

## 1 - Sessie 1

1.11.08 - 15:00

 Programmanr. 1  
 1.11.08 - 15:00

Meisjes, 50m rugslag

 Dames Jeugd 1 en 2  
 Resultaten

| Rang  |                      |                 | In.tijd       | Tijd         |
|-------|----------------------|-----------------|---------------|--------------|
| 1.    | Daniëlle Middel      | Kring Drenthe   | 31.59 9301280 | <b>32.08</b> |
| 2.    | Kyra Rietveld        | Kring Groningen | 30.98 9300624 | <b>32.14</b> |
| 3.    | Jose Sijbring        | Kring Groningen | 32.64 9300702 | <b>32.16</b> |
| 4.    | Jakonien Koster      | Kring Drenthe   | 33.82 9400068 | <b>33.40</b> |
| 5.    | Grace Vrieling       | Kring Groningen | 34.64 9401624 | <b>33.82</b> |
| 6.    | Rixt Veldkamp        | Kring Groningen | 33.76 9404344 | <b>34.30</b> |
| 7.    | Aukje Zwart          | Kring Friesland | 35.38 9402916 | <b>34.45</b> |
| 8.    | Wytske Klijnstra     | Kring Friesland | 36.05 9304202 | <b>34.72</b> |
| 9.    | Irene Wolbers        | Kring Drenthe   | 35.06 9400450 | <b>34.88</b> |
| 10.   | Ankie vd Meer        | Kring Friesland | 34.31 9300504 | <b>35.19</b> |
| 11.   | Femke de Jong        | Kring Friesland | 40.17 9306390 | <b>35.47</b> |
| 12.   | Yvette Meijer        | Kring Groningen | 35.12 9400372 | <b>35.57</b> |
| 13.   | Eva Zwertbroek       | Kring Friesland | 33.43 9302340 | <b>36.03</b> |
| 14.   | Iris Rozema          | Kring Friesland | 36.65 9305108 | <b>37.69</b> |
| 15.   | Cynthia Kreleger     | Kring Drenthe   | 38.63 9305754 | <b>39.55</b> |
| AFGEM | Annelies Rijstenberg | Kring Drenthe   | 35.90 9303794 |              |

 Programmanr. 2  
 1.11.08 - 15:05

Jongens, 50m rugslag

 Jongens Junioren 3 en 4  
 Resultaten

| Rang  |                     |                 | In.tijd       | Tijd         |
|-------|---------------------|-----------------|---------------|--------------|
| 1.    | Willem Kees Roos    | Kring Friesland | 30.38 9402693 | <b>30.61</b> |
| 2.    | Arno Nieuwhof       | Kring Friesland | 31.51 9302375 | <b>30.85</b> |
| 3.    | Peter Paul Houtkamp | Kring Drenthe   | 30.98 9300651 | <b>31.27</b> |
| 4.    | Roy Smeenge         | Kring Groningen | 31.82 9305557 | <b>31.32</b> |
| 5.    | Tim Blauw           | Kring Groningen | 31.73 9301345 | <b>31.69</b> |
| 6.    | Erik Krijnsen       | Kring Drenthe   | 33.34 9301463 | <b>31.85</b> |
| 7.    | Maarten Moorman     | Kring Groningen | 33.23 9401161 | <b>32.08</b> |
| 8.    | Willem van de Ende  | Kring Friesland | 40.95 9305129 | <b>32.23</b> |
| 9.    | Maxim Veldhuis      | Kring Friesland | 33.65 9400195 | <b>32.55</b> |
| 10.   | Mark Schouten       | Kring Groningen | 32.59 9405171 | <b>32.68</b> |
| 11.   | Ramon Fredrik       | Kring Friesland | 34.64 9403933 | <b>32.81</b> |
| 12.   | Taco Wonder         | Kring Drenthe   | 33.04 9303197 | <b>32.82</b> |
| 13.   | Tim Vondeling       | Kring Groningen | 33.66 9402009 | <b>32.89</b> |
| 14.   | Kevin Meinders      | Kring Drenthe   | 34.20 9300769 | <b>34.01</b> |
| 15.   | Peter Hummel        | Kring Drenthe   | 36.86 9300699 | <b>34.28</b> |
| 16.   | Johan Wijma         | Kring Groningen | 34.05 9301689 | <b>34.63</b> |
| AFGEM | Niels Schoemaker    | Kring Drenthe   | 34.43 9300449 |              |

Programmanr. 3  
 1.11.08 - 15:05

Dames, 200m wisselslag

 Dames Senioren D2 en later  
 Resultaten

| Rang |                     |                 | In.tijd |         | Tijd           |
|------|---------------------|-----------------|---------|---------|----------------|
| 1.   | Mariëlle ter Stege  | Kring Drenthe   | 2:24.50 | 9102974 | <b>2:26.75</b> |
| 2.   | Mirthe Lanfermeijer | Kring Groningen | 2:28.33 | 9400074 | <b>2:29.42</b> |
| 3.   | Jakonien Koster     | Kring Drenthe   | NT      | 9400068 | <b>2:36.24</b> |
| 4.   | Jose Sijbring       | Kring Groningen | 2:34.29 | 9300702 | <b>2:39.10</b> |
| 5.   | Esther Kwebeman     | Kring Groningen | 2:39.28 | 9106374 | <b>2:39.78</b> |
| 6.   | Joyce Duurken       | Kring Friesland | 2:42.05 | 9205938 | <b>2:40.93</b> |
| 7.   | Simone van de Wal   | Kring Friesland | 2:44.44 | 9104636 | <b>2:43.65</b> |
| 8.   | Annelinde Veldman   | Kring Groningen | 2:36.42 | 9302758 | <b>2:44.97</b> |
| 9.   | Aukje Zwart         | Kring Friesland | 2:47.28 | 9402916 | <b>2:45.60</b> |
| 10.  | Kyra Rietveld       | Kring Groningen | 2:31.32 | 9300624 | <b>2:46.39</b> |
| 11.  | Nanda de Vries      | Kring Friesland | 2:36.67 | 9204328 | <b>2:47.26</b> |
| 12.  | Jolien Bleichrodt   | Kring Friesland | 2:47.69 | 9203650 | <b>2:50.28</b> |

 Programmanr. 4  
 1.11.08 - 15:15

Meisjes, 100m vrije slag

 Meisjes Junioren 3 en later  
 Resultaten

| Rang  |                        |                 | In.tijd |         | Tijd                |
|-------|------------------------|-----------------|---------|---------|---------------------|
| 1.    | Karin Groen            | Kring Groningen | 1:04.68 | 9502440 | <b>1:03.34</b>      |
| 2.    | Monique van der Struik | Kring Groningen | 1:03.17 | 9502502 | <b>1:03.61</b>      |
| 3.    | Esther Hulsing         | Kring Groningen | 1:04.83 | 9601080 | <b>1:04.11</b>      |
| 4.    | Marre Zandringa        | Kring Friesland | 1:06.15 | 9701136 | <b>1:06.08</b>      |
| 5.    | Dieudonné Houtkamp     | Kring Drenthe   | 1:07.00 | 9600982 | <b>1:06.15</b>      |
| 6.    | Adája Stoetman         | Kring Groningen | 1:06.69 | 9600348 | <b>1:06.74</b>      |
| 7.    | Kirsten Nieboer        | Kring Drenthe   | 1:08.34 | 9501988 | <b>1:07.40</b>      |
| 8.    | Elisabeth Muthert      | Kring Groningen | 1:05.33 | 9500062 | <b>1:07.54</b>      |
| 9.    | Evelien van Ruiten     | Kring Friesland | 1:09.59 | 9602924 | <b>1:07.66</b> FJ 1 |
| 10.   | Cynthia Verkaik        | Kring Friesland | 1:08.00 | 9601288 | <b>1:07.66</b> FJ 2 |
| 11.   | Danique Scheltes       | Kring Drenthe   | 1:10.16 | 9601316 | <b>1:08.74</b>      |
| 12.   | Andrea Bandstra        | Kring Friesland | 1:10.40 | 9501520 | <b>1:09.87</b>      |
| 13.   | Rianne Hartman         | Kring Friesland | 1:09.82 | 9501462 | <b>1:11.45</b>      |
| 14.   | Simone Mus             | Kring Friesland | 1:08.78 | 9601932 | <b>1:11.80</b>      |
| 15.   | Rieka Heldoorn         | Kring Drenthe   | 1:13.10 | 9604010 | <b>1:12.57</b>      |
| 16.   | Desirée van der Wijk   | Kring Drenthe   | 1:15.70 | 9500572 | <b>1:16.34</b>      |
| DIS   | Mireille van Burken    | Kring Drenthe   | 1:12.14 | 9503588 | AA                  |
| AFGEM | Sylvia Dik             | Kring Groningen | 1:03.06 | 9501064 |                     |

 Programmanr. 5  
 1.11.08 - 15:20

Jongens, 100m vrije slag

 Jongens Junioren 1 en 2  
 Resultaten

| Rang |                    |                 | In.tijd |         | Tijd           |
|------|--------------------|-----------------|---------|---------|----------------|
| 1.   | Jens Kobesen       | Kring Groningen | 1:00.40 | 9500117 | <b>58.86</b>   |
| 2.   | Luc van der Wolde  | Kring Groningen | 1:01.70 | 9500281 | <b>59.85</b>   |
| 3.   | Matthijs Sijbring  | Kring Groningen | 1:03.70 | 9500177 | <b>1:02.48</b> |
| 4.   | Myrdin Willemse    | Kring Friesland | 1:04.06 | 9500951 | <b>1:03.43</b> |
| 5.   | Rick Veldman       | Kring Groningen | 1:06.69 | 9503705 | <b>1:03.88</b> |
| 6.   | Rick Halma         | Kring Friesland | 1:05.36 | 9505121 | <b>1:06.64</b> |
| 7.   | Pieter Ytsma       | Kring Friesland | 1:09.03 | 9501809 | <b>1:06.84</b> |
| 8.   | Ardi Knol          | Kring Drenthe   | 1:10.32 | 96agvak | <b>1:06.95</b> |
| 9.   | Geert Jan Rozeboom | Kring Groningen | 1:08.04 | 9500325 | <b>1:07.44</b> |
| 10.  | Robin de Joode     | Kring Friesland | 1:06.48 | 9601371 | <b>1:08.25</b> |

Programmanr. 5, Jongens, 100m vrije slag, Jongens Junioren 1 en 2

| Rang  |               |                 | In.tijd |         | Tijd           |
|-------|---------------|-----------------|---------|---------|----------------|
| 11.   | Cor Sytsma    | Kring Friesland | 1:08.46 | 9503385 | <b>1:08.42</b> |
| 12.   | Ruben Bonnema | Kring Friesland | 1:09.56 | 9504389 | <b>1:11.33</b> |
| AFGEM | Jeroen Lorus  | Kring Drenthe   | 1:07.81 | 9500523 |                |
| AFGEM | Derk-Jan Knol | Kring Drenthe   | 1:08.63 | 9504297 |                |

Programmanr. 6  
1.11.08 - 15:25

Dames, 100m schoolslag

Dames Senioren 1 en 2  
Resultaten

| Rang  |                      |                 | In.tijd |         | Tijd           |
|-------|----------------------|-----------------|---------|---------|----------------|
| 1.    | Joyce Durken         | Kring Friesland | 1:17.02 | 9205938 | <b>1:19.57</b> |
| 2.    | Marloes Jeurig       | Kring Groningen | 1:23.68 | 9200858 | <b>1:24.20</b> |
| 3.    | Anna-Jetske Baron    | Kring Friesland | 1:23.89 | 9203044 | <b>1:25.19</b> |
| 4.    | Winnie Timans        | Kring Groningen | 1:24.97 | 9103090 | <b>1:25.48</b> |
| 5.    | Esther Schipper      | Kring Groningen | 1:25.48 | 9201570 | <b>1:26.46</b> |
| 6.    | Fraukje Puts         | Kring Groningen | 1:26.38 | 9206470 | <b>1:26.73</b> |
| 7.    | Marijke Pras         | Kring Groningen | 1:25.76 | 9203700 | <b>1:28.28</b> |
| 8.    | Lysbeth Wiersma      | Kring Friesland | 1:29.29 | 9204486 | <b>1:28.96</b> |
| 9.    | Jolien Bleichrodt    | Kring Friesland | 1:26.40 | 9203650 | <b>1:30.22</b> |
| 10.   | Lotte Nienhuis       | Kring Friesland | 1:29.50 | 9205256 | <b>1:30.88</b> |
| 11.   | Gejanne van Heukelem | Kring Groningen | 1:28.25 | 9200728 | <b>1:31.10</b> |
| 12.   | Femke Hetteema       | Kring Friesland | 1:34.49 | 9204474 | <b>1:34.37</b> |
| AFGEM | Christien Lunter     | Kring Drenthe   | 1:25.36 | 9101994 |                |
| AFGEM | Marije Vos           | Kring Drenthe   | 1:23.82 | 9103342 |                |

Programmanr. 7  
1.11.08 - 15:30

Jongens, 100m schoolslag

Heren Jeugd 1 en 2  
Resultaten

| Rang  |                  |                 | In.tijd |         | Tijd           |
|-------|------------------|-----------------|---------|---------|----------------|
| 1.    | Erik Hagting     | Kring Groningen | 1:09.74 | 9100829 | <b>1:09.34</b> |
| 2.    | Ward van Rijssen | Kring Groningen | 1:11.68 | 9204841 | <b>1:11.93</b> |
| 3.    | Thomas Veltman   | Kring Friesland | 1:12.02 | 9201355 | <b>1:14.29</b> |
| 4.    | Aydin Hummel     | Kring Friesland | 1:16.95 | 9201577 | <b>1:15.60</b> |
| 5.    | Tom Moesker      | Kring Groningen | 1:16.96 | 9200917 | <b>1:16.10</b> |
| 6.    | Michael Westers  | Kring Friesland | 1:17.28 | 9204263 | <b>1:17.04</b> |
| 7.    | Dennis Cramer    | Kring Groningen | 1:21.38 | 9200199 | <b>1:17.07</b> |
| 8.    | Tom Vermeeren    | Kring Friesland | 1:18.83 | 9202431 | <b>1:21.09</b> |
| 9.    | Ruben Post       | Kring Friesland | 1:24.17 | 9106623 | <b>1:27.18</b> |
| AFGEM | Rico Ramaker     | Kring Drenthe   | 1:11.20 | 9101857 |                |
| AFGEM | Chris Bekkering  | Kring Drenthe   | 1:26.91 | 9202329 |                |

Programmanr. 8  
1.11.08 - 15:35

Meisjes, 50m vlinderslag

Meisjes Junioren 3 en later  
Resultaten

| Rang |  |  | In.tijd |  | Tijd |
|------|--|--|---------|--|------|
|------|--|--|---------|--|------|

## Programmanr. 8, Meisjes, 50m vlinderslag

|     |                        |                 |       |         |                   |
|-----|------------------------|-----------------|-------|---------|-------------------|
| 1.  | Cynthia van Beusekom   | Kring Groningen | 32.53 | 9500134 | <b>32.37</b>      |
| 2.  | Karin Groen            | Kring Groningen | 32.67 | 9502440 | <b>32.66</b>      |
| 3.  | Marre Zandringa        | Kring Friesland | 33.67 | 9701136 | <b>32.94</b>      |
| 4.  | Monique van der Struik | Kring Groningen | 34.25 | 9502502 | <b>33.53</b> FJ 1 |
| 5.  | Adája Stoetman         | Kring Groningen | 33.94 | 9600348 | <b>33.53</b> FJ 2 |
| 6.  | Esther Hulsing         | Kring Groningen | 33.27 | 9601080 | <b>34.32</b>      |
| 7.  | Rianne Hartman         | Kring Friesland | 34.62 | 9501462 | <b>34.36</b> FJ 1 |
| 8.  | Nathalja Pragt         | Kring Groningen | 34.79 | 9500030 | <b>34.36</b> FJ 2 |
| 9.  | Dieudonné Houtkamp     | Kring Drenthe   | 34.78 | 9600982 | <b>34.36</b> FJ 3 |
| 10. | Evelien van Ruiten     | Kring Friesland | 34.32 | 9602924 | <b>34.91</b>      |
| 11. | Danique Scheltes       | Kring Drenthe   | 37.39 | 9601316 | <b>36.04</b>      |
| 12. | Simone Mus             | Kring Friesland | 35.36 | 9601932 | <b>36.48</b> FJ 1 |
| 13. | Cynthia Verkaik        | Kring Friesland | 36.22 | 9601288 | <b>36.48</b> FJ 2 |
| 14. | Kristel Hormann        | Kring Drenthe   | 39.91 | 9601084 | <b>37.14</b>      |
| 15. | Hjordis Wagenaar       | Kring Friesland | 38.28 | 9502170 | <b>37.64</b>      |
| 16. | Desirée van der Wijk   | Kring Drenthe   | 38.96 | 9500572 | <b>39.02</b>      |
| 17. | Mireille van Burken    | Kring Drenthe   | 38.76 | 9503588 | <b>39.89</b>      |
| 18. | Rieka Heldoorn         | Kring Drenthe   | 36.61 | 9604010 | <b>41.47</b>      |

 Programmanr. 9  
 1.11.08 - 15:40

## Jongens, 50m vlinderslag

 Jongens Junioren 1 en 2  
 Resultaten

| Rang  |                   |                 | In.tijd |         | Tijd         |
|-------|-------------------|-----------------|---------|---------|--------------|
| 1.    | Levi Hilbolling   | Kring Groningen | 31.12   | 9500593 | <b>30.26</b> |
| 2.    | Luc van der Wolde | Kring Groningen | 31.50   | 9500281 | <b>30.65</b> |
| 3.    | Matthijs Sijbring | Kring Groningen | 31.39   | 9500177 | <b>30.94</b> |
| 4.    | Marco Barkhuis    | Kring Groningen | 33.43   | 9500279 | <b>32.54</b> |
| 5.    | Maarten Rottier   | Kring Groningen | 35.74   | 9600657 | <b>33.27</b> |
| 6.    | Chris Bolding     | Kring Drenthe   | 34.36   | 9503427 | <b>33.44</b> |
| 7.    | Rick Veldman      | Kring Groningen | 34.46   | 9503705 | <b>33.65</b> |
| 8.    | Sander Akkerman   | Kring Friesland | 39.73   | 9501527 | <b>34.92</b> |
| 9.    | Robin de Joode    | Kring Friesland | 34.17   | 9601371 | <b>36.23</b> |
| 9.    | Pieter Ytsma      | Kring Friesland | 35.01   | 9501809 | <b>36.23</b> |
| 11.   | Dirk van der Eems | Kring Friesland | 38.70   | 9501565 | <b>36.58</b> |
| 12.   | Finn van Wanrooij | Kring Drenthe   | 39.12   | 9600203 | <b>39.05</b> |
| 13.   | Marcel de Groot   | Kring Friesland | 46.90   | 9601523 | <b>42.00</b> |
| AFGEM | Derk-Jan Knol     | Kring Drenthe   | 39.39   | 9504297 |              |
| AFGEM | Bart Bekkema      | Kring Friesland | 40.80   | 9502133 |              |
| AFGEM | Jeroen Lorus      | Kring Drenthe   | 34.61   | 9500523 |              |

 Programmanr. 10  
 1.11.08 - 15:45

## Meisjes, 100m vrije slag

 Dames Jeugd 1 en 2  
 Resultaten

| Rang |                     |                 | In.tijd |         | Tijd           |
|------|---------------------|-----------------|---------|---------|----------------|
| 1.   | Daniëlle Middel     | Kring Drenthe   | 1:00.97 | 9301280 | <b>1:01.66</b> |
| 2.   | Rosanne Schoonbeek  | Kring Groningen | 1:02.08 | 9402692 | <b>1:02.10</b> |
| 3.   | Mirthe Lanfermeijer | Kring Groningen | 1:02.43 | 9400074 | <b>1:02.44</b> |
| 4.   | Iris Rozema         | Kring Friesland | 1:02.41 | 9305108 | <b>1:02.67</b> |
| 5.   | Jakonien Koster     | Kring Drenthe   | 1:04.66 | 9400068 | <b>1:03.00</b> |
| 6.   | Anika ten Have      | Kring Drenthe   | 1:03.33 | 9400712 | <b>1:05.08</b> |
| 7.   | Beau Rijpers        | Kring Drenthe   | 1:04.83 | 9402638 | <b>1:05.50</b> |
| 8.   | Femke de Jong       | Kring Friesland | 1:07.42 | 9306390 | <b>1:06.10</b> |
| 9.   | Eline Ligthart      | Kring Friesland | 1:06.13 | 9301706 | <b>1:06.13</b> |

## Programmanr. 10, Meisjes, 100m vrije slag, Dames Jeugd 1 en 2

| Rang  |                      |                 | In.tijd |         | Tijd           |
|-------|----------------------|-----------------|---------|---------|----------------|
| 10.   | Inge Zijlstra        | Kring Friesland | 1:05.68 | 9301736 | <b>1:06.99</b> |
| 11.   | Wytske Klijnstra     | Kring Friesland | 1:08.08 | 9304202 | <b>1:07.12</b> |
| 12.   | Grace Vrieling       | Kring Groningen | 1:03.94 | 9401624 | <b>1:08.20</b> |
| 13.   | Ellen Hoving         | Kring Groningen | 1:05.60 | 9402862 | <b>1:11.02</b> |
| AFGEM | Annelies Rijstenberg | Kring Drenthe   | 1:10.16 | 9303794 |                |

 Programmanr. 11  
 1.11.08 - 15:50

## Jongens, 100m vrije slag

 Jongens Junioren 3 en 4  
 Resultaten

| Rang  |                     |                 | In.tijd |         | Tijd           |
|-------|---------------------|-----------------|---------|---------|----------------|
| 1.    | Bernd Kobesen       | Kring Groningen | 56.20   | 9300981 | <b>55.91</b>   |
| 2.    | Roy Smeenge         | Kring Groningen | 58.02   | 9305557 | <b>56.90</b>   |
| 3.    | Arno Nieuwhof       | Kring Friesland | 58.35   | 9302375 | <b>57.20</b>   |
| 4.    | Willem Kees Roos    | Kring Friesland | 57.60   | 9402693 | <b>57.44</b>   |
| 5.    | Peter Paul Houtkamp | Kring Drenthe   | 58.85   | 9300651 | <b>57.48</b>   |
| 6.    | Taco Wonder         | Kring Drenthe   | 59.21   | 9303197 | <b>57.54</b>   |
| 7.    | Gijs Gertsen        | Kring Friesland | 57.35   | 9303485 | <b>57.66</b>   |
| 8.    | Maxim Veldhuis      | Kring Friesland | 58.71   | 9400195 | <b>58.58</b>   |
| 9.    | Tim Blauw           | Kring Groningen | 1:00.39 | 9301345 | <b>59.67</b>   |
| 10.   | Bart Verbon         | Kring Drenthe   | 1:01.25 | 9302273 | <b>59.99</b>   |
| 11.   | Maarten Moorman     | Kring Groningen | 59.79   | 9401161 | <b>1:00.03</b> |
| 12.   | Kevin Meinders      | Kring Drenthe   | 1:02.12 | 9300769 | <b>1:00.38</b> |
| 13.   | Henk-Jan Verkaik    | Kring Friesland | 1:02.51 | 9305447 | <b>1:00.75</b> |
| 14.   | Mark Schouten       | Kring Groningen | 1:00.36 | 9405171 | <b>1:01.05</b> |
| 15.   | Peter Hummel        | Kring Drenthe   | 1:02.32 | 9300699 | <b>1:01.72</b> |
| 16.   | Willem van de Ende  | Kring Friesland | 1:03.81 | 9305129 | <b>1:03.02</b> |
| 17.   | Richard Hovenkamp   | Kring Drenthe   | 1:02.92 | 9400497 | <b>1:03.67</b> |
| AFGEM | Stefan Petersen     | Kring Groningen | 1:06.64 | 9403067 |                |

 Programmanr. 12  
 1.11.08 - 15:55

## Dames, 50m rugslag

 Dames Senioren 1 en 2  
 Resultaten

| Rang  |                      |                 | In.tijd |         | Tijd              |
|-------|----------------------|-----------------|---------|---------|-------------------|
| 1.    | Mariëlle ter Stege   | Kring Drenthe   | 31.67   | 9102974 | <b>32.24</b>      |
| 2.    | Simone van de Wal    | Kring Friesland | 32.61   | 9104636 | <b>33.44</b>      |
| 3.    | Aukje Jenster        | Kring Drenthe   | 33.80   | 9200856 | <b>34.03</b> FJ 1 |
| 4.    | Esther Kwebeman      | Kring Groningen | 33.59   | 9106374 | <b>34.03</b> FJ 2 |
| 5.    | Nathasja Bos         | Kring Groningen | 33.97   | 9100362 | <b>34.43</b>      |
| 6.    | Lysbeth Wiersma      | Kring Friesland | 34.69   | 9204486 | <b>35.42</b>      |
| 7.    | Lisette Feimann      | Kring Groningen | 35.04   | 9200544 | <b>35.54</b>      |
| 8.    | Stephanie Koopman    | Kring Groningen | 35.43   | 9202524 | <b>35.64</b>      |
| 9.    | Suzanne Teuben       | Kring Groningen | 35.31   | 9201736 | <b>36.46</b>      |
| 10.   | Anna-Jetske Baron    | Kring Friesland | 35.41   | 9203044 | <b>36.64</b>      |
| 11.   | Jolien Bleichrodt    | Kring Friesland | 35.21   | 9203650 | <b>37.20</b>      |
| 12.   | Gejanne van Heukelem | Kring Groningen | 34.79   | 9200728 | <b>37.52</b>      |
| AFGEM | Liesbeth Hoekstra    | Kring Friesland | 39.59   | 9206404 |                   |
| AFGEM | Christien Lunter     | Kring Drenthe   | 34.47   | 9101994 |                   |
| AFGEM | Yolanda Schoo        | Kring Friesland | 34.93   | 9102778 |                   |
| AFGEM | Charlotte Mol        | Kring Drenthe   | 32.12   | 9102138 |                   |

Programmanr. 13  
 1.11.08 - 16:00

Jongens, 50m rugslag

 Heren Jeugd 1 en 2  
 Resultaten

| Rang  |                     |                 | In.tijd       | Tijd         |
|-------|---------------------|-----------------|---------------|--------------|
| 1.    | Erik Hagting        | Kring Groningen | 28.53 9100829 | <b>28.33</b> |
| 2.    | Robert Klinkhamer   | Kring Drenthe   | 28.57 9101241 | <b>28.81</b> |
| 3.    | Christiaan van Dijk | Kring Friesland | 29.66 9200245 | <b>29.89</b> |
| 4.    | Dennis Bos          | Kring Friesland | 31.07 9201965 | <b>30.26</b> |
| 5.    | Dennis Cramer       | Kring Groningen | 29.91 9200199 | <b>30.31</b> |
| 6.    | Kars ten Have       | Kring Drenthe   | 31.86 9200467 | <b>30.80</b> |
| 7.    | Chris van Vliet     | Kring Groningen | 32.14 9102425 | <b>31.22</b> |
| 8.    | Ward van Rijssen    | Kring Groningen | 31.54 9204841 | <b>31.38</b> |
| 9.    | Rick Mooij          | Kring Friesland | 35.50 9106571 | <b>31.54</b> |
| 10.   | Ronald Venema       | Kring Groningen | 31.27 9201357 | <b>32.82</b> |
| 11.   | Tom Vermeeren       | Kring Friesland | 35.03 9202431 | <b>35.92</b> |
| AFGEM | Chris Bekkering     | Kring Drenthe   | 31.82 9202329 |              |

 Programmanr. 14  
 1.11.08 - 16:00

Dames, 8 x 50m vrije slag

 2x95/96 ; 4x93/94 ; 2x91/92  
 Resultaten

| Rang |                         |                        | In.tijd | Tijd           |
|------|-------------------------|------------------------|---------|----------------|
| 1.   | Kring Groningen 1       | Kring Groningen        | 3:51.64 | <b>3:53.35</b> |
|      | Sylvia Dik 95           | 30.26 Jose Sijbring 93 |         |                |
|      | Esther Hulsing 96       | Annelinde Veldman 93   |         |                |
|      | Grace Vrieling 94       | Marloes Jeurig 92      |         |                |
|      | Rixt Veldkamp 94        | Winnie Timans 91       |         |                |
| 2.   | Kring Drenthe 1         | Kring Drenthe          | NT      | <b>3:54.28</b> |
|      | Dieudonné Houtkamp 96   | 30.36 Beau Rijpers 94  |         |                |
|      | Desirée van der Wijk 95 | Zoë Hendriks 94        |         |                |
|      | Jakonien Koster 94      | Aukje Jenster 92       |         |                |
|      | Daniëlle Middel 93      | Mariëlle ter Stege 91  |         |                |
| 3.   | Kring Friesland 1       | Kring Friesland        | 4:04.99 | <b>4:02.14</b> |
|      | Hjordis Wagenaar 95     | 30.31 Inge Zijlstra 93 |         |                |
|      | Cynthia Verkaik 96      | Ankie vd Meer 93       |         |                |
|      | Iris Rozema 93          | Nanda de Vries 92      |         |                |
|      | Femke de Jong 93        | Anna-Jetske Baron 92   |         |                |

 Programmanr. 15  
 1.11.08 - 16:05

Jongens, 8 x 50m vrije slag

 2x95/96 ; 4x93/94 ; 2x91/92  
 Resultaten

| Rang |                        |                         | In.tijd | Tijd           |
|------|------------------------|-------------------------|---------|----------------|
| 1.   | Kring Groningen 2      | Kring Groningen         | 3:35.05 | <b>3:32.68</b> |
|      | Jens Kobesen 95        | 27.09 Bernd Kobesen 93  |         |                |
|      | Luc van der Wolde 95   | Maarten Moorman 94      |         |                |
|      | Johan Wijma 93         | Erik Hagting 91         |         |                |
|      | Roy Smeenge 93         | Maurits Muthert 92      |         |                |
| 2.   | Kring Drenthe 1        | Kring Drenthe           | NT      | <b>3:36.62</b> |
|      | Ardi Knol 96           | 30.43 Taco Wonder 93    |         |                |
|      | Chris Bolding 95       | Ricardo Bolt 93         |         |                |
|      | Peter Paul Houtkamp 93 | Robert Klinkhamer 91    |         |                |
|      | Kevin Meinders 93      | Kars ten Have 92        |         |                |
| 3.   | Kring Friesland 1      | Kring Friesland         | 3:41.40 | <b>3:38.04</b> |
|      | Myrdin Willemsen 95    | 27.98 Maxim Veldhuis 94 |         |                |
|      | Cor Sytsma 95          | Willem Kees Roos 94     |         |                |
|      | Henk-Jan Verkaik 93    | Thomas Veltman 92       |         |                |
|      | Gijs Gertsen 93        | Rick Mooij 91           |         |                |

Programmanr. 16  
 1.11.08 - 16:10

Jongens, 200m wisselslag

 Heren Jeugd 2 en later (91 t/m 96)  
 Resultaten

| Rang  |                     |                 | In.tijd |         | Tijd              |
|-------|---------------------|-----------------|---------|---------|-------------------|
| 1.    | Erik Hagting        | Kring Groningen | 2:12.44 | 9100829 | <b>2:14.76</b>    |
| 2.    | Dennis Bos          | Kring Friesland | 2:19.48 | 9201965 | <b>2:18.61</b>    |
| 3.    | Maurits Muthert     | Kring Groningen | 2:16.63 | 9200941 | <b>2:18.64</b>    |
| 4.    | Robert Klinkhamer   | Kring Drenthe   | 2:18.43 | 9101241 | <b>2:19.16</b>    |
| 5.    | Christiaan van Dijk | Kring Friesland | 2:29.91 | 9200245 | <b>2:32.37</b>    |
| 6.    | Ruben Post          | Kring Friesland | 2:38.62 | 9106623 | <b>2:36.06</b>    |
| 7.    | Bauke Ytsma         | Kring Friesland | 2:39.91 | 9301131 | <b>2:44.65</b>    |
| DIS   | Thomas Veltman      | Kring Friesland | 2:23.82 | 9201355 | <b>2:28.61</b> RD |
| AFGEM | Rico Ramaker        | Kring Drenthe   | 2:25.34 | 9101857 |                   |

 Programmanr. 17  
 1.11.08 - 16:15

Meisjes, 100m schoolslag

 Meisjes Junioren 3 en later  
 Resultaten

| Rang  |                     |                 | In.tijd |         | Tijd           |
|-------|---------------------|-----------------|---------|---------|----------------|
| 1.    | Kristel Hormann     | Kring Drenthe   | 1:24.68 | 9601084 | <b>1:20.58</b> |
| 2.    | Iris Hartman        | Kring Groningen | 1:23.68 | 9502654 | <b>1:21.29</b> |
| 3.    | Nathalja Pragt      | Kring Groningen | 1:22.89 | 9500030 | <b>1:24.12</b> |
| 4.    | Nynke Dijkstra      | Kring Friesland | 1:23.61 | 9501242 | <b>1:25.08</b> |
| 5.    | Marre Zandringa     | Kring Friesland | 1:27.96 | 9701136 | <b>1:25.54</b> |
| 6.    | Mariël Buurman      | Kring Groningen | 1:25.04 | 9500598 | <b>1:26.36</b> |
| 7.    | Manon Wolbers       | Kring Drenthe   | 1:31.25 | 9501506 | <b>1:26.80</b> |
| 8.    | Elisabeth Muthert   | Kring Groningen | 1:24.10 | 9500062 | <b>1:26.93</b> |
| 9.    | Andrea Bandstra     | Kring Friesland | 1:30.17 | 9501520 | <b>1:28.59</b> |
| 10.   | Anoeska Wonder      | Kring Drenthe   | 1:29.86 | 9600840 | <b>1:28.64</b> |
| 11.   | Hjordis Wagenaar    | Kring Friesland | 1:27.37 | 9502170 | <b>1:28.79</b> |
| 12.   | Myrna Gorter        | Kring Friesland | 1:29.78 | 9503158 | <b>1:29.05</b> |
| 13.   | Simone Mus          | Kring Friesland | 1:33.13 | 9601932 | <b>1:29.95</b> |
| 14.   | Rieka Heldoorn      | Kring Drenthe   | 1:29.86 | 9604010 | <b>1:32.89</b> |
| 15.   | Mireille van Burken | Kring Drenthe   | 1:33.10 | 9503588 | <b>1:34.89</b> |
| AFGEM | Sylvia Dik          | Kring Groningen | 1:22.92 | 9501064 |                |

 Programmanr. 18  
 1.11.08 - 16:25

Jongens, 100m schoolslag

 Jongens Junioren 1 en 2  
 Resultaten

| Rang |                    |                 | In.tijd |         | Tijd              |
|------|--------------------|-----------------|---------|---------|-------------------|
| 1.   | Luc van der Wolde  | Kring Groningen | 1:13.97 | 9500281 | <b>1:14.52</b>    |
| 2.   | Levi Hilbolling    | Kring Groningen | 1:19.30 | 9500593 | <b>1:18.87</b>    |
| 3.   | Marco Barkhuis     | Kring Groningen | 1:24.12 | 9500279 | <b>1:21.27</b>    |
| 4.   | Jens Kobesen       | Kring Groningen | 1:19.93 | 9500117 | <b>1:21.66</b>    |
| 5.   | Chris Bolding      | Kring Drenthe   | 1:24.04 | 9503427 | <b>1:24.16</b>    |
| 6.   | Geert Jan Rozeboom | Kring Groningen | 1:24.48 | 9500325 | <b>1:26.06</b>    |
| 7.   | Maarten Rottier    | Kring Groningen | 1:29.04 | 9600657 | <b>1:28.09</b>    |
| 8.   | Cor Sytsma         | Kring Friesland | 1:26.42 | 9503385 | <b>1:28.70</b>    |
| 9.   | Dirk van der Eems  | Kring Friesland | 1:29.84 | 9501565 | <b>1:29.49</b>    |
| 10.  | Pieter Ytsma       | Kring Friesland | 1:34.80 | 9501809 | <b>1:33.50</b>    |
| 11.  | Ardi Knol          | Kring Drenthe   | 1:31.55 | 96agvak | <b>1:33.86</b>    |
| 12.  | Marcel de Groot    | Kring Friesland | 1:32.10 | 9601523 | <b>1:34.46</b>    |
| 13.  | Edwin Bolt         | Kring Drenthe   | 1:36.97 | 9500859 | <b>1:36.37</b>    |
| 14.  | Finn van Wanrooij  | Kring Drenthe   | 1:36.66 | 9600203 | <b>1:37.57</b>    |
| DIS  | Myrdin Willemse    | Kring Friesland | 1:29.41 | 9500951 | <b>1:26.08</b> SL |

Programmanr. 18, Jongens, 100m schoolslag, Jongens Junioren 1 en 2

| Rang  |                |                 | In.tijd | Tijd    |
|-------|----------------|-----------------|---------|---------|
| NG.ZA | Jeroen Tijisma | Kring Friesland | 1:37.56 | 9503655 |

Programmanr. 19  
1.11.08 - 16:30

Meisjes, 50m vlinderslag

Dames Jeugd 1 en 2  
Resultaten

| Rang  |                      |                 | In.tijd | Tijd                 |
|-------|----------------------|-----------------|---------|----------------------|
| 1.    | Kyra Rietveld        | Kring Groningen | 29.77   | 9300624 <b>29.46</b> |
| 2.    | Rosanne Schoonbeek   | Kring Groningen | 32.23   | 9402692 <b>32.35</b> |
| 3.    | Annelinde Veldman    | Kring Groningen | 32.20   | 9302758 <b>32.61</b> |
| 4.    | Jakonien Koster      | Kring Drenthe   | 33.49   | 9400068 <b>33.22</b> |
| 5.    | Iris Rozema          | Kring Friesland | 33.28   | 9305108 <b>33.35</b> |
| 6.    | Beau Rijpers         | Kring Drenthe   | 33.99   | 9402638 <b>33.40</b> |
| 7.    | Daniëlle Middel      | Kring Drenthe   | 33.06   | 9301280 <b>33.51</b> |
| 8.    | Rixt Veldkamp        | Kring Groningen | 32.99   | 9404344 <b>33.53</b> |
| 9.    | Zoë Hendriks         | Kring Drenthe   | 34.26   | 9405016 <b>33.59</b> |
| 10.   | Ankie vd Meer        | Kring Friesland | 32.94   | 9300504 <b>33.91</b> |
| 11.   | Inge Zijlstra        | Kring Friesland | 34.26   | 9301736 <b>34.26</b> |
| 12.   | Grace Vrieling       | Kring Groningen | 32.80   | 9401624 <b>34.33</b> |
| 13.   | Ellen Hoving         | Kring Groningen | 32.33   | 9402862 <b>34.40</b> |
| 14.   | Irene Wolbers        | Kring Drenthe   | 34.92   | 9400450 <b>34.48</b> |
| 15.   | Eva Zwertbroek       | Kring Friesland | 36.18   | 9302340 <b>36.24</b> |
| AFGEM | Annelies Rijstenberg | Kring Drenthe   | 37.56   | 9303794              |

Programmanr. 20  
1.11.08 - 16:35

Jongens, 50m vlinderslag

Jongens Junioren 3 en 4  
Resultaten

| Rang  |                   |                 | In.tijd | Tijd                      |
|-------|-------------------|-----------------|---------|---------------------------|
| 1.    | Bernd Kobesen     | Kring Groningen | 28.50   | 9300981 <b>27.95</b>      |
| 2.    | Tim Vondeling     | Kring Groningen | 29.22   | 9402009 <b>29.79</b>      |
| 3.    | Erik Krijnsen     | Kring Drenthe   | 32.14   | 9301463 <b>30.04</b> FJ 1 |
| 4.    | Ramon Fredrik     | Kring Friesland | 31.63   | 9403933 <b>30.04</b> FJ 2 |
| 5.    | Arno Nieuwhof     | Kring Friesland | 31.10   | 9302375 <b>30.58</b> FJ 1 |
| 6.    | Johan Wijma       | Kring Groningen | 30.54   | 9301689 <b>30.58</b> FJ 2 |
| 7.    | Kevin Meinders    | Kring Drenthe   | 31.46   | 9300769 <b>30.78</b>      |
| 8.    | Gijs Gertsen      | Kring Friesland | 30.65   | 9303485 <b>31.15</b>      |
| 9.    | Tim Leegte        | Kring Groningen | 31.82   | 9301695 <b>31.62</b>      |
| 10.   | Willem Kees Roos  | Kring Friesland | 31.44   | 9402693 <b>32.28</b>      |
| 11.   | Henk-Jan Verkaik  | Kring Friesland | 34.22   | 9305447 <b>32.82</b>      |
| 12.   | Bart Verbon       | Kring Drenthe   | 34.58   | 9302273 <b>32.97</b>      |
| 13.   | Bauke Ytsma       | Kring Friesland | 36.23   | 9301131 <b>33.59</b>      |
| 14.   | Ricardo Bolt      | Kring Drenthe   | 33.82   | 9303521 <b>33.93</b>      |
| NG.ZA | Mark Schouten     | Kring Groningen | 31.51   | 9405171                   |
| NG.ZA | Richard Hovenkamp | Kring Drenthe   | 32.65   | 9400497                   |
| AFGEM | Niels Schoemaker  | Kring Drenthe   | 33.96   | 9300449                   |

Programmanr. 21  
 1.11.08 - 16:35

Dames, 100m vrije slag

 Dames Senioren 1 en 2  
 Resultaten

| Rang  |                    |                 | In.tijd |         | Tijd                |
|-------|--------------------|-----------------|---------|---------|---------------------|
| 1.    | Mariëlle ter Stege | Kring Drenthe   | 59.61   | 9102974 | <b>1:00.92</b>      |
| 2.    | Winnie Timans      | Kring Groningen | 1:01.91 | 9103090 | <b>1:03.14</b> FJ 1 |
| 3.    | Aukje Jenster      | Kring Drenthe   | 1:02.27 | 9200856 | <b>1:03.14</b> FJ 2 |
| 4.    | Simone van de Wal  | Kring Friesland | 1:03.24 | 9104636 | <b>1:03.87</b>      |
| 5.    | Fraukje Puts       | Kring Groningen | 1:03.56 | 9206470 | <b>1:04.52</b>      |
| 6.    | Marloes Jeuring    | Kring Groningen | 1:05.36 | 9200858 | <b>1:05.81</b>      |
| 7.    | Anna-Jetske Baron  | Kring Friesland | 1:04.43 | 9203044 | <b>1:06.09</b>      |
| 8.    | Nathasja Bos       | Kring Groningen | 1:06.58 | 9100362 | <b>1:06.57</b>      |
| 9.    | Nanda de Vries     | Kring Friesland | 1:03.09 | 9204328 | <b>1:07.13</b>      |
| 10.   | Stephanie Koopman  | Kring Groningen | 1:05.35 | 9202524 | <b>1:08.70</b>      |
| 11.   | Joyce Durken       | Kring Friesland | 1:05.13 | 9205938 | <b>1:10.05</b>      |
| AFGEM | Marije Vos         | Kring Drenthe   | 1:03.62 | 9103342 |                     |
| AFGEM | Myrthe Talsma      | Kring Groningen | 1:06.80 | 9106844 |                     |
| AFGEM | Yolanda Schoo      | Kring Friesland | 1:04.31 | 9102778 |                     |
| AFGEM | Liesbeth Hoekstra  | Kring Friesland | 1:08.49 | 9206404 |                     |
| AFGEM | Christien Lunter   | Kring Drenthe   | 1:05.20 | 9101994 |                     |

 Programmanr. 22  
 1.11.08 - 16:45

Jongens, 100m vrije slag

 Heren Jeugd 1 en 2  
 Resultaten

| Rang  |                     |                 | In.tijd |         | Tijd           |
|-------|---------------------|-----------------|---------|---------|----------------|
| 1.    | Robert Klinkhamer   | Kring Drenthe   | 54.13   | 9101241 | <b>54.26</b>   |
| 2.    | Chris van Vliet     | Kring Groningen | 56.44   | 9102425 | <b>54.33</b>   |
| 3.    | Rick Mooij          | Kring Friesland | 57.50   | 9106571 | <b>56.26</b>   |
| 4.    | Dennis Bos          | Kring Friesland | 58.20   | 9201965 | <b>56.90</b>   |
| 5.    | Maurits Muthert     | Kring Groningen | 56.24   | 9200941 | <b>57.06</b>   |
| 6.    | Aydin Hummel        | Kring Friesland | 57.75   | 9201577 | <b>57.13</b>   |
| 7.    | Ronald Venema       | Kring Groningen | 56.90   | 9201357 | <b>57.45</b>   |
| 8.    | Kars ten Have       | Kring Drenthe   | 58.25   | 9200467 | <b>57.72</b>   |
| 9.    | Michael Westers     | Kring Friesland | 57.65   | 9204263 | <b>57.85</b>   |
| 10.   | Christiaan van Dijk | Kring Friesland | 58.88   | 9200245 | <b>59.51</b>   |
| 11.   | Ward van Rijssen    | Kring Groningen | 59.02   | 9204841 | <b>1:00.13</b> |
| 12.   | Ruben Post          | Kring Friesland | 1:00.24 | 9106623 | <b>1:02.14</b> |
| AFGEM | Chris Bekkering     | Kring Drenthe   | 1:02.11 | 9202329 |                |

 Programmanr. 23  
 1.11.08 - 16:45

Meisjes, 50m rugslag

 Meisjes Junioren 3 en later  
 Resultaten

| Rang |                        |                 | In.tijd |         | Tijd         |
|------|------------------------|-----------------|---------|---------|--------------|
| 1.   | Monique van der Struik | Kring Groningen | 33.45   | 9502502 | <b>33.19</b> |
| 2.   | Cynthia van Beusekom   | Kring Groningen | 33.75   | 9500134 | <b>33.84</b> |
| 3.   | Dieudonné Houtkamp     | Kring Drenthe   | 35.91   | 9600982 | <b>34.24</b> |
| 4.   | Kirsten Nieboer        | Kring Drenthe   | 35.97   | 9501988 | <b>34.58</b> |
| 5.   | Hjordis Wagenaar       | Kring Friesland | 35.40   | 9502170 | <b>34.94</b> |
| 6.   | Marlies Cramer         | Kring Groningen | 35.91   | 9502164 | <b>35.15</b> |
| 6.   | Esther Hulsing         | Kring Groningen | 35.71   | 9601080 | <b>35.15</b> |
| 8.   | Rianne Hartman         | Kring Friesland | 36.20   | 9501462 | <b>36.28</b> |
| 9.   | Nathalja Pragt         | Kring Groningen | 36.54   | 9500030 | <b>36.50</b> |
| 10.  | Evelien van Ruiten     | Kring Friesland | 36.98   | 9602924 | <b>37.23</b> |
| 11.  | Myrna Gorter           | Kring Friesland | 39.47   | 9503158 | <b>37.85</b> |

Programmanr. 23, Meisjes, 50m rugslag, Meisjes Junioren 3 en later

| Rang  |                     |                 | In.tijd       | Tijd              |
|-------|---------------------|-----------------|---------------|-------------------|
| 12.   | Cynthia Verkaik     | Kring Friesland | 37.61 9601288 | <b>38.37</b> FJ 1 |
| 13.   | Nynke Dijkstra      | Kring Friesland | 38.15 9501242 | <b>38.37</b> FJ 2 |
| 14.   | Mireille van Burken | Kring Drenthe   | 37.99 9503588 | <b>39.29</b>      |
| 15.   | Danique Scheltes    | Kring Drenthe   | 37.39 9601316 | <b>39.74</b>      |
| 16.   | Anoeska Wonder      | Kring Drenthe   | 40.32 9600840 | <b>40.83</b>      |
| 17.   | Manon Wolbers       | Kring Drenthe   | 40.67 9501506 | <b>42.44</b>      |
| AFGEM | Sylvia Dik          | Kring Groningen | 35.46 9501064 |                   |

Programmanr. 24  
1.11.08 - 16:50

Jongens, 50m rugslag

Jongens Junioren 1 en 2  
Resultaten

| Rang  |                   |                 | In.tijd       | Tijd              |
|-------|-------------------|-----------------|---------------|-------------------|
| 1.    | Levi Hilbolling   | Kring Groningen | 32.44 9500593 | <b>30.74</b>      |
| 2.    | Jens Kobesen      | Kring Groningen | 31.97 9500117 | <b>32.57</b>      |
| 3.    | Chris Bolding     | Kring Drenthe   | 33.29 9503427 | <b>33.13</b>      |
| 4.    | Matthijs Sijbring | Kring Groningen | 33.86 9500177 | <b>33.46</b>      |
| 5.    | Marco Barkhuis    | Kring Groningen | 34.66 9500279 | <b>34.30</b>      |
| 6.    | Sander Akkerman   | Kring Friesland | 38.91 9501527 | <b>35.12</b>      |
| 7.    | Ardi Knol         | Kring Drenthe   | 39.29 96agvak | <b>37.26</b>      |
| 8.    | Robin de Joode    | Kring Friesland | 37.05 9601371 | <b>37.60</b>      |
| 9.    | Dirk van der Eems | Kring Friesland | 38.52 9501565 | <b>38.44</b> FJ 1 |
| 10.   | Maarten Rottier   | Kring Groningen | 37.56 9600657 | <b>38.44</b> FJ 2 |
| 11.   | Cor Sytsma        | Kring Friesland | 38.11 9503385 | <b>39.56</b>      |
| 12.   | Ruben Bonnema     | Kring Friesland | 39.06 9504389 | <b>40.03</b>      |
| 13.   | Edwin Bolt        | Kring Drenthe   | 41.33 9500859 | <b>40.75</b>      |
| AFGEM | Derk-Jan Knol     | Kring Drenthe   | 39.82 9504297 |                   |
| AFGEM | Bart Bekkema      | Kring Friesland | 37.46 9502133 |                   |
| AFGEM | Jeroen Lorus      | Kring Drenthe   | 38.16 9500523 |                   |

Programmanr. 25  
1.11.08 - 16:55

Meisjes, 100m schoolslag

Dames Jeugd 1 en 2  
Resultaten

| Rang |                     |                 | In.tijd         | Tijd           |
|------|---------------------|-----------------|-----------------|----------------|
| 1.   | Mirthe Lanfermeijer | Kring Groningen | 1:19.42 9400074 | <b>1:20.49</b> |
| 2.   | Jose Sijbring       | Kring Groningen | 1:22.17 9300702 | <b>1:23.62</b> |
| 3.   | Yvette Meijer       | Kring Groningen | 1:22.98 9400372 | <b>1:25.37</b> |
| 4.   | Beau Rijpers        | Kring Drenthe   | 1:26.32 9402638 | <b>1:25.79</b> |
| 5.   | Aukje Zwart         | Kring Friesland | 1:24.61 9402916 | <b>1:26.07</b> |
| 6.   | Annelinde Veldman   | Kring Groningen | 1:24.35 9302758 | <b>1:26.22</b> |
| 7.   | Rosanne Schoonbeek  | Kring Groningen | 1:23.97 9402692 | <b>1:26.50</b> |
| 8.   | Anika ten Have      | Kring Drenthe   | 1:25.54 9400712 | <b>1:27.38</b> |
| 9.   | Cynthia Kreleger    | Kring Drenthe   | 1:24.53 9305754 | <b>1:29.46</b> |
| 10.  | Zoë Hendriks        | Kring Drenthe   | 1:34.49 9405016 | <b>1:30.29</b> |
| 11.  | Ankie vd Meer       | Kring Friesland | 1:27.02 9300504 | <b>1:30.77</b> |
| 12.  | Eva Zwertbroek      | Kring Friesland | 1:27.84 9302340 | <b>1:32.76</b> |
| 13.  | Wytske Klijnstra    | Kring Friesland | 1:32.71 9304202 | <b>1:32.83</b> |
| 14.  | Inge Zijlstra       | Kring Friesland | 1:32.91 9301736 | <b>1:33.13</b> |
| DIS  | Eline Ligthart      | Kring Friesland | 1:28.01 9301706 | AA             |

Programmanr. 26  
 1.11.08 - 17:00

Jongens, 100m schoolslag

 Jongens Junioren 3 en 4  
 Resultaten

| Rang  |                     |                 | In.tijd |         | Tijd                |
|-------|---------------------|-----------------|---------|---------|---------------------|
| 1.    | Peter Paul Houtkamp | Kring Drenthe   | 1:12.60 | 9300651 | <b>1:12.10</b>      |
| 2.    | Roy Smeenge         | Kring Groningen | 1:12.51 | 9305557 | <b>1:12.17</b>      |
| 3.    | Bernd Kobesen       | Kring Groningen | 1:14.61 | 9300981 | <b>1:13.70</b>      |
| 4.    | Gijs Gertsen        | Kring Friesland | 1:18.59 | 9303485 | <b>1:14.79</b>      |
| 5.    | Maxim Veldhuis      | Kring Friesland | 1:17.45 | 9400195 | <b>1:16.43</b>      |
| 6.    | Henk-Jan Verkaik    | Kring Friesland | 1:15.73 | 9305447 | <b>1:17.97</b>      |
| 7.    | Taco Wonder         | Kring Drenthe   | 1:22.61 | 9303197 | <b>1:18.41</b>      |
| 8.    | Johan Wijma         | Kring Groningen | 1:16.38 | 9301689 | <b>1:18.51</b>      |
| 9.    | Ramon Fredrik       | Kring Friesland | 1:21.27 | 9403933 | <b>1:19.36</b>      |
| 10.   | Ricardo Bolt        | Kring Drenthe   | 1:19.12 | 9303521 | <b>1:20.17</b> FJ 1 |
| 11.   | Tim Leegte          | Kring Groningen | 1:18.39 | 9301695 | <b>1:20.17</b> FJ 2 |
| 12.   | Willem van de Ende  | Kring Friesland | 1:21.81 | 9305129 | <b>1:21.91</b>      |
| 13.   | Peter Hummel        | Kring Drenthe   | 1:25.56 | 9300699 | <b>1:22.76</b>      |
| 14.   | Erik Krijnsen       | Kring Drenthe   | 1:18.05 | 9301463 | <b>1:23.33</b>      |
| 15.   | Bauke Ytsma         | Kring Friesland | 1:25.07 | 9301131 | <b>1:29.23</b>      |
| AFGEM | Stefan Petersen     | Kring Groningen | 1:15.17 | 9403067 |                     |

 Programmanr. 27  
 1.11.08 - 17:05

Dames, 50m vlinderslag

 Dames Senioren 1 en 2  
 Resultaten

| Rang  |                      |                 | In.tijd |         | Tijd         |
|-------|----------------------|-----------------|---------|---------|--------------|
| 1.    | Aukje Jenster        | Kring Drenthe   | 29.02   | 9200856 | <b>29.13</b> |
| 2.    | Mariëlle ter Stege   | Kring Drenthe   | 31.64   | 9102974 | <b>31.68</b> |
| 3.    | Winnie Timans        | Kring Groningen | 31.82   | 9103090 | <b>32.12</b> |
| 4.    | Fraukje Puts         | Kring Groningen | 32.71   | 9206470 | <b>32.57</b> |
| 5.    | Nanda de Vries       | Kring Friesland | 33.53   | 9204328 | <b>33.30</b> |
| 6.    | Esther Kwebeman      | Kring Groningen | 32.75   | 9106374 | <b>33.49</b> |
| 7.    | Meike Dijkhuis       | Kring Groningen | 32.94   | 9200438 | <b>33.61</b> |
| 8.    | Lysbeth Wiersma      | Kring Friesland | 34.31   | 9204486 | <b>33.71</b> |
| 9.    | Esther Schipper      | Kring Groningen | 32.97   | 9201570 | <b>33.99</b> |
| 10.   | Femke Hettema        | Kring Friesland | 33.51   | 9204474 | <b>34.53</b> |
| 11.   | Gejanne van Heukelem | Kring Groningen | 33.34   | 9200728 | <b>35.94</b> |
| 12.   | Lotte Nienhuis       | Kring Friesland | 37.94   | 9205256 | <b>40.77</b> |
| AFGEM | Yolanda Schoo        | Kring Friesland | 33.87   | 9102778 |              |
| AFGEM | Liesbeth Hoekstra    | Kring Friesland | 35.22   | 9206404 |              |
| AFGEM | Charlotte Mol        | Kring Drenthe   | 29.97   | 9102138 |              |
| AFGEM | Marije Vos           | Kring Drenthe   | 31.93   | 9103342 |              |

 Programmanr. 28  
 1.11.08 - 17:10

Jongens, 50m vlinderslag

 Heren Jeugd 1 en 2  
 Resultaten

| Rang |                 |                 | In.tijd |         | Tijd              |
|------|-----------------|-----------------|---------|---------|-------------------|
| 1.   | Aydin Hummel    | Kring Friesland | 27.82   | 9201577 | <b>27.77</b> FJ 1 |
| 2.   | Rick Mooij      | Kring Friesland | 28.05   | 9106571 | <b>27.77</b> FJ 2 |
| 3.   | Maurits Muthert | Kring Groningen | 27.30   | 9200941 | <b>28.33</b>      |
| 4.   | Chris van Vliet | Kring Groningen | 29.60   | 9102425 | <b>28.41</b>      |
| 5.   | Thomas Veltman  | Kring Friesland | 28.39   | 9201355 | <b>28.59</b>      |
| 6.   | Ronald Venema   | Kring Groningen | 28.51   | 9201357 | <b>29.03</b>      |
| 7.   | Dennis Cramer   | Kring Groningen | 29.93   | 9200199 | <b>29.83</b>      |
| 8.   | Tom Moesker     | Kring Groningen | 30.29   | 9200917 | <b>30.06</b>      |

## Programmanr. 28, Jongens, 50m vlinderslag, Heren Jeugd 1 en 2

| Rang  |                 |                 | In.tijd | Tijd                 |
|-------|-----------------|-----------------|---------|----------------------|
| 9.    | Kars ten Have   | Kring Drenthe   | 30.67   | 9200467 <b>31.02</b> |
| 10.   | Michael Westers | Kring Friesland | 32.28   | 9204263 <b>33.53</b> |
| 11.   | Tom Vermeeren   | Kring Friesland | 33.43   | 9202431 <b>35.90</b> |
| NG.ZA | Bram Hassing    | Kring Drenthe   | 32.94   | 9104773              |
| AFGEM | Rico Ramaker    | Kring Drenthe   | 30.13   | 9101857              |

 Programmanr. 29  
 1.11.08 - 17:15

## Gemengd, 4 x 50m wisselslag

 Mixed 95/96 ( J/M/J/M )  
 Resultaten

| Rang |                    |                            | In.tijd | Tijd           |
|------|--------------------|----------------------------|---------|----------------|
| 1.   | Kring Groningen 3  | Kring Groningen            | 2:12.90 | <b>2:09.57</b> |
|      | Levi Hilbolling 95 | 30.47 Matthijs Sijbring 95 |         |                |
|      | Nathalja Pragt 95  | Karin Groen 95             |         |                |
| 2.   | Kring Drenthe 1    | Kring Drenthe              | NT      | <b>2:20.80</b> |
|      | Chris Bolding 95   | 33.25 Edwin Bolt 95        |         |                |
|      | Manon Wolbers 95   | Anoeska Wonder 96          |         |                |
| 3.   | Kring Friesland 1  | Kring Friesland            | 2:22.72 | <b>2:22.89</b> |
|      | Robin de Joode 96  | 36.78 Pieter Ytsma 95      |         |                |
|      | Nynke Dijkstra 95  | Evelien van Ruiten 96      |         |                |

 Programmanr. 30  
 1.11.08 - 17:15

## Gemengd, 4 x 50m wisselslag

 Mixed 93/94 ( J/M/J/M )  
 Resultaten

| Rang |                        |                            | In.tijd | Tijd           |
|------|------------------------|----------------------------|---------|----------------|
| 1.   | Kring Groningen 4      | Kring Groningen            | 2:05.17 | <b>2:03.60</b> |
|      | Tim Blauw 93           | 30.63 Tim Vondeling 94     |         |                |
|      | Mirthe Lanfermeijer 94 | Kyra Rietveld 93           |         |                |
| 2.   | Kring Friesland 1      | Kring Friesland            | 2:14.51 | <b>2:11.68</b> |
|      | Arno Nieuwhof 93       | 30.67 Ramon Fredrik 94     |         |                |
|      | Eline Ligthart 93      | Aukje Zwart 94             |         |                |
| 3.   | Kring Drenthe 1        | Kring Drenthe              | NT      | <b>2:13.30</b> |
|      | Bart Verbon 93         | 33.84 Richard Hovenkamp 94 |         |                |
|      | Cynthia Kreleger 93    | Irene Wolbers 94           |         |                |

 Programmanr. 31  
 1.11.08 - 17:20

## Gemengd, 4 x 50m wisselslag

 Mixed 91/92 (J/M/J/M)  
 Resultaten

| Rang |                        |                          | In.tijd | Tijd           |
|------|------------------------|--------------------------|---------|----------------|
| 1.   | Kring Drenthe 1        | Kring Drenthe            | NT      | <b>2:02.34</b> |
|      | Kars ten Have 92       | 30.74 Chris Bekkering 92 |         |                |
|      | Mariëlle ter Stege 91  | Christien Lunter 91      |         |                |
| 2.   | Kring Friesland 1      | Kring Friesland          | 2:01.73 | <b>2:02.55</b> |
|      | Christiaan van Dijk 92 | 29.67 Aydin Hummel 92    |         |                |
|      | Joyce Durken 92        | Simone van de Wal 91     |         |                |
| 3.   | Kring Groningen 5      | Kring Groningen          | 2:07.82 | <b>2:05.60</b> |
|      | Dennis Cramer 92       | 29.91 Ronald Venema 92   |         |                |
|      | Esther Schipper 92     | Suzanne Teuben 92        |         |                |