

Programmanr. 1 Heren, 400m vrije slag Jongens Junioren 3 en ouder
27-3-2010 - 13:45 Resultaten

| Rang | | | in.tijd | Tijd | 100m | 200m | 300m | 400m |
|----------------------|-------------------|---------|----------------------|---------|----------------|---------|---------|---------|
| Jongens Junioren 3-4 | | | | | | | | |
| 1. | Jeroen Lorius | 9500523 | ZPC Bikkel Hoogeveen | 4:39.90 | 4:35.55 | 1:03.86 | 2:14.77 | 4:35.55 |
| 2. | Dennis Groen | 9402447 | ZPC Bikkel Hoogeveen | 4:45.86 | 4:39.75 | 1:04.60 | 2:16.22 | 4:39.75 |
| 3. | Derk-Jan Knol | 9504297 | ZPC Bikkel Hoogeveen | 4:54.15 | 4:43.50 | 1:04.87 | 2:16.43 | 4:43.50 |
| 4. | Maarten Moorman | 9401161 | De Pinquin | 4:57.67 | 4:49.45 | 1:06.36 | 2:20.92 | 4:49.45 |
| 5. | Richard Hovenkamp | 9400497 | De Spatters | 4:58.16 | 4:50.34 | 1:06.96 | 2:21.24 | 4:50.34 |
| 6. | Matthijs Sijbring | 9500177 | De Pinquin | 4:57.76 | 4:54.63 | 1:08.39 | 2:25.59 | 4:54.63 |
| 7. | Ruben Bonnema | 9504389 | HZ&PC Heerenveen | 5:23.13 | 5:01.44 | 1:10.46 | 2:27.54 | 5:01.44 |

Heren Jeugd 1-2

| | | | | | | | | |
|----|----------------|---------|------------|---------|----------------|---------|---------|---------|
| 1. | Bart Haveman | 9204093 | Orca | 4:44.44 | 4:48.73 | | | 4:48.73 |
| 2. | Arjen Zijlstra | 9203309 | De Pinquin | 5:02.48 | 5:10.83 | 1:08.62 | 2:28.20 | 5:10.83 |

Heren Senioren 1 en ouder

| | | | | | | | | |
|----|-----------------|---------|--------|---------|----------------|---------|---------|---------|
| 1. | Fabian Buiringe | 9006209 | TriVia | 4:44.63 | 4:53.20 | 1:07.98 | 2:22.54 | 4:53.20 |
|----|-----------------|---------|--------|---------|----------------|---------|---------|---------|

Programmanr. 2 Dames, 400m vrije slag Meisjes Junioren 3 en ouder
27-3-2010 - 13:57 Resultaten

| Rang | | | | in.tijd | Tijd | 100m | 200m | 300m | 400m |
|--------------|---------------------|---------|----------------------|---------|----------------|---------|---------|------|---------|
| 13 - 15 jaar | | | | | | | | | |
| 1. | Evelien van Ruiten | 9602924 | Orca | 4:44.58 | 4:40.36 | 1:05.23 | 2:15.86 | | 4:40.36 |
| 2. | Nathalja Pragt | 9500030 | Nova | 4:55.78 | 4:52.20 | 1:06.37 | 2:20.86 | | 4:52.20 |
| 3. | Daniëlle Kruizinga | 9402634 | ZPC Bikkel Hoogeveen | 5:06.26 | 5:07.99 | 1:10.97 | 2:29.93 | | 5:07.99 |
| 4. | Mireille van Burken | 9503588 | ZPC Bikkel Hoogeveen | 5:15.42 | 5:10.13 | 1:12.15 | 2:31.00 | | 5:10.13 |
| 5. | Daniëlle Vrieling | 9601082 | De Spatters | 5:18.29 | 5:10.72 | 1:13.88 | 2:32.12 | | 5:10.72 |
| 6. | Tessa Keizer | 9601586 | Gzvw | 5:13.18 | 5:14.27 | 1:14.10 | 2:34.09 | | 5:14.27 |

Dames Senioren D 1-2

| | | | | | | | | | |
|----|---------------|---------|------------|---------|----------------|---------|---------|--|---------|
| 1. | Jose Sijbring | 9300702 | De Pinquin | 4:53.76 | 4:45.98 | 1:05.56 | 2:17.48 | | 4:45.98 |
|----|---------------|---------|------------|---------|----------------|---------|---------|--|---------|

Programmanr. 3 Heren, 200m rugslag Jongens Junioren 3 en ouder
27-3-2010 - 14:09 Resultaten

| Rang | | | | in.tijd | Tijd | 100m | 200m |
|----------------------|-----------------|---------|----------------------|---------|---------|----------------|--------------------|
| Jongens Junioren 3-4 | | | | | | | |
| 1. | Milan Grünewald | 9500757 | TriVia | | 2:16.07 | 2:12.97 | 1:05.65 2:12.97 |
| 2. | Pieter Ytsma | 9501809 | Orca | | 2:29.83 | 2:26.68 | 1:12.46 2:26.68 |
| 3. | Marco Kloeze | 9403069 | ZPC Bikkel Hoogeveen | | 2:50.59 | 2:42.78 | 1:18.09 2:42.78 |
| DIS | Sander Akkerman | 9501527 | HZ&PC Heerenveen | | 2:37.79 | 2:31.04 | RC 1:12.47 2:31.04 |

Heren Jeugd 1-2

| | | | | | | | |
|----|---------------|---------|------|--|---------|----------------|-----------------|
| 1. | Dennis Cramer | 9200199 | Zpca | | 2:14.56 | 2:16.23 | 1:06.09 2:16.23 |
|----|---------------|---------|------|--|---------|----------------|-----------------|

Heren Senioren 1 en ouder

| | | | | | | | |
|----|-------------------|---------|----------------------|--|---------|----------------|-----------------|
| 1. | Robert Klinkhamer | 9101241 | ZPC Bikkel Hoogeveen | | 2:10.44 | 2:12.36 | 1:07.45 2:12.36 |
|----|-------------------|---------|----------------------|--|---------|----------------|-----------------|

Programmanr. 4
27-3-2010 - 14:15

Dames, 200m rugslag

Meisjes Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd | 100m | 200m |
|--------------|-------------------|---------|------------------|---------|----------------|---------|-----------------|
| 13 - 15 jaar | | | | | | | |
| 1. | Cynthia Verkaik | 9601288 | de Granaet | 2:30.66 | 2:27.72 | 1:12.87 | 2:27.72 |
| 2. | Melissa Nauta | 9602388 | Orca | 2:34.02 | 2:34.47 | 1:16.74 | 2:34.47 |
| 3. | Kirsten Nieboer | 9501988 | TriVia | 2:36.13 | 2:37.02 | 1:15.40 | 2:37.02 |
| 4. | Kim Franken | 9602688 | Gzvw | 2:39.21 | 2:40.92 | 1:18.05 | 2:40.92 |
| 5. | Sanne Weessies | 9603002 | De Pinquin | 2:58.50 | 2:48.07 | 1:21.54 | 2:48.07 |
| 6. | Marlies Cramer | 9502164 | Zpca | 2:47.42 | 2:48.08 | 1:21.10 | 2:48.08 |
| 7. | Yvette Meijer | 9400372 | Zpca | 2:49.39 | 2:49.32 | 1:19.82 | 2:49.32 |
| 8. | Eva Willemsen | 9602570 | Zpca | 2:46.16 | 2:51.03 | 1:24.58 | 2:51.03 |
| DIS | Henny de Vries | 9500556 | HZ&PC Heerenveen | 2:48.81 | | AF | |
| DIS | Marthe van Ginkel | 9501744 | Nova | 2:46.05 | 2:49.57 | RC | 1:20.89 2:49.57 |

Dames Senioren D 1-2

| | | | | | | | |
|----|-------------------|---------|------|---------|----------------|---------|---------|
| 1. | Annelinde Veldman | 9302758 | Zpca | 2:28.90 | 2:34.77 | 1:11.24 | 2:34.77 |
| 2. | Stephanie Koopman | 9202524 | Gzvw | 2:42.61 | 2:40.20 | 1:18.14 | 2:40.20 |

Programmanr. 5
27-3-2010 - 14:26

Heren, 100m schoolslag

Jongens Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd | 50m | 100m |
|----------------------|------------------|---------|-------------|---------|----------------|-------|---------|
| Jongens Junioren 3-4 | | | | | | | |
| 1. | Stefan Petersen | 9403067 | TriVia | 1:10.01 | 1:14.98 | 35.04 | 1:14.98 |
| Heren Jeugd 1-2 | | | | | | | |
| 1. | Ward van Rijssen | 9204841 | TriVia | 1:08.82 | 1:07.87 | 32.32 | 1:07.87 |
| 2. | Kevin Meinders | 9300769 | De Spatters | 1:11.46 | 1:12.37 | 33.96 | 1:12.37 |
| 3. | Henk-Jan Verkaik | 9305447 | de Granaet | 1:11.99 | 1:12.68 | 34.07 | 1:12.68 |
| 4. | Jelger Rietveld | 9201109 | TriVia | 1:15.20 | 1:12.73 | 34.22 | 1:12.73 |

Heren Senioren 1 en ouder

| | | | | | | | |
|----|------------------|---------|----------------------|---------|----------------|-------|---------|
| 1. | Jordy Pragt | 9101835 | Nova | 1:10.46 | 1:10.40 | 33.05 | 1:10.40 |
| 2. | Sander Hoogeveen | 9001267 | ZPC Bikkel Hoogeveen | 1:08.08 | 1:10.59 | 33.15 | 1:10.59 |

Programmanr. 6
27-3-2010 - 14:30

Dames, 100m schoolslag

Meisjes Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd | 50m | 100m |
|--------------|----------------------|---------|------------------|---------|----------------|-------|---------|
| 13 - 15 jaar | | | | | | | |
| 1. | Iris Hartman | 9502654 | De Pinquin | 1:20.10 | 1:21.20 | 38.17 | 1:21.20 |
| 2. | Iris Visser | 9504784 | Zpca | 1:22.77 | 1:22.87 | 38.05 | 1:22.87 |
| 3. | Mariël Buurman | 9500598 | Nova | 1:23.00 | 1:23.63 | 39.31 | 1:23.63 |
| 4. | Eva Smit | 9602690 | Gzvw | 1:24.90 | 1:26.24 | 40.95 | 1:26.24 |
| 5. | Leandra Vedder | 9600866 | HZ&PC Heerenveen | 1:25.38 | 1:26.31 | 39.96 | 1:26.31 |
| 6. | Joline Fischer | 9601638 | Nova | 1:25.53 | 1:26.31 | 40.09 | 1:26.31 |
| 7. | Anoeska Wonder | 9600840 | De Spatters | 1:25.54 | 1:26.31 | 40.80 | 1:26.31 |
| 8. | Maayke de Boer | 9505906 | de Granaet | 1:28.45 | 1:26.46 | 40.76 | 1:26.46 |
| 9. | Ilse van Rijssen | 9601600 | TriVia | 1:26.36 | 1:26.50 | 40.65 | 1:26.50 |
| 10. | Cynthia van Beusekom | 9500134 | TriVia | 1:23.99 | 1:26.65 | 40.88 | 1:26.65 |
| 11. | Desiree Vedder | 9600864 | HZ&PC Heerenveen | 1:31.11 | 1:27.32 | 40.97 | 1:27.32 |
| 12. | Carmen Märsylä | 9405244 | Zpca | 1:30.01 | 1:28.43 | 41.49 | 1:28.43 |

Programmanr. 6, Meisjes, 100m schoolslag, 13 - 15 jaar

| Rang | | | in.tijd | Tijd | 50m | 100m |
|------|---------------------|---------|----------------------|---------|----------------|---------------|
| 13. | Loes Wielink | 9403960 | TriVia | 1:25.77 | 1:28.48 | 46.52 1:28.48 |
| 14. | Mireille van Burken | 9503588 | ZPC Bikkel Hoogeveen | 1:27.02 | 1:29.40 | 41.43 1:29.40 |
| 15. | Denise Koerhuis | 9400306 | De Spatters | 1:28.30 | 1:30.19 | 42.76 1:30.19 |
| 16. | Denise Gall | 9501494 | De Pinquin | 1:32.50 | 1:31.35 | 43.19 1:31.35 |
| 17. | Marthe van Ginkel | 9501744 | Nova | 1:29.24 | 1:33.07 | 42.87 1:33.07 |

Programmanr. 7 Heren, 200m vlinderslag Jongens Junioren 3 en ouder
27-3-2010 - 14:38 Resultaten

| Rang | | | in.tijd | Tijd | 100m | 200m |
|----------------------|---------------|---------|-------------|---------|----------------|-----------------|
| Jongens Junioren 3-4 | | | | | | |
| 1. | Ramon Fredrik | 9403933 | Wetterwille | 2:19.37 | 2:15.15 | 1:05.87 2:15.15 |
| 2. | Tom Porte | 9502017 | TriVia | 2:50.50 | 2:53.59 | 1:18.85 2:53.59 |

Programmanr. 8 Dames, 200m vlinderslag Meisjes Junioren 3 en ouder
27-3-2010 - 14:42 Resultaten

| Rang | | | in.tijd | Tijd | 100m | 200m |
|--------------|-------------------|---------|-------------|---------|----------------|-----------------|
| 13 - 15 jaar | | | | | | |
| 1. | Cynthia Verkaik | 9601288 | de Granaet | 2:39.09 | 2:38.81 | 1:16.71 2:38.81 |
| 2. | Johanna de Boer | 9403944 | Zpd | 2:55.62 | 2:51.67 | 1:21.15 2:51.67 |
| 3. | Daniëlle Vrieling | 9601082 | De Spatters | 3:14.62 | 3:17.70 | 1:31.64 3:17.70 |

| | | | | | | |
|----------------|--------------|---------|------------|---------|----------------|-----------------|
| Dames Senioren | | | | | | |
| 1. | Susanne Blom | 8500282 | De Pinquin | 3:02.09 | 3:00.22 | 1:23.16 3:00.22 |

Programmanr. 9 Heren, 200m wisselslag Jongens Junioren 3 en ouder
27-3-2010 - 14:46 Resultaten

| Rang | | | in.tijd | Tijd | 100m | 200m |
|----------------------|-------------------|---------|----------------------|---------|----------------|---------|
| Jongens Junioren 3-4 | | | | | | |
| 1. | Ramon Fredrik | 9403933 | Wetterwille | 2:18.94 | 2:15.45 | 2:15.45 |
| 2. | Jeroen Lorus | 9500523 | ZPC Bikkel Hoogeveen | 2:31.40 | 2:28.45 | 2:28.45 |
| 3. | Derk-Jan Knol | 9504297 | ZPC Bikkel Hoogeveen | 2:35.73 | 2:29.16 | 2:29.16 |
| 4. | Stefan Petersen | 9403067 | TriVia | 2:34.17 | 2:32.13 | 2:32.13 |
| 5. | Matthijs Sijbring | 9500177 | De Pinquin | 2:33.44 | 2:32.29 | 2:32.29 |
| 6. | Sander Verkaik | 9404057 | de Granaet | 2:37.83 | 2:34.82 | 2:34.82 |
| 7. | Ruben Bonnema | 9504389 | HZ&PC Heerenveen | 2:51.23 | 2:42.42 | 2:42.42 |
| 8. | Martijn Smit | 9406113 | Gzvw | 2:44.02 | 2:42.82 | 2:42.82 |
| 9. | Marco Kloeze | 9403069 | ZPC Bikkel Hoogeveen | 2:51.67 | 2:53.89 | 2:53.89 |

| | | | | | | |
|-----------------|------------------|---------|-------------|---------|----------------|------------|
| Heren Jeugd 1-2 | | | | | | |
| 1. | Ward van Rijssen | 9204841 | TriVia | 2:16.07 | 2:16.21 | 2:16.21 |
| 2. | Kevin Meinders | 9300769 | De Spatters | 2:24.26 | 2:26.39 | 2:26.39 |
| DIS | Henk-Jan Verkaik | 9305447 | de Granaet | 2:24.93 | 2:26.98 | RC 2:26.98 |

| | | | | | | |
|---------------------------|-----------------|---------|--------|---------|----------------|---------|
| Heren Senioren 1 en ouder | | | | | | |
| 1. | Jordy Pragt | 9101835 | Nova | 2:19.39 | 2:23.10 | 2:23.10 |
| 2. | Fabian Buiringe | 9006209 | TriVia | 2:28.62 | 2:34.38 | 2:34.38 |

Programmanr. 10
27-3-2010 - 14:56

Dames, 200m wisselslag

Meisjes Junioren 3 en ouder
Resultaten

| Rang | | | in.tijd | Tijd | 100m | 200m |
|--------------|--------------------|---------|----------------------|---------|----------------|---------|
| 13 - 15 jaar | | | | | | |
| 1. | Nathalja Pragt | 9500030 | Nova | 2:34.87 | 2:36.31 | 2:36.31 |
| 2. | Melissa Nauta | 9602388 | Orca | 2:43.69 | 2:40.36 | 2:40.36 |
| 3. | Leandra Vedder | 9600866 | HZ&PC Heerenveen | 2:45.81 | 2:42.22 | 2:42.22 |
| 4. | Desiree Vedder | 9600864 | HZ&PC Heerenveen | 2:42.70 | 2:42.39 | 2:42.39 |
| 5. | Daniëlle Kruizinga | 9402634 | ZPC Bikkel Hoogeveen | 2:41.81 | 2:43.07 | 2:43.07 |
| 6. | Ilse van Rijssen | 9601600 | TriVia | 2:51.79 | 2:47.11 | 2:47.11 |
| 7. | Kim Franken | 9602688 | Gzvw | 2:51.00 | 2:54.58 | 2:54.58 |

Dames Senioren D 1-2

| | | | | | | |
|----|-------------------|---------|------|---------|----------------|---------|
| 1. | Stephanie Koopman | 9202524 | Gzvw | 2:52.14 | 2:49.95 | 2:49.95 |
|----|-------------------|---------|------|---------|----------------|---------|

Dames Senioren

| | | | | | | |
|----|----------------|---------|-----------|---------|----------------|---------|
| 1. | Anique Willeme | 8604106 | De Dinkel | 2:35.00 | 2:36.07 | 2:36.07 |
|----|----------------|---------|-----------|---------|----------------|---------|

Programmanr. 11
27-3-2010 - 15:03

Heren, 100m vrije slag

Jongens Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd | 50m | 100m |
|----------------------|-------------------|---------|----------------------|---------|----------------|-------|---------|
| Jongens Junioren 3-4 | | | | | | | |
| 1. | Milan Grüneward | 9500757 | TriVia | 57.74 | 57.19 | 27.36 | 57.19 |
| 2. | Dennis Groen | 9402447 | ZPC Bikkel Hoogeveen | 56.83 | 58.23 | 27.73 | 58.23 |
| 3. | Maarten Moorman | 9401161 | De Pinquin | 58.28 | 58.73 | 28.26 | 58.73 |
| 4. | Stefan Petersen | 9403067 | TriVia | 59.66 | 1:00.45 | 28.70 | 1:00.45 |
| 5. | Pieter Ytsma | 9501809 | Orca | 1:00.29 | 1:00.64 | 29.64 | 1:00.64 |
| 6. | Richard Hovenkamp | 9400497 | De Spatters | 1:00.40 | 1:01.29 | 29.39 | 1:01.29 |
| 7. | Tom Porte | 9502017 | TriVia | 1:01.45 | 1:01.34 | | 1:01.34 |
| 8. | Sander Akkerman | 9501527 | HZ&PC Heerenveen | 1:02.95 | 1:02.11 | 29.73 | 1:02.11 |
| 9. | Sander Verkaik | 9404057 | de Granaet | 1:03.64 | 1:05.20 | 31.13 | 1:05.20 |

Heren Jeugd 1-2

| | | | | | | | |
|----|-----------------|---------|--------|---------|--------------|-------|-------|
| 1. | Bart Haveman | 9204093 | Orca | 1:03.12 | 57.26 | 27.48 | 57.26 |
| 2. | Jelger Rietveld | 9201109 | TriVia | 57.48 | 57.45 | 28.07 | 57.45 |
| 3. | Dennis Cramer | 9200199 | Zpca | 55.51 | 57.89 | 27.64 | 57.89 |

Heren Senioren 1 en ouder

| | | | | | | | |
|----|-------------------|---------|----------------------|-------|--------------|-------|-------|
| 1. | Robert Klinkhamer | 9101241 | ZPC Bikkel Hoogeveen | 52.69 | 53.94 | 26.14 | 53.94 |
| 2. | Sander Hoogeveen | 9001267 | ZPC Bikkel Hoogeveen | 58.13 | 59.66 | 29.09 | 59.66 |

Programmanr. 12
27-3-2010 - 15:08

Dames, 100m vrije slag

Meisjes Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd | 50m | 100m |
|--------------|----------------------|---------|--------|---------|----------------|-------|---------|
| 13 - 15 jaar | | | | | | | |
| 1. | Cynthia van Beusekom | 9500134 | TriVia | 1:00.28 | 1:01.73 | 29.42 | 1:01.73 |
| 2. | Evelien van Ruiten | 9602924 | Orca | 1:03.17 | 1:02.13 | 29.54 | 1:02.13 |
| 3. | Eva Smit | 9602690 | Gzvw | 1:02.68 | 1:02.32 | 30.26 | 1:02.32 |
| 4. | Iris Visser | 9504784 | Zpca | 1:04.51 | 1:05.26 | 31.32 | 1:05.26 |
| 5. | Loes Wielink | 9403960 | TriVia | 1:03.55 | 1:05.35 | 31.24 | 1:05.35 |
| 6. | Joline Fischer | 9601638 | Nova | 1:05.57 | 1:06.13 | 31.73 | 1:06.13 |

Programmanr. 12, Meisjes, 100m vrije slag, 13 - 15 jaar

| Rang | | | | in.tijd | Tijd | 50m | 100m |
|------|---------------------|---------|----------------------|---------|----------------|-------|---------|
| 7. | Tessa Keizer | 9601586 | Gzvw | 1:07.52 | 1:06.23 | 32.04 | 1:06.23 |
| 8. | Yvette Meijer | 9400372 | Zpca | 1:04.86 | 1:06.42 | 31.54 | 1:06.42 |
| 9. | Mireille van Burken | 9503588 | ZPC Bikkel Hoogeveen | 1:06.98 | 1:07.29 | 31.89 | 1:07.29 |
| 10. | Johanna de Boer | 9403944 | Zpd | 1:06.03 | 1:07.34 | 32.14 | 1:07.34 |
| 11. | Marthe van Ginkel | 9501744 | Nova | 1:07.50 | 1:07.80 | 32.36 | 1:07.80 |
| 12. | Mariël Buurman | 9500598 | Nova | 1:07.46 | 1:07.80 | 33.19 | 1:07.80 |
| 13. | Iris Hartman | 9502654 | De Pinquin | 1:11.36 | 1:08.07 | 32.67 | 1:08.07 |
| 14. | Marlies Cramer | 9502164 | Zpca | 1:06.22 | 1:08.13 | 32.16 | 1:08.13 |
| 15. | Daniëlle Vrieling | 9601082 | De Spatters | 1:09.10 | 1:08.36 | 32.32 | 1:08.36 |
| 16. | Carmen Märsylä | 9405244 | Zpca | 1:07.54 | 1:08.39 | 33.04 | 1:08.39 |
| 17. | Denise Gall | 9501494 | De Pinquin | 1:07.63 | 1:08.47 | 32.40 | 1:08.47 |
| 18. | Maayke de Boer | 9505906 | de Granaet | 1:07.83 | 1:08.92 | 32.92 | 1:08.92 |
| 19. | Henny de Vries | 9500556 | HZ&PC Heerenveen | 1:09.59 | 1:09.21 | 31.95 | 1:09.21 |
| 20. | Sanne Weessies | 9603002 | De Pinquin | 1:07.44 | 1:09.31 | 32.95 | 1:09.31 |
| 21. | Eva Willemsen | 9602570 | Zpca | 1:08.65 | 1:12.16 | 35.45 | 1:12.16 |
| 22. | Anoeska Wonder | 9600840 | De Spatters | 1:11.12 | 1:14.11 | 34.73 | 1:14.11 |
| 23. | Denise Koerhuis | 9400306 | De Spatters | 1:07.32 | 1:18.26 | 32.45 | 1:18.26 |

Dames Senioren D 1-2

| | | | | | | | |
|----|-------------------|---------|------------|---------|----------------|-------|---------|
| 1. | Jose Sijbring | 9300702 | De Pinquin | 1:00.23 | 1:00.67 | 29.70 | 1:00.67 |
| 2. | Annelinde Veldman | 9302758 | Zpca | 59.70 | 1:00.85 | 28.99 | 1:00.85 |

Dames Senioren

| | | | | | | | |
|----|-----------------|---------|------------------------|---------|----------------|-------|---------|
| 1. | Martiene Klasen | 8902256 | G.S.Z.V. De Golfbreker | 1:04.00 | 1:05.16 | 31.01 | 1:05.16 |
|----|-----------------|---------|------------------------|---------|----------------|-------|---------|

Programmanr. 13
27-3-2010 - 15:19

Heren, 50m rugslag

Jongens Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd |
|----------------------|---------------|---------|----------------------|---------|--------------|
| Jongens Junioren 3-4 | | | | | |
| 1. | Derk-Jan Knol | 9504297 | ZPC Bikkel Hoogeveen | 33.32 | 32.39 |

Programmanr. 14
27-3-2010 - 15:20

Dames, 50m rugslag

Meisjes Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd |
|--------------|----------------------|---------|------------|---------|--------------|
| 13 - 15 jaar | | | | | |
| 1. | Cynthia van Beusekom | 9500134 | TriVia | 30.51 | 31.94 |
| 2. | Kirsten Nieboer | 9501988 | TriVia | 34.05 | 32.36 |
| 3. | Cynthia Verkaik | 9601288 | de Granaet | 33.00 | 32.86 |
| 4. | Kim Franken | 9602688 | Gzvw | 34.64 | 36.67 |
| 5. | Melissa Nauta | 9602388 | Orca | 35.06 | 39.16 |

Programmanr. 15
27-3-2010 - 15:22

Heren, 50m vlinderslag

Jongens Junioren 3 en ouder
Resultaten

| Rang | | | in.tijd | Tijd | |
|----------------------|-----------------|---------|----------------------|-------|--------------|
| Jongens Junioren 3-4 | | | | | |
| 1. | Ramon Fredrik | 9403933 | Wetterwille | 27.38 | 26.77 |
| 2. | Milan Grünewald | 9500757 | TriVia | 29.64 | 28.82 |
| 3. | Dennis Groen | 9402447 | ZPC Bikkel Hoogeveen | 28.84 | 29.32 |
| 4. | Jeroen Lorius | 9500523 | ZPC Bikkel Hoogeveen | 30.11 | 29.45 |
| 5. | Pieter Ytsma | 9501809 | Orca | 31.15 | 31.32 |
| 6. | Martijn Smit | 9406113 | Gzvw | 32.02 | 31.54 |
| 7. | Marco Kloeze | 9403069 | ZPC Bikkel Hoogeveen | 34.10 | 38.51 |

Heren Jeugd 1-2

| | | | | | |
|----|------------------|---------|-------------|-------|--------------|
| 1. | Jelger Rietveld | 9201109 | TriVia | 28.54 | 27.60 |
| 2. | Ward van Rijssen | 9204841 | TriVia | 29.61 | 28.90 |
| 3. | Kevin Meinders | 9300769 | De Spatters | 29.24 | 29.51 |
| 4. | Bart Haveman | 9204093 | Orca | 30.28 | 29.64 |
| 5. | Arjen Zijlstra | 9203309 | De Pinquin | 34.60 | 33.00 |

Heren Senioren 1 en ouder

| | | | | | |
|----|-------------------|---------|----------------------|-------|--------------|
| 1. | Robert Klinkhamer | 9101241 | ZPC Bikkel Hoogeveen | 24.96 | 26.77 |
|----|-------------------|---------|----------------------|-------|--------------|

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Dames, 50m vlinderslag

Meisjes Junioren 3 en ouder
Resultaten

| Rang | | | | in.tijd | Tijd |
|--------------|---------------------|---------|----------------------|---------|--------------|
| 13 - 15 jaar | | | | | |
| 1. | Evelien van Ruiten | 9602924 | Orca | 32.78 | 31.92 |
| 2. | Mireille van Burken | 9503588 | ZPC Bikkel Hoogeveen | 33.75 | 33.81 |
| 3. | Daniëlle Kruizinga | 9402634 | ZPC Bikkel Hoogeveen | 32.92 | 34.04 |
| 4. | Loes Wielink | 9403960 | TriVia | 34.47 | 34.26 |
| 5. | Sanne Weessies | 9603002 | De Pinquin | 35.70 | 34.78 |
| 6. | Maayke de Boer | 9505906 | de Granaet | 36.43 | 37.06 |
| 7. | Anoeska Wonder | 9600840 | De Spatters | 37.87 | 42.67 |

Dames Senioren

| | | | | | |
|----|-----------------|---------|------------------------|-------|--------------|
| 1. | Anique Willeme | 8604106 | De Dinkel | 31.40 | 31.50 |
| 2. | Susanne Blom | 8500282 | De Pinquin | 34.55 | 34.86 |
| 3. | Martiene Klasen | 8902256 | G.S.Z.V. De Golfbreker | 33.50 | 35.39 |