

Limietwedstrijd zv Orca
Leeuwarden, 24.4.2010

Programmanr. 1 Heren, 100m vrije slag alg. leeftijdsgroep
24-04-2010 - 17:30 Resultaten

| Rang | | | In.tijd | | Tijd |
|------|-----------------------------|---------------------|---------|---------|----------------|
| 1. | Marco Uppelschoten | De Houtrib | 59.96 | 9500375 | 58.82 |
| 2. | Brian van de Graaf | De Houtrib | 57.98 | 9401653 | 58.85 |
| 3. | Alex Odinga | SG Middelse-Skelp | 1:00.82 | 9205557 | 1:00.97 |
| 4. | Rick Halma | De Vikings | 1:01.78 | 9505121 | 1:02.27 |
| 5. | Harm Lemstra | De Vikings | 1:01.82 | 9305009 | 1:02.94 |
| 6. | Lars Roelofs | ZC De Forel Wolvega | 1:06.80 | 9602667 | 1:03.62 |
| 7. | Lennart van Ligtenberg | Wetterwille | 1:08.10 | 9501951 | 1:06.34 |
| 8. | Harry Westers | De Vikings | 1:06.38 | 9504869 | 1:06.61 |
| 9. | Jordi Nijland | De Houtrib | 1:06.73 | 9703957 | 1:07.14 |
| 10. | Koen van der Eems | Wetterwille | 1:08.78 | 9700807 | 1:07.26 |
| 11. | Thomas de Boer | ZCNF'34 | 1:09.42 | 9603127 | 1:07.71 |
| 12. | Marc de Vries | HZ&PC Heerenveen | 1:10.69 | 9500381 | 1:08.97 |
| 13. | Andrei Vonk | ZC De Forel Wolvega | 1:09.60 | 9303455 | 1:09.10 |
| 14. | Hielke Twijnstra | De Vikings | 1:10.82 | 9505291 | 1:09.19 |
| 15. | Vincent Visser | SG. Bolsward-Workum | 1:15.20 | 9700395 | 1:09.52 |
| 16. | Matthijs Jansen | Wetterwille | 1:10.23 | 9602379 | 1:10.06 |
| 17. | Wiebe Auke Postma | Wetterwille | 1:11.48 | 9702657 | 1:10.72 |
| 18. | Niels Visser | HZ&PC Heerenveen | 1:11.79 | 9702251 | 1:12.54 |
| 19. | Bram van der Sar | zv Orca | 1:15.95 | 9603871 | 1:15.47 |
| 20. | Olivier Victor van de Voort | ZCNF'34 | 1:17.86 | 9703035 | 1:18.53 |
| DIS | Dirk van der Eems | Wetterwille | 1:05.85 | 9501565 | |

AA - Te vroeg weg of bewogen bij start.

Programmanr. 2 Dames, 100m vrije slag alg. leeftijdsgroep
24-04-2010 - 17:35 Resultaten

| Rang | | | In.tijd | | Tijd |
|------|------------------------|---------------------|---------|---------|----------------|
| 1. | Anja Mus | SG Middelse-Skelp | 1:02.65 | 9403928 | 1:01.74 |
| 2. | Aimée Groenveld | De Houtrib | 1:02.42 | 9503394 | 1:02.62 |
| 3. | Nanda de Vries | HZ&PC Heerenveen | 1:03.67 | 9204328 | 1:03.42 |
| 4. | Grytsje Lanting | SG Middelse-Skelp | 1:04.04 | 9306454 | 1:03.47 |
| 5. | Femke Hemstra | SG Middelse-Skelp | 1:08.86 | 9305466 | 1:09.02 |
| 6. | Esther Robakiewicz | De Houtrib | 1:07.66 | 9603430 | 1:09.26 |
| 7. | Lisanne Hassing | ZC De Forel Wolvega | 1:11.22 | 9702584 | 1:10.66 |
| 8. | Annemiek Halma | De Vikings | 1:11.93 | 9702884 | 1:11.40 |
| 9. | Melanie van der Mossel | SG Middelse-Skelp | 1:12.13 | 9504590 | 1:11.90 |
| 10. | Nynke Ytsma | Wetterwille | 1:13.34 | 9701654 | 1:12.25 |
| 11. | Willeke Jonkman | ZCNF'34 | 1:14.79 | 9604304 | 1:12.90 |
| 12. | Yolanda de Vegt | ZCNF'34 | 1:15.22 | 9500328 | 1:13.34 |
| 13. | Nikki Jepkema | zv Orca | 1:12.51 | 9505956 | 1:14.07 |
| 14. | Indyra Hummel | ZCNF'34 | 1:11.34 | 9600624 | 1:14.55 |
| 15. | Astrid de Vegt | ZCNF'34 | 1:14.36 | 9800036 | 1:14.85 |
| 16. | Esmee Verhoef | zv Orca | 1:15.84 | 9603802 | 1:14.95 |
| 17. | Wendy van Cleef | zv Orca | 1:19.30 | 9802760 | 1:14.96 |
| 18. | Marit Brink | ZCNF'34 | 1:12.37 | 9503940 | 1:15.57 |
| 19. | Karen Suradi | zv Orca | 1:18.23 | 9703926 | 1:20.72 |
| 20. | Ariane Jonkman | ZCNF'34 | 1:26.04 | 9801590 | 1:22.36 |
| 21. | Laura Staal | ZCNF'34 | 1:27.56 | 9705388 | 1:27.78 |
| 22. | Anne vd Besselaar | zv Orca | NT | 8504062 | 2:31.04 |

Limietwedstrijd zv Orca
Leeuwarden, 24.4.2010

Programmanr. 3
24-04-2010 - 17:45

Heren, 100m schoolslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|----------------------|-------------------|---------|---------|----------------|
| 1. | Hendrik Ben v/d Boon | ZPD | 1:16.26 | 8804761 | 1:13.70 |
| 2. | Stuart Vis | zv Orca | 1:29.93 | 9702991 | 1:23.07 |
| 3. | Reinoud Weiland | SG Middelse-Skelp | 1:25.65 | 9603967 | 1:25.54 |
| 4. | Jelmer Postma | zv Orca | 1:33.59 | 9701631 | 1:34.36 |
| 5. | Daniel Borghardt | zv Orca | 1:34.36 | 9700973 | 1:36.56 |
| 6. | Jurriën Wermink | ZCNF'34 | 1:47.03 | 9700041 | 1:46.58 |

Programmanr. 4
24-04-2010 - 17:50

Dames, 100m schoolslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------|---------------------|---------|---------|----------------|
| 1. | Anneliene Zuidema | SG Middelse-Skelp | 1:27.19 | 9800768 | 1:23.65 |
| 2. | Simone Mus | SG Middelse-Skelp | 1:27.84 | 9601932 | 1:26.70 |
| 3. | Bregje Tingen | ZCNF'34 | 1:29.47 | 9500960 | 1:29.73 |
| 4. | Eva Janssen | ZC De Forel Wolvega | 1:40.75 | 9703410 | 1:35.31 |
| 5. | Albertien Godthelp | De Vikings | 1:32.35 | 8701346 | 1:35.51 |
| 6. | Merel Weysenfeld | De Vikings | 1:34.26 | 9404110 | 1:36.45 |
| 7. | Aldith Pasveer | zv Orca | 1:40.83 | 9701398 | 1:38.88 |
| 8. | Hanny van Dijk | zv Orca | 1:41.96 | 9804514 | 1:40.44 |
| 9. | Lieke van Dam | ZC De Forel Wolvega | 1:41.28 | 9500686 | 1:41.34 |
| 10. | Nienke Postma | zv Orca | 1:43.44 | 9801096 | 1:43.46 |
| 11. | Nadine Smits | zv Orca | 1:43.55 | 9801098 | 1:44.25 |
| 12. | Caroline Nauta | De Vikings | 1:52.43 | 9803148 | 1:49.00 |

Programmanr. 5
24-04-2010 - 17:55

Heren, 200m vlinderslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|---------------|------------|---------|---------|----------------|
| 1. | Frank Roovers | De Houtrib | 2:59.74 | 9800219 | 2:48.31 |

Programmanr. 6
24-04-2010 - 17:55

Dames, 200m vlinderslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------|------------|---------|---------|----------------|
| 1. | Tess Tjokrodikromo | De Houtrib | 3:02.67 | 9800172 | 2:56.34 |
| 2. | Johanna de Boer | ZPD | 2:51.67 | 9403944 | 2:56.38 |

Programmanr. 7
24-04-2010 - 18:00

Heren, 200m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|----------------------|-------------|---------|---------|----------------|
| 1. | Marco Uppelschoten | De Houtrib | 2:17.54 | 9500375 | 2:19.07 |
| 2. | Bauke Ytsma | Wetterwille | 2:45.10 | 9301131 | 2:34.38 |
| 3. | Mirko van Ligtenberg | Wetterwille | 2:55.00 | 9800735 | 2:46.35 |

Limietwedstrijd zv Orca
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Programmanr. 8 Dames, 200m rugslag alg. leeftijdsgroep
24-04-2010 - 18:05 Resultaten

| Rang | | In.tijd | | Tijd |
|------|-----------------|-------------|-----------------|----------------|
| 1. | Aimée Groenveld | De Houtrib | 2:41.51 9503394 | 2:40.11 |
| 2. | Marjolein Maris | De Houtrib | 2:33.88 9400210 | 2:40.90 |
| 3. | Saskia Bergsma | ZCNF'34 | 2:44.64 9301686 | 2:44.30 |
| 4. | Anna Regnerus | Wetterwille | 3:00.07 9701656 | 2:45.46 |
| 5. | Roelie de Boer | Wetterwille | 2:59.20 9600508 | 2:53.27 |
| 6. | Rixt de Vos | zv Orca | 3:00.95 9108302 | 3:03.82 |

Programmanr. 9 Heren, 200m wisselslag alg. leeftijdsgroep
24-04-2010 - 18:05 Resultaten

| Rang | | In.tijd | | Tijd |
|-------|--------------------|---------------------|-----------------|----------------|
| 1. | Brian van de Graaf | De Houtrib | 2:24.04 9401653 | 2:25.09 |
| 2. | Allard Veenstra | ZCNF'34 | 2:51.44 9703453 | 2:49.55 |
| 3. | Axl Akkermans | ZCNF'34 | 2:51.51 9301885 | 2:53.21 |
| 4. | Jordi Nijland | De Houtrib | 2:59.67 9703957 | 2:53.86 |
| 5. | Richard Kuipers | zv Orca | NT 9704171 | 2:57.44 |
| 6. | Jonne Westenberg | ZC De Forel Wolvega | 3:09.85 9601695 | 3:08.67 |
| AFGEM | Elmo Doorn | ZC De Forel Wolvega | 3:19.15 9601995 | |

Programmanr. 10 Dames, 200m wisselslag alg. leeftijdsgroep
24-04-2010 - 18:15 Resultaten

| Rang | | In.tijd | | Tijd |
|-------|--------------------|---------------------|-----------------|----------------|
| 1. | Esther Robakiewicz | De Houtrib | 2:48.45 9603430 | 2:48.57 |
| 2. | Carolien Baarda | zv Orca | 3:05.53 9704060 | 2:57.02 |
| 3. | Joyce Bakker | ZC De Forel Wolvega | 2:57.81 9600522 | 2:58.82 |
| 4. | Willeke Willems | ZCNF'34 | 3:05.12 9600232 | 3:01.78 |
| 5. | Esmee Verhoef | zv Orca | 3:06.92 9603802 | 3:02.52 |
| 6. | Winnie de Vries | ZCNF'34 | NT 9601456 | 3:02.74 |
| 7. | Nikki Jepkema | zv Orca | 3:07.12 9505956 | 3:05.12 |
| 8. | Arianne Huisman | ZCNF'34 | 3:13.70 9403036 | 3:06.70 |
| 9. | Evabeth de Jong | De Vikings | 3:13.64 9506240 | 3:07.74 |
| 10. | Myrthe Offenga | De Vikings | 3:15.75 9901874 | 3:16.95 |
| AFGEM | Femke de Meer | ZPD | 3:16.23 9703080 | |

Programmanr. 11 Dames, 400m vrije slag alg. leeftijdsgroep
24-04-2010 - 18:40 Resultaten

| Rang | | In.tijd | | Tijd |
|------|-----------------|-------------|-----------------|----------------|
| 1. | Rixt de Vos | zv Orca | NT 9108302 | 5:33.91 |
| 2. | Nynke Ytsma | Wetterwille | 5:51.20 9701654 | 5:38.49 |
| 3. | Wendy van Cleef | zv Orca | NT 9802760 | 5:59.78 |

Limietwedstrijd zv Orca
Leeuwarden, 24.4.2010

Programmanr. 16
24-04-2010 - 19:05

Heren, 200m schoolslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|---|-------------------|---------------------|---------|------------|----------------|
| 1. | Dirk van der Eems | Wetterwille | 3:01.86 | 9501565 | 2:51.60 |
| 2. | Reinoud Weiland | SG Middelse-Skelp | 3:11.66 | 9603967 | 3:07.47 |
| 3. | Wiebe Auke Postma | Wetterwille | 3:26.54 | 9702657 | 3:09.49 |
| 4. | Koen van der Eems | Wetterwille | 3:20.86 | 9700807 | 3:13.95 |
| 5. | Niels Visser | HZ&PC Heerenveen | 3:19.00 | 9702251 | 3:22.10 |
| 6. | Hielke Twijnstra | De Vikings | 3:21.33 | 9505291 | 3:23.17 |
| 7. | Harry Westers | De Vikings | 3:18.97 | 9504869 | 3:23.79 |
| 8. | Bram van der Sar | zv Orca | 3:26.50 | 9603871 | 3:32.62 |
| 9. | Jonne Westenberg | ZC De Forel Wolvega | 3:28.78 | 9601695 | 3:34.37 |
| DIS | Thomas de Boer | ZCNF'34 | | NT 9603127 | 3:11.27 |
| <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | |
| AFGEM | Elmo Doorn | ZC De Forel Wolvega | 3:51.95 | 9601995 | |

Programmanr. 17
24-04-2010 - 19:10

Dames, 100m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|------------------------|---------------------|---------|------------|----------------|
| 1. | Nanda de Vries | HZ&PC Heerenveen | 1:11.62 | 9204328 | 1:12.01 |
| 2. | Anja Mus | SG Middelse-Skelp | 1:17.34 | 9403928 | 1:16.01 |
| 3. | Jolien Bleichrodt | De Vikings | 1:16.31 | 9203650 | 1:18.38 |
| 4. | Merel Weysenfeld | De Vikings | 1:18.92 | 9404110 | 1:19.58 |
| 5. | Arianne Huisman | ZCNF'34 | 1:22.56 | 9403036 | 1:22.93 |
| 6. | Femke Hemstra | SG Middelse-Skelp | 1:19.98 | 9305466 | 1:23.11 |
| 7. | Willeke Willems | ZCNF'34 | 1:23.64 | 9600232 | 1:23.25 |
| 8. | Melanie van der Mossel | SG Middelse-Skelp | 1:25.41 | 9504590 | 1:23.47 |
| 9. | Nikki Jepkema | zv Orca | 1:24.69 | 9505956 | 1:24.10 |
| 10. | Astrid de Vegt | ZCNF'34 | 1:23.87 | 9800036 | 1:25.91 |
| 11. | Evabeth de Jong | De Vikings | 1:29.13 | 9506240 | 1:28.55 |
| 12. | Eva Janssen | ZC De Forel Wolvega | 1:39.24 | 9703410 | 1:32.02 |
| 13. | Lieke van Dam | ZC De Forel Wolvega | 1:29.96 | 9500686 | 1:34.05 |
| 14. | Nadine Smits | zv Orca | 1:38.25 | 9801098 | 1:34.69 |
| 15. | Arianne Jonkman | ZCNF'34 | 1:42.98 | 9801590 | 1:37.69 |
| 16. | Anne vd Besselaar | zv Orca | | NT 8504062 | 2:46.08 |
| AFGEM | Femke de Meer | ZPD | 1:24.82 | 9703080 | |

Programmanr. 18
24-04-2010 - 19:20

Heren, 100m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|------------------------|---------------------|---------|---------|----------------|
| 1. | Harm Lemstra | De Vikings | 1:10.55 | 9305009 | 1:12.81 |
| 2. | Lennart van Ligtenberg | Wetterwille | 1:16.74 | 9501951 | 1:15.89 |
| 3. | Daniel Borghardt | zv Orca | 1:19.44 | 9700973 | 1:21.03 |
| 4. | Matthijs Jansen | Wetterwille | 1:25.75 | 9602379 | 1:21.94 |
| 5. | Allard Veenstra | ZCNF'34 | 1:19.51 | 9703453 | 1:22.74 |
| 6. | Andrei Vonk | ZC De Forel Wolvega | 1:20.96 | 9303455 | 1:23.93 |
| 7. | Jurriën Wermink | ZCNF'34 | 1:40.75 | 9700041 | 1:42.05 |

Limietwedstrijd zv Orca
Leeuwarden, 24.4.2010

Programmanr. 19
24-04-2010 - 19:20

Dames, 200m vrije slag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|-----------------|---------------------|---------|---------|----------------|
| 1. | Saskia Bergsma | ZCNF'34 | 2:19.09 | 9301686 | 2:18.96 |
| 2. | Johanna de Boer | ZPD | 2:22.29 | 9403944 | 2:24.17 |
| 3. | Joyce Bakker | ZC De Forel Wolvega | 2:30.83 | 9600522 | 2:33.86 |
| 4. | Bregje Tingen | ZCNF'34 | 2:37.30 | 9500960 | 2:34.99 |
| 5. | Roelie de Boer | Wetterwille | 2:59.32 | 9600508 | 2:36.52 |
| 6. | Carolien Baarda | zv Orca | 2:41.12 | 9704060 | 2:39.79 |
| 7. | Hanny van Dijk | zv Orca | 2:42.39 | 9804514 | 2:39.88 |
| 8. | Myrthe Offenga | De Vikings | 2:55.98 | 9901874 | 2:54.21 |
| 9. | Nienke Postma | zv Orca | 3:09.96 | 9801096 | 2:58.11 |
| 10. | Caroline Nauta | De Vikings | 3:36.75 | 9803148 | 3:12.53 |
| 11. | Laura Staal | ZCNF'34 | NT | 9705388 | 3:19.25 |
| DIS | Marit Brink | ZCNF'34 | 2:44.59 | 9503940 | |

AA - Te vroeg weg of bewogen bij start.

Programmanr. 20
24-04-2010 - 19:30

Heren, 200m vrije slag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|----------------------|---------------------|---------|---------|----------------|
| 1. | Hendrik Ben v/d Boon | ZPD | 2:08.14 | 8804761 | 2:11.28 |
| 2. | Lars Roelofs | ZC De Forel Wolvega | 2:29.64 | 9602667 | 2:30.04 |
| 3. | Axl Akkermans | ZCNF'34 | 2:34.90 | 9301885 | 2:31.57 |
| 4. | Jelmer Postma | zv Orca | 2:35.46 | 9701631 | 2:32.77 |
| 5. | Richard Kuipers | zv Orca | 2:58.46 | 9704171 | 2:36.01 |
| 6. | Bart Weiland | Wetterwille | 2:35.62 | 9700777 | 2:41.09 |