neptunia'24 | 3:30.90 | | 1:43.66 | 1:47.24 |
| <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | | | | |
| 12 jaar | | | | | | | |
| 1. | Liza, Salverda | 95 | Orca | 3:01.38 | 499 | 1:28.82 | 1:32.56 |
| 2. | Nynke, Dijkstra | 95 | HZ&PC Heerenveen | 3:10.56 | 430 | 1:31.88 | 1:38.68 |
| 3. | Yolanda, de Vegt | 95 | ZCNF'34 | 3:12.50 | 417 | 1:34.48 | 1:38.02 |
| 4. | Rixt, Wilbers | 95 | de Granaet | 3:17.87 | 384 | 1:36.61 | 1:41.26 |
| 5. | Andrea, Bandstra | 95 | Neptunia'24 | 3:21.08 | 366 | 1:37.96 | 1:43.12 |
| 6. | Myrna, Gorter | 95 | Neptunia'24 | 3:24.21 | 350 | 1:39.92 | 1:44.29 |
| 7. | Marije, v/d Ploeg | 95 | ZPD | 3:24.67 | 347 | 1:38.69 | 1:45.98 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

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

| Rang | | Geb. | | Tijd | Pnt | 100m | 200m |
|------|--|------|------------------|----------------|-----|---------|---------|
| 8. | Lenneke, Muggen | 95 | HZ&PC Heerenveen | 3:24.95 | 346 | 1:39.94 | 1:45.01 |
| 9. | Elbrich, Gerritsma | 95 | Avena | 3:28.05 | 331 | 1:40.23 | 1:47.82 |
| 10. | Esther, Wijbenga | 95 | DZ&PC | 3:28.84 | 327 | 1:40.72 | 1:48.12 |
| 11. | Hjordis, Wagenaar | 95 | HZ&PC Heerenveen | 3:29.36 | 324 | 1:39.81 | 1:49.55 |
| 12. | Bregje, Tingen | 95 | ZCNF'34 | 3:33.36 | 306 | 1:41.21 | 1:52.15 |
| DIS | Rianne, Hartman | 95 | Orca | | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | | | |
| DIS | Laura, Jongbloed | 95 | Orca | | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | | | |

13 jaar

| | | | | | | | |
|----|-------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Danielle, de Boer | 94 | HZ&PC Heerenveen | 3:06.59 | 458 | 1:29.76 | 1:36.83 |
| 2. | Johanna, de Boer | 94 | ZPD | 3:10.40 | 431 | 1:32.19 | 1:38.21 |
| 3. | Claudia, Damski | 94 | DZ&PC | 3:14.02 | 408 | 1:33.03 | 1:40.99 |
| 4. | Aukje, Zwart | 94 | Avena | 3:18.42 | 381 | 1:36.40 | 1:42.02 |
| 5. | Ilse, Dammer | 94 | de Granaet | 3:21.70 | 363 | 1:39.70 | 1:42.00 |
| 6. | Sanne, Zijlstra | 94 | DZ&PC | 3:22.04 | 361 | 1:40.34 | 1:41.70 |
| 7. | Astrid, Dijkstra | 94 | De Vikings | 3:25.69 | 342 | 1:38.02 | 1:47.67 |
| 8. | Amarins, Menger | 94 | Orca | 3:30.02 | 321 | 1:44.11 | 1:45.91 |

14 jaar

| | | | | | | | |
|----|---------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Paula, Duursma | 93 | DZ&PC | 2:58.31 | 525 | 1:24.27 | 1:34.04 |
| 2. | Dieneke, Been | 93 | DZ&PC | 3:11.22 | 426 | 1:32.42 | 1:38.80 |
| 3. | Ankie, v.d. Meer | 93 | Neptunia'24 | 3:19.83 | 373 | 1:37.24 | 1:42.59 |
| 4. | Mirjam, Terlaakpoot | 93 | Avena | 3:21.38 | 364 | 1:36.59 | 1:44.79 |
| 5. | Hester, Ludema | 93 | PWC Buitenpost | 3:23.71 | 352 | 1:38.00 | 1:45.71 |
| 6. | Eva, Zwertbroek | 93 | HZ&PC Heerenveen | 3:23.87 | 351 | 1:39.33 | 1:44.54 |
| 7. | Maaikje, de Wolff | 93 | Avena | 3:28.71 | 327 | 1:41.94 | 1:46.77 |

15 jaar

| | | | | | | | |
|----|--------------------|----|------------|----------------|-----|---------|---------|
| 1. | Joyce, Duurken | 92 | Orca | 2:56.91 | 538 | 1:22.86 | 1:34.05 |
| 2. | Anna-Jetske, Baron | 92 | FZC'54 | 3:10.51 | 431 | 1:30.67 | 1:39.84 |
| 3. | Amarens, Gaikema | 92 | DZ&PC | 3:14.41 | 405 | 1:31.88 | 1:42.53 |
| 4. | Jolien, Bleichrodt | 92 | De Vikings | 3:19.17 | 377 | 1:35.44 | 1:43.73 |
| 5. | Lotte, Nienhuis | 92 | Avena | 3:26.72 | 337 | 1:37.88 | 1:48.84 |

16 jaar en ouder

| | | | | | | | |
|----|--------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Lia, Dekker | 87 | DZ&PC | 2:41.81 | 703 | 1:17.21 | 1:24.60 |
| 2. | Karin, van Dijk | 86 | HZ&PC Heerenveen | 2:55.23 | 553 | 1:23.27 | 1:31.96 |
| 3. | Angeliqve, Boersma | 80 | De Vikings | 3:07.79 | 449 | 1:30.39 | 1:37.40 |
| 4. | Jolanda, Cnossen | 86 | Neptunia'24 | 3:10.28 | 432 | 1:32.21 | 1:38.07 |
| 5. | Miranda, Bijzitter | 90 | ZCNF'34 | 3:11.33 | 425 | 1:32.23 | 1:39.10 |
| 6. | Nienke, Zijlstra | 85 | Avena | 3:18.70 | 379 | 1:35.37 | 1:43.33 |
| NG | Wiepkje, Venema | 90 | Avena | | | | |

alg. leeftijdsgroep

| | | | | | | | |
|-----|--------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Lia, Dekker | 87 | DZ&PC | 2:41.81 | 703 | 1:17.21 | 1:24.60 |
| 2. | Karin, van Dijk | 86 | HZ&PC Heerenveen | 2:55.23 | 553 | 1:23.27 | 1:31.96 |
| 3. | Joyce, Duurken | 92 | Orca | 2:56.91 | 538 | 1:22.86 | 1:34.05 |
| 4. | Paula, Duursma | 93 | DZ&PC | 2:58.31 | 525 | 1:24.27 | 1:34.04 |
| 5. | Liza, Salverda | 95 | Orca | 3:01.38 | 499 | 1:28.82 | 1:32.56 |
| 6. | Danielle, de Boer | 94 | HZ&PC Heerenveen | 3:06.59 | 458 | 1:29.76 | 1:36.83 |
| 7. | Angeliqve, Boersma | 80 | De Vikings | 3:07.79 | 449 | 1:30.39 | 1:37.40 |
| 8. | Jolanda, Cnossen | 86 | Neptunia'24 | 3:10.28 | 432 | 1:32.21 | 1:38.07 |
| 9. | Johanna, de Boer | 94 | ZPD | 3:10.40 | 431 | 1:32.19 | 1:38.21 |
| 10. | Anna-Jetske, Baron | 92 | FZC'54 | 3:10.51 | 431 | 1:30.67 | 1:39.84 |
| 11. | Nynke, Dijkstra | 95 | HZ&PC Heerenveen | 3:10.56 | 430 | 1:31.88 | 1:38.68 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

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

| Rang | Geb. | Tijd | Pnt | 100m | 200m | | |
|------|---|------|------------------|----------------|------|---------|---------|
| 12. | Dieneke, Been | 93 | DZ&PC | 3:11.22 | 426 | 1:32.42 | 1:38.80 |
| 13. | Miranda, Bijzitter | 90 | ZCNF'34 | 3:11.33 | 425 | 1:32.23 | 1:39.10 |
| 14. | Yolanda, de Vegt | 95 | ZCNF'34 | 3:12.50 | 417 | 1:34.48 | 1:38.02 |
| 15. | Claudia, Damski | 94 | DZ&PC | 3:14.02 | 408 | 1:33.03 | 1:40.99 |
| 16. | Amarens, Gaikema | 92 | DZ&PC | 3:14.41 | 405 | 1:31.88 | 1:42.53 |
| 17. | Rixt, Wilbers | 95 | de Granaet | 3:17.87 | 384 | 1:36.61 | 1:41.26 |
| 18. | Jill, Muller | 96 | DZ&PC | 3:18.41 | 381 | 1:35.24 | 1:43.17 |
| 19. | Aukje, Zwart | 94 | Avena | 3:18.42 | 381 | 1:36.40 | 1:42.02 |
| 20. | Aniek, Bergsma | 96 | De Forel | 3:18.59 | 380 | 1:36.03 | 1:42.56 |
| 21. | Nienke, Zijlstra | 85 | Avena | 3:18.70 | 379 | 1:35.37 | 1:43.33 |
| 22. | Jolien, Bleichrodt | 92 | De Vikings | 3:19.17 | 377 | 1:35.44 | 1:43.73 |
| 23. | Ankie, v.d. Meer | 93 | Neptunia'24 | 3:19.83 | 373 | 1:37.24 | 1:42.59 |
| 24. | Andrea, Bandstra | 95 | Neptunia'24 | 3:21.08 | 366 | 1:37.96 | 1:43.12 |
| 25. | Mirjam, Terlaakpoot | 93 | Avena | 3:21.38 | 364 | 1:36.59 | 1:44.79 |
| 26. | Ilse, Dammer | 94 | de Granaet | 3:21.70 | 363 | 1:39.70 | 1:42.00 |
| 27. | Sanne, Zijlstra | 94 | DZ&PC | 3:22.04 | 361 | 1:40.34 | 1:41.70 |
| 28. | Hester, Ludema | 93 | PWC Buitenpost | 3:23.71 | 352 | 1:38.00 | 1:45.71 |
| 29. | Eva, Zwertbroek | 93 | HZ&PC Heerenveen | 3:23.87 | 351 | 1:39.33 | 1:44.54 |
| 30. | Myrna, Gorter | 95 | Neptunia'24 | 3:24.21 | 350 | 1:39.92 | 1:44.29 |
| 31. | Indyra, Hummel | 96 | ZCNF'34 | 3:24.67 | 347 | 1:40.54 | 1:44.13 |
| 31. | Marije, v/d Ploeg | 95 | ZPD | 3:24.67 | 347 | 1:38.69 | 1:45.98 |
| 33. | Lenneke, Muggen | 95 | HZ&PC Heerenveen | 3:24.95 | 346 | 1:39.94 | 1:45.01 |
| 34. | Astrid, Dijkstra | 94 | De Vikings | 3:25.69 | 342 | 1:38.02 | 1:47.67 |
| 35. | Leandra, Vedder | 96 | HZ&PC Heerenveen | 3:26.03 | 340 | 1:41.37 | 1:44.66 |
| 36. | Simone, Mus | 96 | De Skelp | 3:26.44 | 338 | 1:40.13 | 1:46.31 |
| 37. | Lotte, Nienhuis | 92 | Avena | 3:26.72 | 337 | 1:37.88 | 1:48.84 |
| 38. | Cynthia, Verkaik | 96 | de Granaet | 3:28.05 | 331 | 1:42.29 | 1:45.76 |
| 38. | Elbrich, Gerritsma | 95 | Avena | 3:28.05 | 331 | 1:40.23 | 1:47.82 |
| 40. | Maaïke, de Wolff | 93 | Avena | 3:28.71 | 327 | 1:41.94 | 1:46.77 |
| 41. | Esther, Wijbenga | 95 | DZ&PC | 3:28.84 | 327 | 1:40.72 | 1:48.12 |
| 42. | Hjordis, Wagenaar | 95 | HZ&PC Heerenveen | 3:29.36 | 324 | 1:39.81 | 1:49.55 |
| 43. | Amarins, Menger | 94 | Orca | 3:30.02 | 321 | 1:44.11 | 1:45.91 |
| 44. | Tineke, Nicolai | 96 | de Granaet | 3:30.37 | 320 | 1:41.37 | 1:49.00 |
| 45. | Lisa, Rozema | 96 | FZC'54 | 3:31.96 | 313 | 1:43.55 | 1:48.41 |
| 46. | Bregje, Tingen | 95 | ZCNF'34 | 3:33.36 | 306 | 1:41.21 | 1:52.15 |
| 47. | Melissa, Nauta | 96 | De Vikings | 3:36.92 | 292 | 1:45.20 | 1:51.72 |
| DIS | Rianne, Hartman | 95 | Orca | | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | | | |
| DIS | Laura, Jongbloed | 95 | Orca | | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | | | |
| DIS | Irene, Dotinga | 96 | Neptunia'24 | 3:30.90 | | 1:43.66 | 1:47.24 |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | | | |
| NG | Wiepkje, Venema | 90 | Avena | | | | |

Programmanr. 11

Heren, 4 x 200m vrije slag

alg. leeftijdsgroep

17-5-2008

Resultaten

Punten: FINA 2004

| Rang | Tijd | Pnt |
|-------------------|----------------|---------|
| 1. De Vikings 1 | 8:48.25 | 545 |
| Gijs, Gertsen | 93 1:03.16 | 2:10.48 |
| Erik, de Nijs | 92 1:04.41 | 2:16.30 |
| Michael, Westers | 92 1:01.42 | 2:11.29 |
| Willem Kees, Roos | 94 1:01.44 | 2:10.18 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

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

| BM | DZ&PC 1 | DZ&PC | 8:08.25 | 690 |
|----|----------------------|------------------|---------|---------------------|
| | Sietse, v/d Hoeven | 89 1:01.71 | 2:08.63 | Ewoud, Potiek |
| | Jorrit, Visser | 89 58.70 | 2:04.48 | Arjen, v/d Meulen |
| | | | | 89 57.20 1:59.20 |
| | | | | 87 56.13 1:55.94 |
| BM | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | 8:42.63 | 562 |
| | Wouter, Dogger | 84 1:00.85 | 2:09.36 | Jelmer, Meijer |
| | Rick, Mooij | 91 1:03.65 | 2:16.38 | Dennis, Mooij |
| | | | | 90 1:03.95 2:11.82 |
| | | | | 89 1:00.75 2:05.07 |
| BM | DZ&PC 2 | DZ&PC | 8:46.24 | 551 |
| | Rudie, Kirkenier | 90 1:03.49 | 2:11.87 | Remco, Kamps |
| | Martin, Gildemeester | 80 1:01.51 | 2:12.97 | René, Beetsma |
| | | | | 90 1:01.72 2:08.14 |
| | | | | 69 1:03.94 2:13.26 |
| BM | HZ&PC Heerenveen 3 | HZ&PC Heerenveen | 9:04.18 | 498 |
| | Gavin, van der Werf | 93 1:04.37 | 2:13.86 | Maxim, Veldhuis |
| | Christiaan, van Dijk | 92 1:05.88 | 2:17.86 | Dennis, Bos |
| | | | | 94 1:03.00 2:17.36 |
| | | | | 92 1:04.91 2:15.10 |
| BM | DZ&PC 3 | DZ&PC | 9:13.34 | 474 |
| | Jonathan, Rozema | 95 1:06.92 | 2:18.55 | Maiko, Postma |
| | Rycklef, Epema | 92 1:07.93 | 2:20.74 | Albert, Dijkstra |
| | | | | 94 1:06.27 2:21.17 |
| | | | | 92 1:03.34 2:12.88 |
| BM | HZ&PC Heerenveen 2 | HZ&PC Heerenveen | 9:18.60 | 461 |
| | Jelmer, Waterlander | 88 1:04.60 | 2:11.26 | Eric, Oord |
| | Mike, Koelewijn | 93 1:08.15 | 2:24.93 | Janco, Nolles |
| | | | | 91 1:07.22 2:20.84 |
| | | | | 89 1:07.40 2:21.57 |
| BM | Neptunia'24 1 | Neptunia'24 | 9:25.98 | 443 |
| | Wouter, Sikma | 93 1:04.46 | 2:12.63 | Ruben, Post |
| | Marco, Krips | 92 1:10.16 | 2:24.72 | Willem, van de Ende |
| | | | | 91 1:05.94 2:20.64 |
| | | | | 93 1:09.82 2:27.99 |

Programmanr. 12
17-5-2008

Dames, 800m vrije slag

alg. leeftijdsgroep
Resultaten

Punten: FINA 2004

| Rang | Geb. | Tijd | Pnt |
|---------|---|------------------------|------------------------|
| 11 jaar | | | |
| 1. | Evelien, van Ruiten | 96 Orca | 11:06.87 426 |
| | 100m: 1:16.49 1:16.49 | 300m: 4:07.63 1:25.29 | 500m: 6:58.43 1:24.75 |
| | 200m: 2:42.34 1:25.85 | 400m: 5:33.68 1:26.05 | 600m: 8:22.89 1:24.46 |
| | | 700m: 9:47.22 1:24.33 | 800m: 11:06.87 1:19.65 |
| 2. | Desiree, Vedder | 96 HZ&PC Heerenveen | 11:29.29 386 |
| | 100m: 1:17.89 1:17.89 | 300m: 4:15.78 1:30.08 | 500m: 7:12.62 1:27.47 |
| | 200m: 2:45.70 1:27.81 | 400m: 5:45.15 1:29.37 | 600m: 8:40.48 1:27.86 |
| | | 700m: 10:07.50 1:27.02 | 800m: 11:29.29 1:21.79 |
| 3. | Claudia, Hacke | 96 De Vikings | 11:43.63 363 |
| | 100m: 1:19.48 1:19.48 | 300m: 4:20.37 1:30.97 | 500m: 7:22.13 1:31.12 |
| | 200m: 2:49.40 1:29.92 | 400m: 5:51.01 1:30.64 | 600m: 8:52.33 1:30.20 |
| | | 700m: 10:19.19 1:26.86 | 800m: 11:43.63 1:24.44 |
| 4. | Rixt, Menger | 96 DZ&PC | 11:57.27 342 |
| | 100m: 1:23.79 1:23.79 | 300m: 4:26.01 1:31.60 | 500m: 7:28.78 1:31.51 |
| | 200m: 2:54.41 1:30.62 | 400m: 5:57.27 1:31.26 | 600m: 9:00.30 1:31.52 |
| | | 700m: 10:30.64 1:30.34 | 800m: 11:57.27 1:26.63 |
| 5. | Julia, Zwertbroek | 96 HZ&PC Heerenveen | 12:48.93 278 |
| | 100m: 1:27.74 1:27.74 | 300m: 4:41.86 1:37.90 | 500m: 7:59.93 1:38.73 |
| | 200m: 3:03.96 1:36.22 | 400m: 6:21.20 1:39.34 | 600m: 9:39.62 1:39.69 |
| | | 700m: 11:17.42 1:37.80 | 800m: 12:48.93 1:31.51 |
| DIS | Cynthia, Verkaik | 96 de Granaet | |
| | <i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i> | | |
| | 100m: 1:25.19 1:25.19 | 300m: | 500m: |
| | 200m: 2:58.53 1:33.34 | 400m: | 600m: |
| | | | 700m: |
| | | | 800m: |

12 jaar

| | | | |
|----|-----------------------|-----------------------|------------------------|
| 1. | Freya, Holwerda | 95 Orca | 10:52.81 454 |
| | 100m: 1:15.57 1:15.57 | 300m: 4:01.79 1:23.22 | 500m: 6:48.70 1:23.41 |
| | 200m: 2:38.57 1:23.00 | 400m: 5:25.29 1:23.50 | 600m: 8:11.45 1:22.75 |
| | | 700m: 9:33.71 1:22.26 | 800m: 10:52.81 1:19.10 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 12, Dames, 800m vrije slag

13 jaar

| | | | | |
|-----------------------|-----------------------|-----------------------|------------------------|-----|
| 1. Manon, Kuiper | 94 | HZ&PC Heerenveen | 10:47.23 | 466 |
| 100m: 1:12.53 1:12.53 | 300m: 3:56.03 1:22.60 | 500m: 6:40.64 1:22.03 | 700m: 9:27.44 1:23.39 | |
| 200m: 2:33.43 1:20.90 | 400m: 5:18.61 1:22.58 | 600m: 8:04.05 1:23.41 | 800m: 10:47.23 1:19.79 | |
| 2. Charissa, Zijlstra | 94 | ZPD | 10:56.98 | 446 |
| 100m: 1:12.29 1:12.29 | 300m: 3:57.45 1:23.08 | 500m: 6:46.56 1:24.35 | 700m: 9:35.34 1:24.55 | |
| 200m: 2:34.37 1:22.08 | 400m: 5:22.21 1:24.76 | 600m: 8:10.79 1:24.23 | 800m: 10:56.98 1:21.64 | |

14 jaar

| | | | | |
|-----------------------|-----------------------|-----------------------|------------------------|-----|
| 1. Renske, de Groot | 93 | DZ&PC | 10:06.27 | 567 |
| 100m: 1:11.27 1:11.27 | 300m: 3:42.65 1:16.38 | 500m: 6:16.01 1:17.22 | 700m: 8:50.63 1:17.41 | |
| 200m: 2:26.27 1:15.00 | 400m: 4:58.79 1:16.14 | 600m: 7:33.22 1:17.21 | 800m: 10:06.27 1:15.64 | |

15 jaar

| | | | | |
|-----------------------|-----------------------|-----------------------|------------------------|-----|
| 1. Nanda, de Vries | 92 | HZ&PC Heerenveen | 10:32.72 | 499 |
| 100m: 1:11.88 1:11.88 | 300m: 3:52.02 1:20.78 | 500m: 6:34.44 1:21.13 | 700m: 9:17.18 1:21.41 | |
| 200m: 2:31.24 1:19.36 | 400m: 5:13.31 1:21.29 | 600m: 7:55.77 1:21.33 | 800m: 10:32.72 1:15.54 | |
| 2. Lysbeth, Wiersma | 92 | HZ&PC Heerenveen | 10:33.80 | 496 |
| 100m: 1:14.87 1:14.87 | 300m: 3:56.84 1:21.29 | 500m: 6:37.70 1:20.85 | 700m: 9:19.80 1:20.39 | |
| 200m: 2:35.55 1:20.68 | 400m: 5:16.85 1:20.01 | 600m: 7:59.41 1:21.71 | 800m: 10:33.80 1:14.00 | |

16 jaar en ouder

| | | | | |
|-------------------------|-----------------------|-----------------------|------------------------|-----|
| 1. Baukje, Hooghiemstra | 88 | HZ&PC Heerenveen | 10:28.26 | 510 |
| 100m: 1:11.92 1:11.92 | 300m: 3:47.30 1:18.48 | 500m: 6:27.25 1:19.96 | 700m: 9:08.74 1:20.74 | |
| 200m: 2:28.82 1:16.90 | 400m: 5:07.29 1:19.99 | 600m: 7:48.00 1:20.75 | 800m: 10:28.26 1:19.52 | |
| 2. Karin, van Dijk | 86 | HZ&PC Heerenveen | 10:50.23 | 460 |
| 100m: 1:12.82 1:12.82 | 300m: 3:55.63 1:21.81 | 500m: 6:41.13 1:23.59 | 700m: 9:29.30 1:24.32 | |
| 200m: 2:33.82 1:21.00 | 400m: 5:17.54 1:21.91 | 600m: 8:04.98 1:23.85 | 800m: 10:50.23 1:20.93 | |

alg. leeftijdsgroep

| | | | | |
|-------------------------|-----------------------|-----------------------|------------------------|-----|
| 1. Renske, de Groot | 93 | DZ&PC | 10:06.27 | 567 |
| 100m: 1:11.27 1:11.27 | 300m: 3:42.65 1:16.38 | 500m: 6:16.01 1:17.22 | 700m: 8:50.63 1:17.41 | |
| 200m: 2:26.27 1:15.00 | 400m: 4:58.79 1:16.14 | 600m: 7:33.22 1:17.21 | 800m: 10:06.27 1:15.64 | |
| 2. Baukje, Hooghiemstra | 88 | HZ&PC Heerenveen | 10:28.26 | 510 |
| 100m: 1:11.92 1:11.92 | 300m: 3:47.30 1:18.48 | 500m: 6:27.25 1:19.96 | 700m: 9:08.74 1:20.74 | |
| 200m: 2:28.82 1:16.90 | 400m: 5:07.29 1:19.99 | 600m: 7:48.00 1:20.75 | 800m: 10:28.26 1:19.52 | |
| 3. Nanda, de Vries | 92 | HZ&PC Heerenveen | 10:32.72 | 499 |
| 100m: 1:11.88 1:11.88 | 300m: 3:52.02 1:20.78 | 500m: 6:34.44 1:21.13 | 700m: 9:17.18 1:21.41 | |
| 200m: 2:31.24 1:19.36 | 400m: 5:13.31 1:21.29 | 600m: 7:55.77 1:21.33 | 800m: 10:32.72 1:15.54 | |
| 4. Lysbeth, Wiersma | 92 | HZ&PC Heerenveen | 10:33.80 | 496 |
| 100m: 1:14.87 1:14.87 | 300m: 3:56.84 1:21.29 | 500m: 6:37.70 1:20.85 | 700m: 9:19.80 1:20.39 | |
| 200m: 2:35.55 1:20.68 | 400m: 5:16.85 1:20.01 | 600m: 7:59.41 1:21.71 | 800m: 10:33.80 1:14.00 | |
| 5. Manon, Kuiper | 94 | HZ&PC Heerenveen | 10:47.23 | 466 |
| 100m: 1:12.53 1:12.53 | 300m: 3:56.03 1:22.60 | 500m: 6:40.64 1:22.03 | 700m: 9:27.44 1:23.39 | |
| 200m: 2:33.43 1:20.90 | 400m: 5:18.61 1:22.58 | 600m: 8:04.05 1:23.41 | 800m: 10:47.23 1:19.79 | |
| 6. Karin, van Dijk | 86 | HZ&PC Heerenveen | 10:50.23 | 460 |
| 100m: 1:12.82 1:12.82 | 300m: 3:55.63 1:21.81 | 500m: 6:41.13 1:23.59 | 700m: 9:29.30 1:24.32 | |
| 200m: 2:33.82 1:21.00 | 400m: 5:17.54 1:21.91 | 600m: 8:04.98 1:23.85 | 800m: 10:50.23 1:20.93 | |
| 7. Freya, Holwerda | 95 | Orca | 10:52.81 | 454 |
| 100m: 1:15.57 1:15.57 | 300m: 4:01.79 1:23.22 | 500m: 6:48.70 1:23.41 | 700m: 9:33.71 1:22.26 | |
| 200m: 2:38.57 1:23.00 | 400m: 5:25.29 1:23.50 | 600m: 8:11.45 1:22.75 | 800m: 10:52.81 1:19.10 | |
| 8. Charissa, Zijlstra | 94 | ZPD | 10:56.98 | 446 |
| 100m: 1:12.29 1:12.29 | 300m: 3:57.45 1:23.08 | 500m: 6:46.56 1:24.35 | 700m: 9:35.34 1:24.55 | |
| 200m: 2:34.37 1:22.08 | 400m: 5:22.21 1:24.76 | 600m: 8:10.79 1:24.23 | 800m: 10:56.98 1:21.64 | |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

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

| Rang | Geb. | | Tijd | | | | | | Pnt | | | | | | |
|------|---|---------|---------|------------------|-----------------|---------|-------|---------|---------|-------|----------|---------|-------|----------|---------|
| 9. | Evelien, van Ruiten | | 96 | Orca | 11:06.87 | | | | | | 426 | | | | |
| | 100m: | 1:16.49 | 1:16.49 | 300m: | 4:07.63 | 1:25.29 | 500m: | 6:58.43 | 1:24.75 | 700m: | 9:47.22 | 1:24.33 | 800m: | 11:06.87 | 1:19.65 |
| | 200m: | 2:42.34 | 1:25.85 | 400m: | 5:33.68 | 1:26.05 | 600m: | 8:22.89 | 1:24.46 | | | | | | |
| 10. | Desiree, Vedder | | 96 | HZ&PC Heerenveen | 11:29.29 | | | | | | 386 | | | | |
| | 100m: | 1:17.89 | 1:17.89 | 300m: | 4:15.78 | 1:30.08 | 500m: | 7:12.62 | 1:27.47 | 700m: | 10:07.50 | 1:27.02 | 800m: | 11:29.29 | 1:21.79 |
| | 200m: | 2:45.70 | 1:27.81 | 400m: | 5:45.15 | 1:29.37 | 600m: | 8:40.48 | 1:27.86 | | | | | | |
| 11. | Claudia, Hacke | | 96 | De Vikings | 11:43.63 | | | | | | 363 | | | | |
| | 100m: | 1:19.48 | 1:19.48 | 300m: | 4:20.37 | 1:30.97 | 500m: | 7:22.13 | 1:31.12 | 700m: | 10:19.19 | 1:26.86 | 800m: | 11:43.63 | 1:24.44 |
| | 200m: | 2:49.40 | 1:29.92 | 400m: | 5:51.01 | 1:30.64 | 600m: | 8:52.33 | 1:30.20 | | | | | | |
| 12. | Rixt, Menger | | 96 | DZ&PC | 11:57.27 | | | | | | 342 | | | | |
| | 100m: | 1:23.79 | 1:23.79 | 300m: | 4:26.01 | 1:31.60 | 500m: | 7:28.78 | 1:31.51 | 700m: | 10:30.64 | 1:30.34 | 800m: | 11:57.27 | 1:26.63 |
| | 200m: | 2:54.41 | 1:30.62 | 400m: | 5:57.27 | 1:31.26 | 600m: | 9:00.30 | 1:31.52 | | | | | | |
| 13. | Julia, Zwertbroek | | 96 | HZ&PC Heerenveen | 12:48.93 | | | | | | 278 | | | | |
| | 100m: | 1:27.74 | 1:27.74 | 300m: | 4:41.86 | 1:37.90 | 500m: | 7:59.93 | 1:38.73 | 700m: | 11:17.42 | 1:37.80 | 800m: | 12:48.93 | 1:31.51 |
| | 200m: | 3:03.96 | 1:36.22 | 400m: | 6:21.20 | 1:39.34 | 600m: | 9:39.62 | 1:39.69 | | | | | | |
| DIS | Cynthia, Verkaik | | 96 | de Granaet | | | | | | | | | | | |
| | <i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i> | | | | | | | | | | | | | | |
| | 100m: | 1:25.19 | 1:25.19 | 300m: | | | 500m: | | | 700m: | | | 800m: | | |
| | 200m: | 2:58.53 | 1:33.34 | 400m: | | | 600m: | | | | | | | | |

Programmanr. 13
17-5-2008

Dames, 100m vlinderslag

alg. leeftijdsgroep
Resultaten

Punten: FINA 2004

| Rang | Geb. | | Tijd | | Pnt | |
|---------|---------------------|--|------|------------------|----------------|-----|
| 11 jaar | | | | | | |
| 1. | Evelien, van Ruiten | | 96 | Orca | 1:22.19 | 345 |
| 2. | Cynthia, Verkaik | | 96 | de Granaet | 1:23.26 | 332 |
| 3. | Rixt-Nynke, Baron | | 96 | FZC'54 | 1:24.83 | 314 |
| 12 jaar | | | | | | |
| 1. | Femke, Leenstra | | 95 | Orca | 1:13.04 | 492 |
| 2. | Jessie, Smeding | | 95 | De Vikings | 1:17.21 | 416 |
| 3. | Myrthe, Sytsema | | 95 | HZ&PC Heerenveen | 1:20.14 | 372 |
| 4. | Rixt, Wilbers | | 95 | de Granaet | 1:25.83 | 303 |
| 13 jaar | | | | | | |
| 1. | Minke, Betten | | 94 | DZ&PC | 1:13.13 | 490 |
| 2. | Anna, Visser | | 94 | HZ&PC Heerenveen | 1:22.35 | 343 |
| 3. | Johanna, de Boer | | 94 | ZPD | 1:24.78 | 314 |
| 14 jaar | | | | | | |
| 1. | Sanne, Huisman | | 93 | DZ&PC | 1:13.25 | 488 |
| 2. | Iris, Rozema | | 93 | FZC'54 | 1:17.53 | 411 |
| 3. | Femke, de Jong | | 93 | de Granaet | 1:19.13 | 387 |
| 4. | Paula, Duursma | | 93 | DZ&PC | 1:19.73 | 378 |
| 5. | Ankie, v.d. Meer | | 93 | Neptunia'24 | 1:20.42 | 368 |
| 6. | Geeske, Wind | | 93 | DZ&PC | 1:21.71 | 351 |
| 15 jaar | | | | | | |
| 1. | Sjoukje, Karsten | | 92 | DZ&PC | 1:18.93 | 390 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 13, Meisjes, 100m vlinderslag, 15 jaar

| Rang | Geb. | Tijd | Pnt |
|------|-----------------|---------------------|--------------------|
| 2. | Nanda, de Vries | 92 HZ&PC Heerenveen | 1:19.08 387 |

16 jaar en ouder

| | | | |
|-----|----------------------|---------------------|--------------------|
| 1. | Marloes, Oldenburg | 88 Orca | 1:04.05 729 |
| 2. | Lia, Dekker | 87 DZ&PC | 1:09.41 573 |
| 3. | Jolanda, Cnossen | 86 Neptunia'24 | 1:14.00 473 |
| 4. | Angelique, Boersma | 80 De Vikings | 1:15.73 441 |
| 5. | Rixt, Zijlstra | 91 de Granaet | 1:15.96 437 |
| 6. | Kirsten, Vos-Kompaan | 84 ZCNF'34 | 1:16.38 430 |
| 7. | Karin, van Dijk | 86 HZ&PC Heerenveen | 1:17.54 411 |
| 8. | Gerbranda, Beijaard | 90 de Granaet | 1:17.64 409 |
| 9. | Maaïke, Karsten | 91 DZ&PC | 1:18.19 401 |
| 10. | Marjolein, Tissingh | 89 HZ&PC Heerenveen | 1:21.96 348 |
| 11. | Miranda, Bijzitter | 90 ZCNF'34 | 1:23.11 334 |
| NG | Wiepkje, Venema | 90 Avena | |
| NG | Monique, van Vliet | 89 DZ&PC | |

alg. leeftijdsgroep

| | | | |
|-----|----------------------|---------------------|--------------------|
| 1. | Marloes, Oldenburg | 88 Orca | 1:04.05 729 |
| 2. | Lia, Dekker | 87 DZ&PC | 1:09.41 573 |
| 3. | Femke, Leenstra | 95 Orca | 1:13.04 492 |
| 4. | Minke, Betten | 94 DZ&PC | 1:13.13 490 |
| 5. | Sanne, Huisman | 93 DZ&PC | 1:13.25 488 |
| 6. | Jolanda, Cnossen | 86 Neptunia'24 | 1:14.00 473 |
| 7. | Angelique, Boersma | 80 De Vikings | 1:15.73 441 |
| 8. | Rixt, Zijlstra | 91 de Granaet | 1:15.96 437 |
| 9. | Kirsten, Vos-Kompaan | 84 ZCNF'34 | 1:16.38 430 |
| 10. | Jessie, Smeding | 95 De Vikings | 1:17.21 416 |
| 11. | Iris, Rozema | 93 FZC'54 | 1:17.53 411 |
| 12. | Karin, van Dijk | 86 HZ&PC Heerenveen | 1:17.54 411 |
| 13. | Gerbranda, Beijaard | 90 de Granaet | 1:17.64 409 |
| 14. | Maaïke, Karsten | 91 DZ&PC | 1:18.19 401 |
| 15. | Sjoukje, Karsten | 92 DZ&PC | 1:18.93 390 |
| 16. | Nanda, de Vries | 92 HZ&PC Heerenveen | 1:19.08 387 |
| 17. | Femke, de Jong | 93 de Granaet | 1:19.13 387 |
| 18. | Paula, Duursma | 93 DZ&PC | 1:19.73 378 |
| 19. | Myrthe, Sytsema | 95 HZ&PC Heerenveen | 1:20.14 372 |
| 20. | Ankie, v.d. Meer | 93 Neptunia'24 | 1:20.42 368 |
| 21. | Geeske, Wind | 93 DZ&PC | 1:21.71 351 |
| 22. | Marjolein, Tissingh | 89 HZ&PC Heerenveen | 1:21.96 348 |
| 23. | Evelien, van Ruiten | 96 Orca | 1:22.19 345 |
| 24. | Anna, Visser | 94 HZ&PC Heerenveen | 1:22.35 343 |
| 25. | Miranda, Bijzitter | 90 ZCNF'34 | 1:23.11 334 |
| 26. | Cynthia, Verkaik | 96 de Granaet | 1:23.26 332 |
| 27. | Johanna, de Boer | 94 ZPD | 1:24.78 314 |
| 28. | Rixt-Nynke, Baron | 96 FZC'54 | 1:24.83 314 |
| 29. | Rixt, Wilbers | 95 de Granaet | 1:25.83 303 |
| NG | Wiepkje, Venema | 90 Avena | |
| NG | Monique, van Vliet | 89 DZ&PC | |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 14 Heren, 100m vrije slag alg. leeftijdsgroep
17-5-2008 Resultaten

Punten: FINA 2004

| Rang | Geb. | Tijd | Pnt |
|----------------|----------------------|---------------------|--------------------|
| 12 jaar | | | |
| 1. | Jonathan, Rozema | 95 DZ&PC | 1:02.15 469 |
| 2. | Myrdin, Willemse | 95 Orca | 1:05.34 404 |
| 3. | Rick, Halma | 95 De Vikings | 1:07.91 360 |
| 4. | Oebele, v/d Velde | 95 DZ&PC | 1:08.95 344 |
| 13 jaar | | | |
| 1. | Maxim, Veldhuis | 94 HZ&PC Heerenveen | 59.12 545 |
| 2. | Willem Kees, Roos | 94 De Vikings | 59.81 527 |
| 3. | Maiko, Postma | 94 DZ&PC | 1:02.69 457 |
| 4. | Erik, Nijholt | 94 ZCNF'34 | 1:04.20 426 |
| 5. | Ramon, Fredrik | 94 Wetterwille | 1:08.08 357 |
| 14 jaar | | | |
| 1. | Jorke, Willemse | 93 Orca | 55.81 648 |
| 2. | Wouter, Sikma | 93 Neptunia'24 | 56.43 627 |
| 3. | Gijs, Gertsen | 93 De Vikings | 59.21 543 |
| 4. | Gavin, van der Werf | 93 HZ&PC Heerenveen | 59.70 530 |
| 5. | Arno, Nieuwhof | 93 FZC'54 | 1:00.55 508 |
| 6. | Sven, Alkema | 93 De Vikings | 1:02.60 459 |
| 7. | Mike, Koelewijn | 93 HZ&PC Heerenveen | 1:03.84 433 |
| 8. | Henk-Jan, Verkaik | 93 de Granaet | 1:05.29 405 |
| 9. | Matthijs, Ganzevoort | 93 HZ&PC Heerenveen | 1:05.31 404 |
| 10. | Willem, van de Ende | 93 Neptunia'24 | 1:05.41 403 |
| 11. | Bauke, Ytsma | 93 Wetterwille | 1:05.70 397 |
| 15 jaar | | | |
| 1. | Michael, Westers | 92 De Vikings | 59.02 548 |
| 2. | Aydin, Hummel | 92 ZCNF'34 | 59.67 530 |
| 3. | Dennis, Bos | 92 HZ&PC Heerenveen | 59.68 530 |
| 4. | Thomas, Veltman | 92 de Granaet | 59.72 529 |
| 5. | Albert, Dijkstra | 92 DZ&PC | 1:01.05 495 |
| 6. | Erik, de Nijs | 92 De Vikings | 1:01.16 493 |
| 7. | Jappie, Jongsma | 92 de Granaet | 1:01.40 487 |
| 8. | Christiaan, van Dijk | 92 HZ&PC Heerenveen | 1:02.17 469 |
| 9. | Haye, Heidema | 92 ZPD | 1:02.40 464 |
| 10. | Gerard, Brondijk | 92 FZC'54 | 1:02.67 458 |
| 11. | Marwin, Iedema | 92 DZ&PC | 1:02.80 455 |
| 12. | Rycklef, Epema | 92 DZ&PC | 1:03.42 442 |
| 13. | Alex, Odinga | 92 De Skelp | 1:04.54 419 |
| 14. | Marco, Krips | 92 Neptunia'24 | 1:05.04 410 |
| 16 jaar | | | |
| 1. | Chris, van Vliet | 91 DZ&PC | 57.46 594 |
| 2. | Vincent, van Iperen | 91 Orca | 57.75 585 |
| 3. | Rick, Mooij | 91 HZ&PC Heerenveen | 59.97 522 |
| 4. | Ruben, Post | 91 Neptunia'24 | 1:01.86 476 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 14, Heren, 100m vrije slag

17 jaar

| | | | | |
|---------------------|----|------------|----------------|-----|
| 1. Remco, Kamps | 90 | DZ&PC | 57.32 | 598 |
| 2. Rudie, Kirkenier | 90 | DZ&PC | 59.60 | 532 |
| 3. Kevin, Visser | 90 | De Vikings | 1:00.79 | 502 |
| 4. Ritske, Reitsma | 90 | ZPD | 1:02.93 | 452 |

18 jaar en ouder

| | | | | |
|--|----|------------------|----------------|-----|
| 1. Dennis, Mooij | 89 | HZ&PC Heerenveen | 53.09 | 753 |
| 2. Ewoud, Potiek | 89 | DZ&PC | 54.82 | 684 |
| 3. Michiel, Punter | 84 | Orca | 55.17 | 671 |
| 4. Jorrit, Visser | 89 | DZ&PC | 57.30 | 599 |
| 5. Sietse, v/d Hoeven | 89 | DZ&PC | 57.83 | 583 |
| 6. Janco, Nolles | 89 | HZ&PC Heerenveen | 58.41 | 565 |
| 7. Jelmer, Waterlander | 88 | HZ&PC Heerenveen | 58.64 | 559 |
| 8. Jildert, Prins | 89 | FZC'54 | 59.14 | 545 |
| 9. Marco, Brouwer | 86 | De Vikings | 1:00.17 | 517 |
| 10. Jurjen, Hoomans | 88 | Neptunia'24 | 1:00.53 | 508 |
| 11. Jelmer, Bakker | 88 | Neptunia'24 | 1:00.62 | 506 |
| 12. Roelof, de Jong | 89 | ZPD | 1:00.70 | 504 |
| 12. Edward, Buitenwerf | 89 | DZ&PC | 1:00.70 | 504 |
| 14. Oane, van der Heide | 87 | ZPD | 1:02.39 | 464 |
| 15. Roukebert, de Boer | 89 | ZPD | 1:04.00 | 430 |
| DIS Wouter, Dogger | 84 | HZ&PC Heerenveen | | |
| <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |
| NG Alan, Slomp | 87 | DZ&PC | | |
| NG Jan Jaap, Orné | 86 | Neptunia'24 | | |

alg. leeftijdsgroep

| | | | | |
|-------------------------|----|------------------|----------------|-----|
| 1. Dennis, Mooij | 89 | HZ&PC Heerenveen | 53.09 | 753 |
| 2. Ewoud, Potiek | 89 | DZ&PC | 54.82 | 684 |
| 3. Michiel, Punter | 84 | Orca | 55.17 | 671 |
| 4. Jorke, Willemse | 93 | Orca | 55.81 | 648 |
| 5. Wouter, Sikma | 93 | Neptunia'24 | 56.43 | 627 |
| 6. Jorrit, Visser | 89 | DZ&PC | 57.30 | 599 |
| 7. Remco, Kamps | 90 | DZ&PC | 57.32 | 598 |
| 8. Chris, van Vliet | 91 | DZ&PC | 57.46 | 594 |
| 9. Vincent, van Iperen | 91 | Orca | 57.75 | 585 |
| 10. Sietse, v/d Hoeven | 89 | DZ&PC | 57.83 | 583 |
| 11. Janco, Nolles | 89 | HZ&PC Heerenveen | 58.41 | 565 |
| 12. Jelmer, Waterlander | 88 | HZ&PC Heerenveen | 58.64 | 559 |
| 13. Michael, Westers | 92 | De Vikings | 59.02 | 548 |
| 14. Maxim, Veldhuis | 94 | HZ&PC Heerenveen | 59.12 | 545 |
| 15. Jildert, Prins | 89 | FZC'54 | 59.14 | 545 |
| 16. Gijs, Gertsen | 93 | De Vikings | 59.21 | 543 |
| 17. Rudie, Kirkenier | 90 | DZ&PC | 59.60 | 532 |
| 18. Aydin, Hummel | 92 | ZCNF'34 | 59.67 | 530 |
| 19. Dennis, Bos | 92 | HZ&PC Heerenveen | 59.68 | 530 |
| 20. Gavin, van der Werf | 93 | HZ&PC Heerenveen | 59.70 | 530 |
| 21. Thomas, Veltman | 92 | de Granaet | 59.72 | 529 |
| 22. Willem Kees, Roos | 94 | De Vikings | 59.81 | 527 |
| 23. Rick, Mooij | 91 | HZ&PC Heerenveen | 59.97 | 522 |
| 24. Marco, Brouwer | 86 | De Vikings | 1:00.17 | 517 |
| 25. Jurjen, Hoomans | 88 | Neptunia'24 | 1:00.53 | 508 |
| 26. Arno, Nieuwhof | 93 | FZC'54 | 1:00.55 | 508 |
| 27. Jelmer, Bakker | 88 | Neptunia'24 | 1:00.62 | 506 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 14, Heren, 100m vrije slag, alg. leeftijdsgroep

| Rang | | Geb. | | Tijd | Pnt |
|------|--|------|------------------|----------------|-----|
| 28. | Edward, Buitenwerf | 89 | DZ&PC | 1:00.70 | 504 |
| 28. | Roelof, de Jong | 89 | ZPD | 1:00.70 | 504 |
| 30. | Kevin, Visser | 90 | De Vikings | 1:00.79 | 502 |
| 31. | Albert, Dijkstra | 92 | DZ&PC | 1:01.05 | 495 |
| 32. | Erik, de Nijs | 92 | De Vikings | 1:01.16 | 493 |
| 33. | Jappie, Jongsma | 92 | de Granaet | 1:01.40 | 487 |
| 34. | Ruben, Post | 91 | Neptunia'24 | 1:01.86 | 476 |
| 35. | Jonathan, Rozema | 95 | DZ&PC | 1:02.15 | 469 |
| 36. | Christiaan, van Dijk | 92 | HZ&PC Heerenveen | 1:02.17 | 469 |
| 37. | Oane, van der Heide | 87 | ZPD | 1:02.39 | 464 |
| 38. | Haye, Heidema | 92 | ZPD | 1:02.40 | 464 |
| 39. | Sven, Alkema | 93 | De Vikings | 1:02.60 | 459 |
| 40. | Gerard, Brondijk | 92 | FZC'54 | 1:02.67 | 458 |
| 41. | Maiko, Postma | 94 | DZ&PC | 1:02.69 | 457 |
| 42. | Marwin, Iedema | 92 | DZ&PC | 1:02.80 | 455 |
| 43. | Ritske, Reitsma | 90 | ZPD | 1:02.93 | 452 |
| 44. | Rycklef, Epema | 92 | DZ&PC | 1:03.42 | 442 |
| 45. | Mike, Koelewijn | 93 | HZ&PC Heerenveen | 1:03.84 | 433 |
| 46. | Roukebert, de Boer | 89 | ZPD | 1:04.00 | 430 |
| 47. | Erik, Nijholt | 94 | ZCNF'34 | 1:04.20 | 426 |
| 48. | Alex, Odinga | 92 | De Skelp | 1:04.54 | 419 |
| 49. | Marco, Krips | 92 | Neptunia'24 | 1:05.04 | 410 |
| 50. | Henk-Jan, Verkaik | 93 | de Granaet | 1:05.29 | 405 |
| 51. | Matthijs, Ganzevoort | 93 | HZ&PC Heerenveen | 1:05.31 | 404 |
| 52. | Myrdin, Willemse | 95 | Orca | 1:05.34 | 404 |
| 53. | Willem, van de Ende | 93 | Neptunia'24 | 1:05.41 | 403 |
| 54. | Bauke, Ytsma | 93 | Wetterwille | 1:05.70 | 397 |
| 55. | Rick, Halma | 95 | De Vikings | 1:07.91 | 360 |
| 56. | Ramon, Fredrik | 94 | Wetterwille | 1:08.08 | 357 |
| 57. | Oebele, v/d Velde | 95 | DZ&PC | 1:08.95 | 344 |
| DIS | Wouter, Dogger | 84 | HZ&PC Heerenveen | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |
| NG | Jan Jaap, Orneé | 86 | Neptunia'24 | | |
| NG | Alan, Slomp | 87 | DZ&PC | | |

Programmanr. 15
17-5-2008

Dames, 200m vrije slag

alg. leeftijdsgroep
Resultaten

Punten: FINA 2004

| Rang | | Geb. | | Tijd | Pnt | 100m | 200m |
|----------------|---------------------|------|------------------|----------------|-----|---------|---------|
| 11 jaar | | | | | | | |
| 1. | Evelien, van Ruiten | 96 | Orca | 2:33.51 | 446 | 1:13.32 | 1:20.19 |
| 2. | Cynthia, Verkaik | 96 | de Granaet | 2:36.04 | 425 | 1:16.68 | 1:19.36 |
| 3. | Desiree, Vedder | 96 | HZ&PC Heerenveen | 2:36.10 | 424 | 1:14.41 | 1:21.69 |
| 4. | Claudia, Hacke | 96 | De Vikings | 2:37.36 | 414 | 1:16.85 | 1:20.51 |
| 5. | Joëlle, Rozema | 96 | DZ&PC | 2:38.85 | 403 | 1:16.44 | 1:22.41 |
| 6. | Mirthe, Alkema | 96 | De Vikings | 2:42.97 | 373 | 1:19.16 | 1:23.81 |
| 7. | Rixt, Menger | 96 | DZ&PC | 2:43.38 | 370 | 1:18.69 | 1:24.69 |
| 8. | Simone, Mus | 96 | De Skelp | 2:47.03 | 346 | 1:20.81 | 1:26.22 |
| 9. | Lisa, Rozema | 96 | FZC'54 | 2:48.11 | 340 | 1:21.17 | 1:26.94 |
| 10. | Leandra, Vedder | 96 | HZ&PC Heerenveen | 2:49.01 | 334 | 1:17.89 | 1:31.12 |
| 11. | Joyce, Bakker | 96 | De Forel | 2:52.15 | 316 | 1:22.68 | 1:29.47 |
| 12. | Rixt-Nynke, Baron | 96 | FZC'54 | 2:56.55 | 293 | 1:26.21 | 1:30.34 |
| 13. | Julia, Zwertbroek | 96 | HZ&PC Heerenveen | 2:57.78 | 287 | 1:25.22 | 1:32.56 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 15, Dames, 200m vrije slag

12 jaar

| | | | | | | | |
|-----|--------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Femke, Leenstra | 95 | Orca | 2:20.66 | 580 | 1:06.45 | 1:14.21 |
| 2. | Myrthe, Sytsema | 95 | HZ&PC Heerenveen | 2:26.16 | 517 | 1:11.89 | 1:14.27 |
| 3. | Jessie, Smeding | 95 | De Vikings | 2:26.17 | 517 | 1:12.11 | 1:14.06 |
| 4. | Liza, Salverda | 95 | Orca | 2:29.03 | 488 | 1:13.47 | 1:15.56 |
| 5. | Freya, Holwerda | 95 | Orca | 2:32.15 | 458 | 1:11.92 | 1:20.23 |
| 6. | Nenne, Venema | 95 | DZ&PC | 2:35.79 | 427 | 1:15.88 | 1:19.91 |
| 7. | Nynke, Dijkstra | 95 | HZ&PC Heerenveen | 2:35.88 | 426 | 1:15.68 | 1:20.20 |
| 8. | Rixt, Wilbers | 95 | de Granaet | 2:36.23 | 423 | 1:14.38 | 1:21.85 |
| 9. | Hjordis, Wagenaar | 95 | HZ&PC Heerenveen | 2:37.10 | 416 | 1:15.24 | 1:21.86 |
| 10. | Andrea, Bandstra | 95 | Neptunia'24 | 2:40.28 | 392 | 1:17.22 | 1:23.06 |
| 11. | Elbrich, Gerritsma | 95 | Avena | 2:47.81 | 342 | 1:19.94 | 1:27.87 |

13 jaar

| | | | | | | | |
|----|--------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Femke, Groos | 94 | DZ&PC | 2:23.42 | 547 | 1:08.14 | 1:15.28 |
| 2. | Anna, Visser | 94 | HZ&PC Heerenveen | 2:24.60 | 534 | 1:09.54 | 1:15.06 |
| 3. | Minke, Betten | 94 | DZ&PC | 2:26.78 | 511 | 1:11.72 | 1:15.06 |
| 4. | Manon, Kuiper | 94 | HZ&PC Heerenveen | 2:27.02 | 508 | 1:08.83 | 1:18.19 |
| 5. | Charissa, Zijlstra | 94 | ZPD | 2:27.77 | 500 | 1:10.20 | 1:17.57 |
| 6. | Aukje, Zwart | 94 | Avena | 2:28.04 | 498 | 1:12.04 | 1:16.00 |
| 7. | Tineke, Wind | 94 | DZ&PC | 2:30.46 | 474 | 1:12.59 | 1:17.87 |
| 8. | Johanna, de Boer | 94 | ZPD | 2:33.37 | 447 | 1:14.08 | 1:19.29 |
| 9. | Anja, Mus | 94 | De Skelp | 2:42.62 | 375 | 1:16.03 | 1:26.59 |

14 jaar

| | | | | | | | |
|-----|----------------------|----|------------|----------------|-----|---------|---------|
| 1. | Maxime, de Wilde | 93 | DZ&PC | 2:17.83 | 617 | 1:06.96 | 1:10.87 |
| 2. | Josephine, Meerman | 93 | DZ&PC | 2:22.13 | 562 | 1:09.44 | 1:12.69 |
| 3. | Sanne, Huisman | 93 | DZ&PC | 2:23.85 | 542 | 1:09.56 | 1:14.29 |
| 4. | Renske, de Groot | 93 | DZ&PC | 2:27.54 | 503 | 1:11.05 | 1:16.49 |
| 5. | Geeske, Wind | 93 | DZ&PC | 2:29.13 | 487 | 1:12.60 | 1:16.53 |
| 6. | Iris, Rozema | 93 | FZC'54 | 2:29.61 | 482 | 1:12.25 | 1:17.36 |
| 7. | Inge, Zijlstra | 93 | de Granaet | 2:29.78 | 480 | 1:13.36 | 1:16.42 |
| 8. | Eline, Ligthart | 93 | De Vikings | 2:30.44 | 474 | 1:14.25 | 1:16.19 |
| 9. | Femke, de Jong | 93 | de Granaet | 2:31.30 | 466 | 1:12.75 | 1:18.55 |
| 10. | Dieneke, Been | 93 | DZ&PC | 2:31.65 | 463 | 1:12.26 | 1:19.39 |
| 11. | Marissa, Lindemulder | 93 | de Granaet | 2:35.90 | 426 | 1:14.58 | 1:21.32 |

15 jaar

| | | | | | | | |
|----|--------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Nanda, de Vries | 92 | HZ&PC Heerenveen | 2:26.19 | 517 | 1:11.50 | 1:14.69 |
| 2. | Anna-Jetske, Baron | 92 | FZC'54 | 2:26.26 | 516 | 1:10.69 | 1:15.57 |
| 3. | Lysbeth, Wiersma | 92 | HZ&PC Heerenveen | 2:31.77 | 462 | 1:12.57 | 1:19.20 |
| 4. | Sjoukje, Karsten | 92 | DZ&PC | 2:33.96 | 442 | 1:13.84 | 1:20.12 |

16 jaar en ouder

| | | | | | | | |
|----|----------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Marloes, Oldenburg | 88 | Orca | 2:08.20 | 766 | 1:02.38 | 1:05.82 |
| 2. | Ilse, Kraayeveld | 90 | Orca | 2:11.98 | 702 | 1:02.56 | 1:09.42 |
| 3. | Wendan, Poelstra | 91 | Orca | 2:12.70 | 691 | 1:04.56 | 1:08.14 |
| 4. | Baukje, Hooghiemstra | 88 | HZ&PC Heerenveen | 2:23.86 | 542 | 1:08.79 | 1:15.07 |
| 5. | Nicky, de Wilde | 90 | DZ&PC | 2:31.78 | 462 | 1:11.87 | 1:19.91 |
| 6. | Miranda, Bijzitter | 90 | ZCNF'34 | 2:34.76 | 436 | 1:14.29 | 1:20.47 |
| 7. | Marjolein, Tissingh | 89 | HZ&PC Heerenveen | 2:36.56 | 421 | 1:16.25 | 1:20.31 |
| 8. | Maaïke, Karsten | 91 | DZ&PC | 2:37.88 | 410 | 1:14.52 | 1:23.36 |
| NG | Angelique, Boersma | 80 | De Vikings | | | | |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 15, Dames, 200m vrije slag

alg. leeftijdsgroep

| | | | | | | | |
|-----|----------------------|----|------------------|----------------|-----|---------|---------|
| 1. | Marloes, Oldenburg | 88 | Orca | 2:08.20 | 766 | 1:02.38 | 1:05.82 |
| 2. | Ilse, Kraayeveld | 90 | Orca | 2:11.98 | 702 | 1:02.56 | 1:09.42 |
| 3. | Wendan, Poelstra | 91 | Orca | 2:12.70 | 691 | 1:04.56 | 1:08.14 |
| 4. | Maxime, de Wilde | 93 | DZ&PC | 2:17.83 | 617 | 1:06.96 | 1:10.87 |
| 5. | Femke, Leenstra | 95 | Orca | 2:20.66 | 580 | 1:06.45 | 1:14.21 |
| 6. | Josephine, Meerman | 93 | DZ&PC | 2:22.13 | 562 | 1:09.44 | 1:12.69 |
| 7. | Femke, Groos | 94 | DZ&PC | 2:23.42 | 547 | 1:08.14 | 1:15.28 |
| 8. | Sanne, Huisman | 93 | DZ&PC | 2:23.85 | 542 | 1:09.56 | 1:14.29 |
| 9. | Baukje, Hooghiemstra | 88 | HZ&PC Heerenveen | 2:23.86 | 542 | 1:08.79 | 1:15.07 |
| 10. | Anna, Visser | 94 | HZ&PC Heerenveen | 2:24.60 | 534 | 1:09.54 | 1:15.06 |
| 11. | Myrthe, Sytsema | 95 | HZ&PC Heerenveen | 2:26.16 | 517 | 1:11.89 | 1:14.27 |
| 12. | Jessie, Smeding | 95 | De Vikings | 2:26.17 | 517 | 1:12.11 | 1:14.06 |
| 13. | Nanda, de Vries | 92 | HZ&PC Heerenveen | 2:26.19 | 517 | 1:11.50 | 1:14.69 |
| 14. | Anna-Jetske, Baron | 92 | FZC'54 | 2:26.26 | 516 | 1:10.69 | 1:15.57 |
| 15. | Minke, Betten | 94 | DZ&PC | 2:26.78 | 511 | 1:11.72 | 1:15.06 |
| 16. | Manon, Kuiper | 94 | HZ&PC Heerenveen | 2:27.02 | 508 | 1:08.83 | 1:18.19 |
| 17. | Renske, de Groot | 93 | DZ&PC | 2:27.54 | 503 | 1:11.05 | 1:16.49 |
| 18. | Charissa, Zijlstra | 94 | ZPD | 2:27.77 | 500 | 1:10.20 | 1:17.57 |
| 19. | Aukje, Zwart | 94 | Avena | 2:28.04 | 498 | 1:12.04 | 1:16.00 |
| 20. | Liza, Salverda | 95 | Orca | 2:29.03 | 488 | 1:13.47 | 1:15.56 |
| 21. | Geeske, Wind | 93 | DZ&PC | 2:29.13 | 487 | 1:12.60 | 1:16.53 |
| 22. | Iris, Rozema | 93 | FZC'54 | 2:29.61 | 482 | 1:12.25 | 1:17.36 |
| 23. | Inge, Zijlstra | 93 | de Granaet | 2:29.78 | 480 | 1:13.36 | 1:16.42 |
| 24. | Eline, Ligthart | 93 | De Vikings | 2:30.44 | 474 | 1:14.25 | 1:16.19 |
| 25. | Tineke, Wind | 94 | DZ&PC | 2:30.46 | 474 | 1:12.59 | 1:17.87 |
| 26. | Femke, de Jong | 93 | de Granaet | 2:31.30 | 466 | 1:12.75 | 1:18.55 |
| 27. | Dieneke, Been | 93 | DZ&PC | 2:31.65 | 463 | 1:12.26 | 1:19.39 |
| 28. | Lysbeth, Wiersma | 92 | HZ&PC Heerenveen | 2:31.77 | 462 | 1:12.57 | 1:19.20 |
| 29. | Nicky, de Wilde | 90 | DZ&PC | 2:31.78 | 462 | 1:11.87 | 1:19.91 |
| 30. | Freya, Holwerda | 95 | Orca | 2:32.15 | 458 | 1:11.92 | 1:20.23 |
| 31. | Johanna, de Boer | 94 | ZPD | 2:33.37 | 447 | 1:14.08 | 1:19.29 |
| 32. | Evelien, van Ruiten | 96 | Orca | 2:33.51 | 446 | 1:13.32 | 1:20.19 |
| 33. | Sjoukje, Karsten | 92 | DZ&PC | 2:33.96 | 442 | 1:13.84 | 1:20.12 |
| 34. | Miranda, Bijzitter | 90 | ZCNF'34 | 2:34.76 | 436 | 1:14.29 | 1:20.47 |
| 35. | Nenne, Venema | 95 | DZ&PC | 2:35.79 | 427 | 1:15.88 | 1:19.91 |
| 36. | Nynke, Dijkstra | 95 | HZ&PC Heerenveen | 2:35.88 | 426 | 1:15.68 | 1:20.20 |
| 37. | Marissa, Lindemulder | 93 | de Granaet | 2:35.90 | 426 | 1:14.58 | 1:21.32 |
| 38. | Cynthia, Verkaik | 96 | de Granaet | 2:36.04 | 425 | 1:16.68 | 1:19.36 |
| 39. | Desiree, Vedder | 96 | HZ&PC Heerenveen | 2:36.10 | 424 | 1:14.41 | 1:21.69 |
| 40. | Rixt, Wilbers | 95 | de Granaet | 2:36.23 | 423 | 1:14.38 | 1:21.85 |
| 41. | Marjolein, Tissingh | 89 | HZ&PC Heerenveen | 2:36.56 | 421 | 1:16.25 | 1:20.31 |
| 42. | Hjordis, Wagenaar | 95 | HZ&PC Heerenveen | 2:37.10 | 416 | 1:15.24 | 1:21.86 |
| 43. | Claudia, Hacke | 96 | De Vikings | 2:37.36 | 414 | 1:16.85 | 1:20.51 |
| 44. | Maaïke, Karsten | 91 | DZ&PC | 2:37.88 | 410 | 1:14.52 | 1:23.36 |
| 45. | Joëlle, Rozema | 96 | DZ&PC | 2:38.85 | 403 | 1:16.44 | 1:22.41 |
| 46. | Andrea, Bandstra | 95 | Neptunia'24 | 2:40.28 | 392 | 1:17.22 | 1:23.06 |
| 47. | Anja, Mus | 94 | De Skelp | 2:42.62 | 375 | 1:16.03 | 1:26.59 |
| 48. | Mirthe, Alkema | 96 | De Vikings | 2:42.97 | 373 | 1:19.16 | 1:23.81 |
| 49. | Rixt, Menger | 96 | DZ&PC | 2:43.38 | 370 | 1:18.69 | 1:24.69 |
| 50. | Simone, Mus | 96 | De Skelp | 2:47.03 | 346 | 1:20.81 | 1:26.22 |
| 51. | Elbrich, Gerritsma | 95 | Avena | 2:47.81 | 342 | 1:19.94 | 1:27.87 |
| 52. | Lisa, Rozema | 96 | FZC'54 | 2:48.11 | 340 | 1:21.17 | 1:26.94 |
| 53. | Leandra, Vedder | 96 | HZ&PC Heerenveen | 2:49.01 | 334 | 1:17.89 | 1:31.12 |
| 54. | Joyce, Bakker | 96 | De Forel | 2:52.15 | 316 | 1:22.68 | 1:29.47 |
| 55. | Rixt-Nynke, Baron | 96 | FZC'54 | 2:56.55 | 293 | 1:26.21 | 1:30.34 |
| 56. | Julia, Zwertbroek | 96 | HZ&PC Heerenveen | 2:57.78 | 287 | 1:25.22 | 1:32.56 |
| NG | Angelique, Boersma | 80 | De Vikings | | | | |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 16 Heren, 400m wisselslag alg. leeftijdsgroep
17-5-2008 Resultaten

| Rang | Geb. | Tijd | 100m | 200m | 300m | 400m |
|---|----------------------|---------------------|----------------|---------|---------|-----------------|
| 12 jaar | | | | | | |
| 1. | Pieter, Ytsma | 95 de Granaet | 6:16.64 | 1:29.31 | 1:34.82 | 1:52.21 1:20.30 |
| 13 jaar | | | | | | |
| 1. | Maxim, Veldhuis | 94 HZ&PC Heerenveen | 5:25.09 | 1:10.12 | 1:27.04 | 1:34.33 1:13.60 |
| 14 jaar | | | | | | |
| 1. | Gavin, van der Werf | 93 HZ&PC Heerenveen | 5:12.29 | 1:07.99 | 1:22.90 | 1:27.45 1:13.95 |
| 15 jaar | | | | | | |
| 1. | Thomas, Veltman | 92 de Granaet | 5:24.79 | 1:11.84 | 1:28.15 | 1:33.01 1:11.79 |
| 2. | Aydin, Hummel | 92 ZCNF'34 | 5:37.03 | 1:11.76 | 1:31.55 | 1:38.16 1:15.56 |
| 3. | Christiaan, van Dijk | 92 HZ&PC Heerenveen | 5:49.78 | 1:19.88 | 1:24.20 | 1:45.23 1:20.47 |
| DIS | Dennis, Bos | 92 HZ&PC Heerenveen | 5:21.08 | 1:13.15 | 1:24.16 | 1:31.27 1:12.50 |
| <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | | |
| 16 jaar | | | | | | |
| 1. | Vincent, van Iperen | 91 Orca | 4:56.42 | 1:06.74 | 1:17.00 | 1:26.20 1:06.48 |
| 2. | Eric, Oord | 91 HZ&PC Heerenveen | 5:36.17 | 1:22.14 | 1:24.50 | 1:32.47 1:17.06 |
| 18 jaar en ouder | | | | | | |
| 1. | Herman, van Dijk | 89 HZ&PC Heerenveen | 5:28.26 | 1:16.98 | 1:26.99 | 1:26.23 1:18.06 |
| NG | Martin, Gildemeester | 80 DZ&PC | | | | |
| alg. leeftijdsgroep | | | | | | |
| 1. | Vincent, van Iperen | 91 Orca | 4:56.42 | 1:06.74 | 1:17.00 | 1:26.20 1:06.48 |
| 2. | Gavin, van der Werf | 93 HZ&PC Heerenveen | 5:12.29 | 1:07.99 | 1:22.90 | 1:27.45 1:13.95 |
| 3. | Thomas, Veltman | 92 de Granaet | 5:24.79 | 1:11.84 | 1:28.15 | 1:33.01 1:11.79 |
| 4. | Maxim, Veldhuis | 94 HZ&PC Heerenveen | 5:25.09 | 1:10.12 | 1:27.04 | 1:34.33 1:13.60 |
| 5. | Herman, van Dijk | 89 HZ&PC Heerenveen | 5:28.26 | 1:16.98 | 1:26.99 | 1:26.23 1:18.06 |
| 6. | Eric, Oord | 91 HZ&PC Heerenveen | 5:36.17 | 1:22.14 | 1:24.50 | 1:32.47 1:17.06 |
| 7. | Aydin, Hummel | 92 ZCNF'34 | 5:37.03 | 1:11.76 | 1:31.55 | 1:38.16 1:15.56 |
| 8. | Christiaan, van Dijk | 92 HZ&PC Heerenveen | 5:49.78 | 1:19.88 | 1:24.20 | 1:45.23 1:20.47 |
| 9. | Pieter, Ytsma | 95 de Granaet | 6:16.64 | 1:29.31 | 1:34.82 | 1:52.21 1:20.30 |
| DIS | Dennis, Bos | 92 HZ&PC Heerenveen | 5:21.08 | 1:13.15 | 1:24.16 | 1:31.27 1:12.50 |
| <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | | |
| NG | Martin, Gildemeester | 80 DZ&PC | | | | |

Programmanr. 17 Dames, 4 x 100m vrije slag 10 jaar en ouder
17-5-2008 Resultaten

Punten: FINA 2004

| Rang | Tijd | Pnt |
|---------------------|------------------|----------------------------|
| 10 - 14 jaar | | |
| 1. | Neptunia'24 1 | Neptunia'24 |
| | Andrea, Bandstra | 95 1:14.91 Liseth, Flisijn |
| | Myrna, Gorter | 95 1:15.49 Janna, Post |
| | | 5:06.69 363 |
| | | 96 1:18.86 |
| | | 96 1:17.43 |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 17, Dames, 4 x 100m vrije slag

10 jaar en ouder

| | | | | |
|---|----|-------------------------------|----------------|---------|
| 1. Orca 1 | | Orca | 4:00.76 | 749 |
| Marloes, Oldenburg | 88 | 59.79 Esther, de Boer | 89 | 1:00.51 |
| Wendan, Poelstra | 91 | 1:02.18 Ilse, Kraayeveld | 90 | 58.28 |
| 2. DZ&PC 1 | | DZ&PC | 4:19.32 | 600 |
| Lia, Dekker | 87 | 1:01.27 Paula, Duursma | 93 | 1:05.80 |
| Renske, de Groot | 93 | 1:06.21 Sanne, Huisman | 93 | 1:06.04 |
| 3. HZ&PC Heerenveen 1 | | HZ&PC Heerenveen | 4:27.31 | 548 |
| Baukje, Hooghiemstra | 88 | 1:04.54 Karin, van Dijk | 86 | 1:08.20 |
| Lysbeth, Wiersma | 92 | 1:09.09 Nanda, de Vries | 92 | 1:05.48 |
| 4. DZ&PC 2 | | DZ&PC | 4:29.01 | 537 |
| Dieneke, Been | 93 | 1:05.73 Josephine, Meerman | 93 | 1:06.78 |
| Nicky, de Wilde | 90 | 1:07.90 Geeske, Wind | 93 | 1:08.60 |
| 5. HZ&PC Heerenveen 2 | | HZ&PC Heerenveen | 4:29.50 | 534 |
| Manon, Kuiper | 94 | 1:07.62 Anna, Visser | 94 | 1:07.29 |
| Danielle, de Boer | 94 | 1:08.02 Myrthe, Sytsema | 95 | 1:06.57 |
| 6. de Granaet 1 | | de Granaet | 4:30.76 | 527 |
| Inge, Zijlstra | 93 | 1:06.08 Rixt, Zijlstra | 91 | 1:06.75 |
| Jelly-Esther, Tadema | 88 | 1:08.40 Gerbranda, Beijgaard | 90 | 1:09.53 |
| 7. DZ&PC 3 | | DZ&PC | 4:32.34 | 518 |
| Nenne, Venema | 95 | 1:10.79 Minke, Betten | 94 | 1:06.27 |
| Tineke, Wind | 94 | 1:09.58 Femke, Groos | 94 | 1:05.70 |
| 8. Orca 2 | | Orca | 4:36.67 | 494 |
| Liza, Salverda | 95 | 1:10.29 Freya, Holwerda | 95 | 1:10.64 |
| Rianne, Hartman | 95 | 1:11.48 Femke, Leenstra | 95 | 1:04.26 |
| 9. de Granaet 2 | | de Granaet | 4:41.80 | 467 |
| Marissa, Lindemulder | 93 | 1:09.87 Femke, de Jong | 93 | 1:08.53 |
| Rixt, Wilbers | 95 | 1:14.54 Marianne, van der Zee | 93 | 1:08.86 |
| 10. FZC'54 2 | | FZC'54 | 4:43.48 | 459 |
| Iris, Rozema | 93 | 1:04.65 Rixt-Nynke, Baron | 96 | 1:16.43 |
| Lisa, Rozema | 96 | 1:15.09 Anna-Jetske, Baron | 92 | 1:07.31 |
| 11. Avena 2 | | Avena | 4:54.43 | 410 |
| Elbrich, Gerritsma | 95 | 1:15.06 Shanna, Hofstra | 93 | 1:12.82 |
| Laura, Terpstra | 94 | 1:13.41 Maaïke, de Wolff | 93 | 1:13.14 |
| 12. DZ&PC 4 | | DZ&PC | 4:55.33 | 406 |
| Jill, Muller | 96 | 1:16.95 Rixt, Menger | 96 | 1:15.19 |
| Joëlle, Rozema | 96 | 1:12.37 Claudia, Damski | 94 | 1:10.82 |
| 13. HZ&PC Heerenveen 3 | | HZ&PC Heerenveen | 4:55.98 | 403 |
| Nynke, Dijkstra | 95 | 1:11.97 Desiree, Vedder | 96 | 1:13.61 |
| Leandra, Vedder | 96 | 1:17.74 Hjordis, Wagenaar | 95 | 1:12.66 |
| DIS Avena 1 | | Avena | | |
| <i>AO - Niet gerechtigd gestart.</i> | | | | |
| Wiepkje, Venema, Aukje, Zwart, Wytske, Klijnstra, Mirjam, Terlaakpoot | | | | |

Friese Zomerkampioenschappen 2008
Drachten, 16. - 18.5.2008

Programmanr. 18
17-5-2008

Heren, 4 x 100m wisselslag

10 jaar en ouder
Resultaten

Punten: FINA 2004

| Rang | | | | Tijd | Pnt |
|-------------------------|---|----|-----------------------------|----------------|---------|
| 10 - 16 jaar | | | | | |
| 1. | De Vikings 1 | | De Vikings | 4:36.84 | 471 |
| | Willem Kees, Roos | 94 | 1:06.57 Gijs, Gertsen | 93 | 1:11.40 |
| | Erik, de Nijs | 92 | 1:20.35 Michael, Westers | 92 | 58.52 |
| 10 jaar en ouder | | | | | |
| 1. | HZ&PC Heerenveen 1 | | HZ&PC Heerenveen | 4:10.08 | 639 |
| | Jelmer, Meijer | 90 | 1:04.16 Dennis, Mooij | 89 | 57.43 |
| | Herman, van Dijk | 89 | 1:12.81 Wouter, Dogger | 84 | 55.68 |
| 2. | DZ&PC 1 | | DZ&PC | 4:17.02 | 588 |
| | Ewoud, Potiek | 89 | 1:04.04 Chris, van Vliet | 91 | 1:04.09 |
| | Edward, Buitenwerf | 89 | 1:10.70 Jorrit, Visser | 89 | 58.19 |
| 3. | DZ&PC 2 | | DZ&PC | 4:24.50 | 540 |
| | Rudie, Kirkenier | 90 | 1:09.68 Remco, Kamps | 90 | 1:05.78 |
| | Alan, Slomp | 87 | 1:12.17 Sietse, v/d Hoeven | 89 | 56.87 |
| 4. | HZ&PC Heerenveen 3 | | HZ&PC Heerenveen | 4:28.67 | 515 |
| | Christiaan, van Dijk | 92 | 1:08.29 Maxim, Veldhuis | 94 | 1:08.23 |
| | Gavin, van der Werf | 93 | 1:11.46 Dennis, Bos | 92 | 1:00.69 |
| 5. | HZ&PC Heerenveen 2 | | HZ&PC Heerenveen | 4:31.69 | 498 |
| | Janco, Nolles | 89 | 1:06.62 Rick, Mooij | 91 | 1:07.03 |
| | Eric, Oord | 91 | 1:19.34 Jelmer, Waterlander | 88 | 58.70 |
| 6. | DZ&PC 3 | | DZ&PC | 4:51.73 | 402 |
| | Albert, Dijkstra | 92 | 1:08.38 Jonathan, Rozema | 95 | 1:10.33 |
| | Maiko, Postma | 94 | 1:29.02 Rycklef, Epema | 92 | 1:04.00 |
| DIS | Neptunia'24 2 | | Neptunia'24 | | |
| | <i>AO - Niet gerechtigd gestart.</i> | | | | |
| | Marco, Krips, Wouter, Sikma, Ruben, Post, Willem, van de Ende | | | | |