

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

1 - 14. mei 10

14.5.10

Programmanr. 1 Dames, 400m vrije slag alg. leeftijdsgroep
14.5.10 Resultaten

| Rang | | | In.tijd | Tijd | RT | | | |
|---------|-------------------|-------------------|---------------|---------|----------------|---------|---------------|---------|
| 11 jaar | | | | | | | | |
| 1. | Nynke Klokman | DZ&PC | 9801424 | 5:20.90 | 5:17.11 | +0,76 | | |
| | 100m: 1:15.20 | 1:15.20 | 200m: 2:38.08 | 1:22.88 | 300m: 3:59.79 | 1:21.71 | 400m: 5:17.11 | 1:17.32 |
| 2. | Kinge Zandringa | Orca | 9801422 | 5:29.08 | 5:23.31 | +0,72 | | |
| | 100m: 1:14.29 | 1:14.29 | 200m: 2:38.55 | 1:24.26 | 300m: 4:03.98 | 1:25.43 | 400m: 5:23.31 | 1:19.33 |
| 3. | Anneliene Zuidema | SG Middelse-Skelp | 9800768 | 5:40.58 | 5:33.51 | +0,88 | | |
| | 100m: 1:16.87 | 1:16.87 | 200m: 2:43.26 | 1:26.39 | 300m: 4:10.41 | 1:27.15 | 400m: 5:33.51 | 1:23.10 |
| 4. | Hanny van Dijk | Orca | 9804514 | 5:45.31 | 5:40.67 | +0,85 | | |
| | 100m: 1:23.72 | 1:23.72 | 200m: 2:51.93 | 1:28.21 | 300m: 4:18.69 | 1:26.76 | 400m: 5:40.67 | 1:21.98 |
| 5. | Ellen Jager | PWC Buitenpost | 9801384 | 5:38.34 | 5:50.15 | +0,99 | | |
| | 100m: 1:21.25 | 1:21.25 | 200m: 2:52.15 | 1:30.90 | 300m: 4:25.26 | 1:33.11 | 400m: 5:50.15 | 1:24.89 |
| 6. | Carmen Weistra | Orca | 9802148 | 5:36.92 | 5:50.82 | +0,79 | | |
| | 100m: 1:19.94 | 1:19.94 | 200m: 2:49.31 | 1:29.37 | 300m: 4:21.38 | 1:32.07 | 400m: 5:50.82 | 1:29.44 |

12 jaar

| | | | | | | | | |
|----|-----------------|------------------|---------------|---------|----------------|---------|---------------|---------|
| 1. | Marre Zandringa | Orca | 9701136 | 4:50.36 | 5:00.75 | +0,82 | | |
| | 100m: 1:08.83 | 1:08.83 | 200m: 2:26.17 | 1:17.34 | 300m: 3:44.46 | 1:18.29 | 400m: 5:00.75 | 1:16.29 |
| 2. | Claris de Vries | DZ&PC | 9700942 | 5:04.20 | 5:08.32 | +0,79 | | |
| | 100m: 1:12.79 | 1:12.79 | 200m: 2:31.27 | 1:18.48 | 300m: 3:50.25 | 1:18.98 | 400m: 5:08.32 | 1:18.07 |
| 3. | Rixt Meijer | HZ&PC Heerenveen | 9700202 | 5:20.90 | 5:21.75 | +0,88 | | |
| | 100m: 1:14.28 | 1:14.28 | 200m: 2:36.28 | 1:22.00 | 300m: 4:00.18 | 1:23.90 | 400m: 5:21.75 | 1:21.57 |
| 4. | Aldith Pasveer | Orca | 9701398 | 5:32.70 | 5:31.38 | +0,93 | | |
| | 100m: 1:17.54 | 1:17.54 | 200m: 2:43.59 | 1:26.05 | 300m: 4:09.49 | 1:25.90 | 400m: 5:31.38 | 1:21.89 |
| 5. | Annemiek Halma | De Vikings | 9702884 | 5:26.91 | 5:31.79 | +0,75 | | |
| | 100m: 1:17.26 | 1:17.26 | 200m: 2:43.04 | 1:25.78 | 300m: 4:09.08 | 1:26.04 | 400m: 5:31.79 | 1:22.71 |
| 6. | Carolien Baarda | Orca | 9704060 | 5:29.33 | 5:38.34 | +0,78 | | |
| | 100m: 1:18.98 | 1:18.98 | 200m: 2:46.90 | 1:27.92 | 300m: 4:14.44 | 1:27.54 | 400m: 5:38.34 | 1:23.90 |
| 7. | Lisanne Hassing | De Forel | 9702584 | 5:38.89 | 5:50.19 | +0,85 | | |
| | 100m: 1:21.66 | 1:21.66 | 200m: 2:53.24 | 1:31.58 | 300m: 4:26.68 | 1:33.44 | 400m: 5:50.19 | 1:23.51 |
| 8. | Nynke Ytsma | Wetterwille | 9701654 | 5:38.49 | 5:52.50 | +0,67 | | |
| | 100m: 1:23.06 | 1:23.06 | 200m: 2:54.37 | 1:31.31 | 300m: 4:26.14 | 1:31.77 | 400m: 5:52.50 | 1:26.36 |

13 jaar

| | | | | | | | | |
|----|--------------------|------------------|---------------|---------|----------------|---------|---------------|---------|
| 1. | Renate Hemmes | DZ&PC | 9600418 | 4:40.58 | 4:40.71 | +0,83 | | |
| | 100m: 1:06.34 | 1:06.34 | 200m: 2:17.62 | 1:11.28 | 300m: 3:30.41 | 1:12.79 | 400m: 4:40.71 | 1:10.30 |
| 2. | Evelien van Ruiten | Orca | 9602924 | 4:40.36 | 4:49.01 | +0,86 | | |
| | 100m: 1:06.38 | 1:06.38 | 200m: 2:19.15 | 1:12.77 | 300m: 3:34.54 | 1:15.39 | 400m: 4:49.01 | 1:14.47 |
| 3. | Cynthia Verkaik | de Granaet | 9601288 | 4:49.17 | 4:51.74 | +0,86 | | |
| | 100m: 1:09.32 | 1:09.32 | 200m: 2:24.05 | 1:14.73 | 300m: 3:38.40 | 1:14.35 | 400m: 4:51.74 | 1:13.34 |
| 4. | Desiree Vedder | HZ&PC Heerenveen | 9600864 | 5:04.77 | 5:10.30 | +0,99 | | |
| | 100m: 1:11.42 | 1:11.42 | 200m: 2:31.05 | 1:19.63 | 300m: 3:51.95 | 1:20.90 | 400m: 5:10.30 | 1:18.35 |
| 5. | Mirthe Alkema | Orca | 9603616 | 5:12.19 | 5:16.18 | +0,77 | | |
| | 100m: 1:14.95 | 1:14.95 | 200m: 2:37.85 | 1:22.90 | 300m: 4:00.37 | 1:22.52 | 400m: 5:16.18 | 1:15.81 |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 1, Meisjes, 400m vrije slag, 13 jaar

| Rang | | | In.tijd | Tijd | RT | | | | |
|------|---------------|----------|---------------|---------|----------------|---------|---------------|---------|--|
| 6. | Claudia Hacke | Orca | 9602936 | 5:08.92 | 5:20.39 | +0,94 | | | |
| | 100m: 1:13.58 | 1:13.58 | 200m: 2:37.39 | 1:23.81 | 300m: 4:00.91 | 1:23.52 | 400m: 5:20.39 | 1:19.48 | |
| 7. | Joyce Bakker | De Forel | 9600522 | 5:24.11 | 5:39.17 | +0,73 | | | |
| | 100m: 1:17.03 | 1:17.03 | 200m: 2:43.77 | 1:26.74 | 300m: 4:12.63 | 1:28.86 | 400m: 5:39.17 | 1:26.54 | |

14 - 15 jaar

| | | | | | | | | | |
|----|----------------|------------|---------------|---------|----------------|---------|---------------|---------|--|
| 1. | Jessie Smeding | Orca | 9504528 | 4:40.51 | 5:03.01 | +0,76 | | | |
| | 100m: 1:08.26 | 1:08.26 | 200m: 2:24.82 | 1:16.56 | 300m: 3:43.89 | 1:19.07 | 400m: 5:03.01 | 1:19.12 | |
| 2. | Aukje Zwart | Avena | 9402916 | 5:06.86 | 5:10.66 | +0,91 | | | |
| | 100m: 1:11.35 | 1:11.35 | 200m: 2:30.42 | 1:19.07 | 300m: 3:50.26 | 1:19.84 | 400m: 5:10.66 | 1:20.40 | |
| 3. | Rixt Wilbers | de Granaet | 9503480 | 5:11.24 | 5:12.84 | +1,06 | | | |
| | 100m: 1:13.02 | 1:13.02 | 200m: 2:34.35 | 1:21.33 | 300m: 3:55.06 | 1:20.71 | 400m: 5:12.84 | 1:17.78 | |
| 4. | Freya Holwerda | Orca | 9502780 | 4:52.41 | 5:15.53 | +0,85 | | | |
| | 100m: 1:09.18 | 1:09.18 | 200m: 2:28.10 | 1:18.92 | 300m: 3:51.81 | 1:23.71 | 400m: 5:15.53 | 1:23.72 | |
| 5. | Maayke de Boer | de Granaet | 9505906 | 5:24.08 | 5:27.94 | +0,90 | | | |
| | 100m: 1:15.49 | 1:15.49 | 200m: 2:38.99 | 1:23.50 | 300m: 4:04.27 | 1:25.28 | 400m: 5:27.94 | 1:23.67 | |

16 jaar en ouder

| | | | | | | | | | |
|----|---------------------|------------------|---------------|---------|----------------|---------|---------------|---------|----|
| 1. | Wendan Poelstra | Orca | 9102496 | 4:32.94 | 4:40.37 | +0,76 | | | |
| | 100m: 1:04.09 | 1:04.09 | 200m: 2:14.48 | 1:10.39 | 300m: 3:27.77 | 1:13.29 | 400m: 4:40.37 | 1:12.60 | |
| 2. | Nanda de Vries | HZ&PC Heerenveen | 9204328 | 4:48.11 | 5:01.69 | +0,89 | | | |
| | 100m: 1:09.23 | 1:09.23 | 200m: 2:25.90 | 1:16.67 | 300m: 3:44.60 | 1:18.70 | 400m: 5:01.69 | 1:17.09 | |
| 3. | Josephine Meerman | DZ&PC | 9304258 | 5:01.84 | 5:06.10 | +0,85 | | | |
| | 100m: 1:10.79 | 1:10.79 | 200m: 2:28.41 | 1:17.62 | 300m: 3:46.90 | 1:18.49 | 400m: 5:06.10 | 1:19.20 | |
| 4. | Lysbeth Wiersma | HZ&PC Heerenveen | 9204486 | 5:00.47 | 5:06.60 | +0,77 | | | |
| | 100m: 1:09.35 | 1:09.35 | 200m: 2:28.85 | 1:19.50 | 300m: 3:47.93 | 1:19.08 | 400m: 5:06.60 | 1:18.67 | |
| 5. | Saskia Bergsma | ZCNF'34 | 9301686 | 5:10.23 | 5:14.63 | +1,05 | | | |
| | 100m: 1:11.63 | 1:11.63 | 200m: 2:32.18 | 1:20.55 | 300m: 3:54.28 | 1:22.10 | 400m: 5:14.63 | 1:20.35 | |
| 6. | Marissa Lindemulder | de Granaet | 9306392 | 5:11.16 | 5:21.23 | +1,00 | | | |
| | 100m: 1:13.31 | 1:13.31 | 200m: 2:36.18 | 1:22.87 | 300m: 3:59.73 | 1:23.55 | 400m: 5:21.23 | 1:21.50 | |
| 7. | Femke de Jong | Orca | 9306390 | 4:58.02 | 5:22.71 | +0,97 | | | |
| | 100m: 1:13.11 | 1:13.11 | 200m: 2:34.95 | 1:21.84 | 300m: 4:00.12 | 1:25.17 | 400m: 5:22.71 | 1:22.59 | |
| NG | Lisette Teunissen | KNZB Gsn | 86lte | 7:20.00 | | | | | S5 |

alg. leeftijdsgroep

| | | | | | | | | | |
|----|--------------------|------------------|---------------|---------|----------------|---------|---------------|---------|--|
| 1. | Wendan Poelstra | Orca | 9102496 | 4:32.94 | 4:40.37 | +0,76 | | | |
| | 100m: 1:04.09 | 1:04.09 | 200m: 2:14.48 | 1:10.39 | 300m: 3:27.77 | 1:13.29 | 400m: 4:40.37 | 1:12.60 | |
| 2. | Renate Hemmes | DZ&PC | 9600418 | 4:40.58 | 4:40.71 | +0,83 | | | |
| | 100m: 1:06.34 | 1:06.34 | 200m: 2:17.62 | 1:11.28 | 300m: 3:30.41 | 1:12.79 | 400m: 4:40.71 | 1:10.30 | |
| 3. | Evelien van Ruiten | Orca | 9602924 | 4:40.36 | 4:49.01 | +0,86 | | | |
| | 100m: 1:06.38 | 1:06.38 | 200m: 2:19.15 | 1:12.77 | 300m: 3:34.54 | 1:15.39 | 400m: 4:49.01 | 1:14.47 | |
| 4. | Cynthia Verkaik | de Granaet | 9601288 | 4:49.17 | 4:51.74 | +0,86 | | | |
| | 100m: 1:09.32 | 1:09.32 | 200m: 2:24.05 | 1:14.73 | 300m: 3:38.40 | 1:14.35 | 400m: 4:51.74 | 1:13.34 | |
| 5. | Marre Zandringa | Orca | 9701136 | 4:50.36 | 5:00.75 | +0,82 | | | |
| | 100m: 1:08.83 | 1:08.83 | 200m: 2:26.17 | 1:17.34 | 300m: 3:44.46 | 1:18.29 | 400m: 5:00.75 | 1:16.29 | |
| 6. | Nanda de Vries | HZ&PC Heerenveen | 9204328 | 4:48.11 | 5:01.69 | +0,89 | | | |
| | 100m: 1:09.23 | 1:09.23 | 200m: 2:25.90 | 1:16.67 | 300m: 3:44.60 | 1:18.70 | 400m: 5:01.69 | 1:17.09 | |
| 7. | Jessie Smeding | Orca | 9504528 | 4:40.51 | 5:03.01 | +0,76 | | | |
| | 100m: 1:08.26 | 1:08.26 | 200m: 2:24.82 | 1:16.56 | 300m: 3:43.89 | 1:19.07 | 400m: 5:03.01 | 1:19.12 | |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 1, Dames, 400m vrije slag, alg. leeftijdsgroep

| Rang | | | | In.tijd | Tijd | RT | | | | | | |
|------|---------------------|-------------------|---------|---------|----------------|---------|-------|---------|---------|-------|---------|---------|
| 8. | Josephine Meerman | DZ&PC | 9304258 | 5:01.84 | 5:06.10 | +0,85 | | | | | | |
| | 100m: | 1:10.79 | 1:10.79 | 200m: | 2:28.41 | 1:17.62 | 300m: | 3:46.90 | 1:18.49 | 400m: | 5:06.10 | 1:19.20 |
| 9. | Lysbeth Wiersma | HZ&PC Heerenveen | 9204486 | 5:00.47 | 5:06.60 | +0,77 | | | | | | |
| | 100m: | 1:09.35 | 1:09.35 | 200m: | 2:28.85 | 1:19.50 | 300m: | 3:47.93 | 1:19.08 | 400m: | 5:06.60 | 1:18.67 |
| 10. | Claris de Vries | DZ&PC | 9700942 | 5:04.20 | 5:08.32 | +0,79 | | | | | | |
| | 100m: | 1:12.79 | 1:12.79 | 200m: | 2:31.27 | 1:18.48 | 300m: | 3:50.25 | 1:18.98 | 400m: | 5:08.32 | 1:18.07 |
| 11. | Desiree Vedder | HZ&PC Heerenveen | 9600864 | 5:04.77 | 5:10.30 | +0,99 | | | | | | |
| | 100m: | 1:11.42 | 1:11.42 | 200m: | 2:31.05 | 1:19.63 | 300m: | 3:51.95 | 1:20.90 | 400m: | 5:10.30 | 1:18.35 |
| 12. | Aukje Zwart | Avena | 9402916 | 5:06.86 | 5:10.66 | +0,91 | | | | | | |
| | 100m: | 1:11.35 | 1:11.35 | 200m: | 2:30.42 | 1:19.07 | 300m: | 3:50.26 | 1:19.84 | 400m: | 5:10.66 | 1:20.40 |
| 13. | Rixt Wilbers | de Granaet | 9503480 | 5:11.24 | 5:12.84 | +1,06 | | | | | | |
| | 100m: | 1:13.02 | 1:13.02 | 200m: | 2:34.35 | 1:21.33 | 300m: | 3:55.06 | 1:20.71 | 400m: | 5:12.84 | 1:17.78 |
| 14. | Saskia Bergsma | ZCNF'34 | 9301686 | 5:10.23 | 5:14.63 | +1,05 | | | | | | |
| | 100m: | 1:11.63 | 1:11.63 | 200m: | 2:32.18 | 1:20.55 | 300m: | 3:54.28 | 1:22.10 | 400m: | 5:14.63 | 1:20.35 |
| 15. | Freya Holwerda | Orca | 9502780 | 4:52.41 | 5:15.53 | +0,85 | | | | | | |
| | 100m: | 1:09.18 | 1:09.18 | 200m: | 2:28.10 | 1:18.92 | 300m: | 3:51.81 | 1:23.71 | 400m: | 5:15.53 | 1:23.72 |
| 16. | Mirthe Alkema | Orca | 9603616 | 5:12.19 | 5:16.18 | +0,77 | | | | | | |
| | 100m: | 1:14.95 | 1:14.95 | 200m: | 2:37.85 | 1:22.90 | 300m: | 4:00.37 | 1:22.52 | 400m: | 5:16.18 | 1:15.81 |
| 17. | Nynke Klokman | DZ&PC | 9801424 | 5:20.90 | 5:17.11 | +0,76 | | | | | | |
| | 100m: | 1:15.20 | 1:15.20 | 200m: | 2:38.08 | 1:22.88 | 300m: | 3:59.79 | 1:21.71 | 400m: | 5:17.11 | 1:17.32 |
| 18. | Claudia Hacke | Orca | 9602936 | 5:08.92 | 5:20.39 | +0,94 | | | | | | |
| | 100m: | 1:13.58 | 1:13.58 | 200m: | 2:37.39 | 1:23.81 | 300m: | 4:00.91 | 1:23.52 | 400m: | 5:20.39 | 1:19.48 |
| 19. | Marissa Lindemulder | de Granaet | 9306392 | 5:11.16 | 5:21.23 | +1,00 | | | | | | |
| | 100m: | 1:13.31 | 1:13.31 | 200m: | 2:36.18 | 1:22.87 | 300m: | 3:59.73 | 1:23.55 | 400m: | 5:21.23 | 1:21.50 |
| 20. | Rixt Meijer | HZ&PC Heerenveen | 9700202 | 5:20.90 | 5:21.75 | +0,88 | | | | | | |
| | 100m: | 1:14.28 | 1:14.28 | 200m: | 2:36.28 | 1:22.00 | 300m: | 4:00.18 | 1:23.90 | 400m: | 5:21.75 | 1:21.57 |
| 21. | Femke de Jong | Orca | 9306390 | 4:58.02 | 5:22.71 | +0,97 | | | | | | |
| | 100m: | 1:13.11 | 1:13.11 | 200m: | 2:34.95 | 1:21.84 | 300m: | 4:00.12 | 1:25.17 | 400m: | 5:22.71 | 1:22.59 |
| 22. | Kinge Zandringa | Orca | 9801422 | 5:29.08 | 5:23.31 | +0,72 | | | | | | |
| | 100m: | 1:14.29 | 1:14.29 | 200m: | 2:38.55 | 1:24.26 | 300m: | 4:03.98 | 1:25.43 | 400m: | 5:23.31 | 1:19.33 |
| 23. | Maayke de Boer | de Granaet | 9505906 | 5:24.08 | 5:27.94 | +0,90 | | | | | | |
| | 100m: | 1:15.49 | 1:15.49 | 200m: | 2:38.99 | 1:23.50 | 300m: | 4:04.27 | 1:25.28 | 400m: | 5:27.94 | 1:23.67 |
| 24. | Aldith Pasveer | Orca | 9701398 | 5:32.70 | 5:31.38 | +0,93 | | | | | | |
| | 100m: | 1:17.54 | 1:17.54 | 200m: | 2:43.59 | 1:26.05 | 300m: | 4:09.49 | 1:25.90 | 400m: | 5:31.38 | 1:21.89 |
| 25. | Annemiek Halma | De Vikings | 9702884 | 5:26.91 | 5:31.79 | +0,75 | | | | | | |
| | 100m: | 1:17.26 | 1:17.26 | 200m: | 2:43.04 | 1:25.78 | 300m: | 4:09.08 | 1:26.04 | 400m: | 5:31.79 | 1:22.71 |
| 26. | Anneliene Zuidema | SG Middelse-Skelp | 9800768 | 5:40.58 | 5:33.51 | +0,88 | | | | | | |
| | 100m: | 1:16.87 | 1:16.87 | 200m: | 2:43.26 | 1:26.39 | 300m: | 4:10.41 | 1:27.15 | 400m: | 5:33.51 | 1:23.10 |
| 27. | Carolien Baarda | Orca | 9704060 | 5:29.33 | 5:38.34 | +0,78 | | | | | | |
| | 100m: | 1:18.98 | 1:18.98 | 200m: | 2:46.90 | 1:27.92 | 300m: | 4:14.44 | 1:27.54 | 400m: | 5:38.34 | 1:23.90 |
| 28. | Joyce Bakker | De Forel | 9600522 | 5:24.11 | 5:39.17 | +0,73 | | | | | | |
| | 100m: | 1:17.03 | 1:17.03 | 200m: | 2:43.77 | 1:26.74 | 300m: | 4:12.63 | 1:28.86 | 400m: | 5:39.17 | 1:26.54 |
| 29. | Hanny van Dijk | Orca | 9804514 | 5:45.31 | 5:40.67 | +0,85 | | | | | | |
| | 100m: | 1:23.72 | 1:23.72 | 200m: | 2:51.93 | 1:28.21 | 300m: | 4:18.69 | 1:26.76 | 400m: | 5:40.67 | 1:21.98 |
| 30. | Ellen Jager | PWC Buitenpost | 9801384 | 5:38.34 | 5:50.15 | +0,99 | | | | | | |
| | 100m: | 1:21.25 | 1:21.25 | 200m: | 2:52.15 | 1:30.90 | 300m: | 4:25.26 | 1:33.11 | 400m: | 5:50.15 | 1:24.89 |
| 31. | Lisanne Hassing | De Forel | 9702584 | 5:38.89 | 5:50.19 | +0,85 | | | | | | |
| | 100m: | 1:21.66 | 1:21.66 | 200m: | 2:53.24 | 1:31.58 | 300m: | 4:26.68 | 1:33.44 | 400m: | 5:50.19 | 1:23.51 |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 1, Dames, 400m vrije slag, alg. leeftijdsgroep

| Rang | | | | In.tijd | Tijd | RT | | | |
|------|----------------------|-------------|---------------|---------|----------------|---------|---------------|---------|----|
| 32. | Carmen Weistra | Orca | 9802148 | 5:36.92 | 5:50.82 | +0,79 | | | |
| | 100m: 1:19.94 | 1:19.94 | 200m: 2:49.31 | 1:29.37 | 300m: 4:21.38 | 1:32.07 | 400m: 5:50.82 | 1:29.44 | |
| 33. | Nynke Ytsma | Wetterwille | 9701654 | 5:38.49 | 5:52.50 | +0,67 | | | |
| | 100m: 1:23.06 | 1:23.06 | 200m: 2:54.37 | 1:31.31 | 300m: 4:26.14 | 1:31.77 | 400m: 5:52.50 | 1:26.36 | |
| NG | Lisette Teunissen | KNZB Gsn | 86lte | 7:20.00 | | | | | S5 |
| BM | Chantal Molenkamp | KNZB Gsn | 9002624 | 5:46.00 | 5:18.97 | +0,75 | S10 | | |
| | 100m: 1:13.76 | 1:13.76 | 200m: 2:34.60 | 1:20.84 | 300m: 3:57.41 | 1:22.81 | 400m: 5:18.97 | 1:21.56 | |
| BM | Marije Oosterhuis | KNZB Gsn | 9500318 | 5:46.00 | 5:24.01 | +0,87 | S10 | | |
| | 100m: 1:16.29 | 1:16.29 | 200m: 2:40.37 | 1:24.08 | 300m: 4:03.05 | 1:22.68 | 400m: 5:24.01 | 1:20.96 | |
| BM | Lisa den Braber | KNZB Gsn | 92lbr | 5:51.00 | 5:44.42 | +0,80 | S8 | | |
| | 100m: 1:21.41 | 1:21.41 | 200m: 2:48.82 | 1:27.41 | 300m: 4:17.30 | 1:28.48 | 400m: 5:44.42 | 1:27.12 | |
| BM | M. de Koning - Peper | KNZB Gsn | 69mko | 6:00.00 | 5:58.59 | | S6 | | |
| | 100m: 1:24.21 | 1:24.21 | 200m: 2:55.67 | 1:31.46 | 300m: 4:28.40 | 1:32.73 | 400m: 5:58.59 | 1:30.19 | |
| BM | Lisa Dootjes | KNZB Gsn | 94ldo | 6:30.00 | 6:27.09 | +1,13 | S9 | | |
| | 100m: 1:27.25 | 1:27.25 | 200m: 3:06.50 | 1:39.25 | 300m: 4:48.22 | 1:41.72 | 400m: 6:27.09 | 1:38.87 | |
| BM | Romy Pansters | KNZB Gsn | 96rpa | 6:30.00 | 6:29.98 | +0,97 | S8 | | |
| | 100m: 1:30.13 | 1:30.13 | 200m: 3:11.78 | 1:41.65 | 300m: 4:54.48 | 1:42.70 | 400m: 6:29.98 | 1:35.50 | |

Programmanr. 2
14.5.10

Heren, 400m vrije slag

alg. leeftijdsgroep
Resultaten

| Rang | | | | In.tijd | Tijd | RT | | | |
|---------|-------------------------------------------------------------------|------------------|---------------|---------|----------------|---------|---------------|---------|--|
| 12 jaar | | | | | | | | | |
| 1. | Jorn Steenberg | DZ&PC | 9700039 | 4:57.85 | 4:55.07 | +0,73 | | | |
| | 100m: 1:10.24 | 1:10.24 | 200m: 2:26.52 | 1:16.28 | 300m: 3:42.39 | 1:15.87 | 400m: 4:55.07 | 1:12.68 | |
| 2. | Mathijs Mulder | HZ&PC Heerenveen | 9700071 | 5:06.37 | 5:23.77 | +0,90 | | | |
| | 100m: 1:13.80 | 1:13.80 | 200m: 2:37.13 | 1:23.33 | 300m: 4:01.72 | 1:24.59 | 400m: 5:23.77 | 1:22.05 | |
| 3. | Allard Veenstra | ZCNF'34 | 9703453 | 5:17.46 | 5:25.40 | +0,96 | | | |
| | 100m: 1:14.21 | 1:14.21 | 200m: 2:36.69 | 1:22.48 | 300m: 4:03.44 | 1:26.75 | 400m: 5:25.40 | 1:21.96 | |
| 4. | Stuart Vis | Orca | 9702991 | 5:08.75 | 5:25.82 | +0,89 | | | |
| | 100m: 1:16.53 | 1:16.53 | 200m: 2:39.91 | 1:23.38 | 300m: 4:05.29 | 1:25.38 | 400m: 5:25.82 | 1:20.53 | |
| 5. | Bart Weiland | Wetterwille | 9700777 | 5:29.25 | 5:36.54 | +0,74 | | | |
| | 100m: 1:18.87 | 1:18.87 | 200m: 2:45.59 | 1:26.72 | 300m: 4:14.86 | 1:29.27 | 400m: 5:36.54 | 1:21.68 | |
| 6. | Jelmer Postma | Orca | 9701631 | 5:20.20 | 5:44.28 | +0,87 | | | |
| | 100m: 1:20.91 | 1:20.91 | 200m: 2:49.82 | 1:28.91 | 300m: 4:18.36 | 1:28.54 | 400m: 5:44.28 | 1:25.92 | |
| DIS | Marcel van der Heide | De Vikings | 9701503 | 5:25.82 | | | | | |
| | <i>AB - Veroorzaakte valse start. (uitgesloten voor prog.nr.)</i> | | | | | | | | |

13 jaar

| | | | | | | | | | |
|----|----------------|------------|---------------|---------|----------------|---------|---------------|---------|--|
| 1. | Robin de Joode | de Granaet | 9601371 | 4:56.71 | 5:05.93 | +0,74 | | | |
| | 100m: 1:09.98 | 1:09.98 | 200m: 2:28.23 | 1:18.25 | 300m: 3:48.85 | 1:20.62 | 400m: 5:05.93 | 1:17.08 | |
| 2. | Jelmer Groos | DZ&PC | 9602945 | 4:58.09 | 5:07.60 | +0,58 | | | |
| | 100m: 1:12.51 | 1:12.51 | 200m: 2:32.11 | 1:19.60 | 300m: 3:51.32 | 1:19.21 | 400m: 5:07.60 | 1:16.28 | |
| 3. | Jens Kuitert | Orca | 9603891 | 5:04.12 | 5:15.96 | +0,94 | | | |
| | 100m: 1:14.12 | 1:14.12 | 200m: 2:37.20 | 1:23.08 | 300m: 3:58.80 | 1:21.60 | 400m: 5:15.96 | 1:17.16 | |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 2, Heren, 400m vrije slag

14 jaar

| | | | | | |
|--------------------|------------------|---------------|---------|----------------|---------|
| 1. Jonathan Rozema | DZ&PC | 9501157 | 4:31.94 | 4:34.00 | +0,83 |
| 100m: 1:04.24 | 1:04.24 | 200m: 2:15.06 | 1:10.82 | 300m: 3:24.58 | 1:09.52 |
| 400m: 4:34.00 | | | | | 1:09.42 |
| 2. Pieter Ytsma | Orca | 9501809 | 4:43.97 | 4:47.21 | +0,69 |
| 100m: 1:07.74 | 1:07.74 | 200m: 2:22.37 | 1:14.63 | 300m: 3:35.91 | 1:13.54 |
| 400m: 4:47.21 | | | | | 1:11.30 |
| 3. Sander Akkerman | HZ&PC Heerenveen | 9501527 | 4:42.67 | 5:04.05 | +0,73 |
| 100m: 1:10.10 | 1:10.10 | 200m: 2:28.19 | 1:18.09 | 300m: 3:49.12 | 1:20.93 |
| 400m: 5:04.05 | | | | | 1:14.93 |
| 4. Rick Halma | De Vikings | 9505121 | 4:59.75 | 5:10.09 | +0,87 |
| 100m: 1:11.01 | 1:11.01 | 200m: 2:29.68 | 1:18.67 | 300m: 3:50.53 | 1:20.85 |
| 400m: 5:10.09 | | | | | 1:19.56 |

15 jaar

| | | | | | |
|---------------------|---------|---------------|---------|----------------|---------|
| 1. Willem Kees Roos | Orca | 9402693 | 4:08.48 | 4:19.14 | +0,92 |
| 100m: 1:00.59 | 1:00.59 | 200m: 2:07.33 | 1:06.74 | 300m: 3:14.37 | 1:07.04 |
| 400m: 4:19.14 | | | | | 1:04.77 |
| 2. Erik Nijholt | DZ&PC | 9401349 | 4:20.26 | 4:29.55 | +0,85 |
| 100m: 1:02.89 | 1:02.89 | 200m: 2:12.83 | 1:09.94 | 300m: 3:22.69 | 1:09.86 |
| 400m: 4:29.55 | | | | | 1:06.86 |

16 - 17 jaar

| | | | | | |
|--------------------|------------------|---------------|---------|----------------|---------|
| 1. Michael Westers | Orca | 9204263 | 4:16.87 | 4:26.01 | +0,78 |
| 100m: 1:00.48 | 1:00.48 | 200m: 2:07.12 | 1:06.64 | 300m: 3:15.82 | 1:08.70 |
| 400m: 4:26.01 | | | | | 1:10.19 |
| 2. Dennis Bos | HZ&PC Heerenveen | 9201965 | 4:24.53 | 4:35.65 | +0,67 |
| 100m: 1:01.98 | 1:01.98 | 200m: 2:12.47 | 1:10.49 | 300m: 3:24.90 | 1:12.43 |
| 400m: 4:35.65 | | | | | 1:10.75 |
| 3. Thomas Veltman | de Granaet | 9201355 | 4:40.83 | 4:54.30 | +0,88 |
| 100m: 1:05.97 | 1:05.97 | 200m: 2:21.54 | 1:15.57 | 300m: 3:38.47 | 1:16.93 |
| 400m: 4:54.30 | | | | | 1:15.83 |
| 4. Gijs Gertsen | Orca | 9303485 | 4:29.57 | 4:55.95 | +0,87 |
| 100m: 1:06.63 | 1:06.63 | 200m: 2:21.68 | 1:15.05 | 300m: 3:39.27 | 1:17.59 |
| 400m: 4:55.95 | | | | | 1:16.68 |

18 jaar en ouder

| | | | | | |
|-------------------------|---------|---------------|---------|----------------|---------|
| 1. Jorrit Visser | FZC'54 | 8903393 | 4:23.00 | 4:32.27 | +0,94 |
| 100m: 1:02.65 | 1:02.65 | 200m: 2:12.68 | 1:10.03 | 300m: 3:24.70 | 1:12.02 |
| 400m: 4:32.27 | | | | | 1:07.57 |
| 2. Erik Hagting | DZ&PC | 9100829 | 4:15.15 | 4:38.30 | +0,85 |
| 100m: 1:02.98 | 1:02.98 | 200m: 2:12.93 | 1:09.95 | 300m: 3:24.77 | 1:11.84 |
| 400m: 4:38.30 | | | | | 1:13.53 |
| 3. Hendrik Ben v/d Boon | ZPD | 8804761 | 4:33.53 | 4:56.86 | +0,79 |
| 100m: 1:06.17 | 1:06.17 | 200m: 2:22.48 | 1:16.31 | 300m: 3:41.56 | 1:19.08 |
| 400m: 4:56.86 | | | | | 1:15.30 |

alg. leeftijdsgroep

| | | | | | |
|---------------------|------------------|---------------|---------|----------------|---------|
| 1. Willem Kees Roos | Orca | 9402693 | 4:08.48 | 4:19.14 | +0,92 |
| 100m: 1:00.59 | 1:00.59 | 200m: 2:07.33 | 1:06.74 | 300m: 3:14.37 | 1:07.04 |
| 400m: 4:19.14 | | | | | 1:04.77 |
| 2. Michael Westers | Orca | 9204263 | 4:16.87 | 4:26.01 | +0,78 |
| 100m: 1:00.48 | 1:00.48 | 200m: 2:07.12 | 1:06.64 | 300m: 3:15.82 | 1:08.70 |
| 400m: 4:26.01 | | | | | 1:10.19 |
| 3. Erik Nijholt | DZ&PC | 9401349 | 4:20.26 | 4:29.55 | +0,85 |
| 100m: 1:02.89 | 1:02.89 | 200m: 2:12.83 | 1:09.94 | 300m: 3:22.69 | 1:09.86 |
| 400m: 4:29.55 | | | | | 1:06.86 |
| 4. Jorrit Visser | FZC'54 | 8903393 | 4:23.00 | 4:32.27 | +0,94 |
| 100m: 1:02.65 | 1:02.65 | 200m: 2:12.68 | 1:10.03 | 300m: 3:24.70 | 1:12.02 |
| 400m: 4:32.27 | | | | | 1:07.57 |
| 5. Jonathan Rozema | DZ&PC | 9501157 | 4:31.94 | 4:34.00 | +0,83 |
| 100m: 1:04.24 | 1:04.24 | 200m: 2:15.06 | 1:10.82 | 300m: 3:24.58 | 1:09.52 |
| 400m: 4:34.00 | | | | | 1:09.42 |
| 6. Dennis Bos | HZ&PC Heerenveen | 9201965 | 4:24.53 | 4:35.65 | +0,67 |
| 100m: 1:01.98 | 1:01.98 | 200m: 2:12.47 | 1:10.49 | 300m: 3:24.90 | 1:12.43 |
| 400m: 4:35.65 | | | | | 1:10.75 |
| 7. Erik Hagting | DZ&PC | 9100829 | 4:15.15 | 4:38.30 | +0,85 |
| 100m: 1:02.98 | 1:02.98 | 200m: 2:12.93 | 1:09.95 | 300m: 3:24.77 | 1:11.84 |
| 400m: 4:38.30 | | | | | 1:13.53 |

Friese Zomerkampioenschappen 2010
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Programmanr. 2, Heren, 400m vrije slag, alg. leeftijdsgroep

| Rang | | | | In.tijd | Tijd | RT | | | | |
|------|-------------------------------------------------------------------|------------------|---------------|---------|----------------|---------|---------------|---------|--|--|
| 8. | Pieter Ytsma | Orca | 9501809 | 4:43.97 | 4:47.21 | +0,69 | | | | |
| | 100m: 1:07.74 | 1:07.74 | 200m: 2:22.37 | 1:14.63 | 300m: 3:35.91 | 1:13.54 | 400m: 4:47.21 | 1:11.30 | | |
| 9. | Thomas Veltman | de Granaet | 9201355 | 4:40.83 | 4:54.30 | +0,88 | | | | |
| | 100m: 1:05.97 | 1:05.97 | 200m: 2:21.54 | 1:15.57 | 300m: 3:38.47 | 1:16.93 | 400m: 4:54.30 | 1:15.83 | | |
| 10. | Jorn Steenberg | DZ&PC | 9700039 | 4:57.85 | 4:55.07 | +0,73 | | | | |
| | 100m: 1:10.24 | 1:10.24 | 200m: 2:26.52 | 1:16.28 | 300m: 3:42.39 | 1:15.87 | 400m: 4:55.07 | 1:12.68 | | |
| 11. | Gijs Gertsen | Orca | 9303485 | 4:29.57 | 4:55.95 | +0,87 | | | | |
| | 100m: 1:06.63 | 1:06.63 | 200m: 2:21.68 | 1:15.05 | 300m: 3:39.27 | 1:17.59 | 400m: 4:55.95 | 1:16.68 | | |
| 12. | Hendrik Ben v/d Boon | ZPD | 8804761 | 4:33.53 | 4:56.86 | +0,79 | | | | |
| | 100m: 1:06.17 | 1:06.17 | 200m: 2:22.48 | 1:16.31 | 300m: 3:41.56 | 1:19.08 | 400m: 4:56.86 | 1:15.30 | | |
| 13. | Sander Akkerman | HZ&PC Heerenveen | 9501527 | 4:42.67 | 5:04.05 | +0,73 | | | | |
| | 100m: 1:10.10 | 1:10.10 | 200m: 2:28.19 | 1:18.09 | 300m: 3:49.12 | 1:20.93 | 400m: 5:04.05 | 1:14.93 | | |
| 14. | Robin de Joode | de Granaet | 9601371 | 4:56.71 | 5:05.93 | +0,74 | | | | |
| | 100m: 1:09.98 | 1:09.98 | 200m: 2:28.23 | 1:18.25 | 300m: 3:48.85 | 1:20.62 | 400m: 5:05.93 | 1:17.08 | | |
| 15. | Jelmer Groos | DZ&PC | 9602945 | 4:58.09 | 5:07.60 | +0,58 | | | | |
| | 100m: 1:12.51 | 1:12.51 | 200m: 2:32.11 | 1:19.60 | 300m: 3:51.32 | 1:19.21 | 400m: 5:07.60 | 1:16.28 | | |
| 16. | Rick Halma | De Vikings | 9505121 | 4:59.75 | 5:10.09 | +0,87 | | | | |
| | 100m: 1:11.01 | 1:11.01 | 200m: 2:29.68 | 1:18.67 | 300m: 3:50.53 | 1:20.85 | 400m: 5:10.09 | 1:19.56 | | |
| 17. | Jens Kuitert | Orca | 9603891 | 5:04.12 | 5:15.96 | +0,94 | | | | |
| | 100m: 1:14.12 | 1:14.12 | 200m: 2:37.20 | 1:23.08 | 300m: 3:58.80 | 1:21.60 | 400m: 5:15.96 | 1:17.16 | | |
| 18. | Mathijs Mulder | HZ&PC Heerenveen | 9700071 | 5:06.37 | 5:23.77 | +0,90 | | | | |
| | 100m: 1:13.80 | 1:13.80 | 200m: 2:37.13 | 1:23.33 | 300m: 4:01.72 | 1:24.59 | 400m: 5:23.77 | 1:22.05 | | |
| 19. | Allard Veenstra | ZCNF'34 | 9703453 | 5:17.46 | 5:25.40 | +0,96 | | | | |
| | 100m: 1:14.21 | 1:14.21 | 200m: 2:36.69 | 1:22.48 | 300m: 4:03.44 | 1:26.75 | 400m: 5:25.40 | 1:21.96 | | |
| 20. | Stuart Vis | Orca | 9702991 | 5:08.75 | 5:25.82 | +0,89 | | | | |
| | 100m: 1:16.53 | 1:16.53 | 200m: 2:39.91 | 1:23.38 | 300m: 4:05.29 | 1:25.38 | 400m: 5:25.82 | 1:20.53 | | |
| 21. | Bart Weiland | Wetterwille | 9700777 | 5:29.25 | 5:36.54 | +0,74 | | | | |
| | 100m: 1:18.87 | 1:18.87 | 200m: 2:45.59 | 1:26.72 | 300m: 4:14.86 | 1:29.27 | 400m: 5:36.54 | 1:21.68 | | |
| 22. | Jelmer Postma | Orca | 9701631 | 5:20.20 | 5:44.28 | +0,87 | | | | |
| | 100m: 1:20.91 | 1:20.91 | 200m: 2:49.82 | 1:28.91 | 300m: 4:18.36 | 1:28.54 | 400m: 5:44.28 | 1:25.92 | | |
| DIS | Marcel van der Heide | De Vikings | 9701503 | 5:25.82 | | | | | | |
| | <i>AB - Veroorzaakte valse start. (uitgesloten voor prog.nr.)</i> | | | | | | | | | |
| BM | Mike van der Zanden | KNZB Gsn | 87mza | 4:18.00 | 4:31.85 | +0,92 | S10 | | | |
| | 100m: 1:03.84 | 1:03.84 | 200m: 2:13.33 | 1:09.49 | 300m: 3:25.11 | 1:11.78 | 400m: 4:31.85 | 1:06.74 | | |
| BM | Michel Tielbeke | KNZB Gsn | 81mti | 5:02.00 | 4:56.06 | +0,84 | S13 | | | |
| | 100m: 1:08.18 | 1:08.18 | 200m: 2:23.19 | 1:15.01 | 300m: 3:39.67 | 1:16.48 | 400m: 4:56.06 | 1:16.39 | | |
| BM | Thijs van den End | KNZB Gsn | 93ten | 5:02.00 | 5:20.65 | +1,27 | S9 | | | |
| | 100m: 1:11.24 | 1:11.24 | 200m: 2:32.64 | 1:21.40 | 300m: 3:56.38 | 1:23.74 | 400m: 5:20.65 | 1:24.27 | | |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 3 Dames, 100m schoolslag alg. leeftijdsgroep
14.5.10 Resultaten

| Rang | | | In.tijd | Tijd | RT | |
|---------|-----------------------|---------------------|---------|---------|----------------|-------|
| 11 jaar | | | | | | |
| 1. | Anneliene Zuidema | SG Middelse-Skelp | 9800768 | 1:23.65 | 1:28.30 | +0,81 |
| 2. | Astrid de Vegt | ZCNF'34 | 9800036 | 1:36.48 | 1:33.21 | +0,89 |
| 3. | Wendy van Cleef | Orca | 9802760 | 1:32.60 | 1:34.16 | +0,86 |
| 4. | Anne Tuinstra | SG. Bolsward-Workum | 9804526 | 1:39.47 | 1:36.39 | |
| 5. | Nynke Klokman | DZ&PC | 9801424 | 1:34.33 | 1:36.54 | +0,79 |
| 6. | Brigitte van der Veen | de Granaet | 9802600 | 1:36.88 | 1:38.25 | +1,10 |
| 7. | Carmen Weistra | Orca | 9802148 | 1:35.02 | 1:38.45 | +0,87 |
| 8. | Kinge Zandringa | Orca | 9801422 | 1:40.02 | 1:39.03 | +0,96 |
| 9. | Brecht Buis | Neptunia'24 | 9803854 | 1:36.99 | 1:39.15 | +1,14 |
| 10. | Marlies v/d Brug | DZ&PC | 9801428 | 1:38.61 | 1:40.59 | +0,89 |
| 11. | Linda Noord | DZ&PC | 9800454 | 1:40.37 | 1:42.26 | +0,77 |
| 12. | Arianne Jonkman | ZCNF'34 | 9801590 | 1:34.32 | 1:47.34 | +0,80 |
| DIS | Britt Hoitinga | DZ&PC | 9805052 | 1:40.16 | | |

SR - Meer dan één dolfinbeenslag na start en/of keerpunt.

12 jaar

| | | | | | | |
|-----|-------------------|------------------|---------|---------|----------------|-------|
| 1. | Maaïke de Ruijter | Orca | 9704684 | 1:34.75 | 1:28.12 | +1,06 |
| 2. | Marre Zandringa | Orca | 9701136 | 1:22.34 | 1:28.65 | +0,87 |
| 3. | Amber Bosch | FZC'54 | 9703368 | 1:30.16 | 1:31.11 | +1,02 |
| 4. | Lisanne Hassing | De Forel | 9702584 | 1:35.17 | 1:32.56 | +1,00 |
| 5. | Rebecca Jansen | Orca | 9703490 | 1:28.18 | 1:32.84 | +0,91 |
| 6. | Rixt Meijer | HZ&PC Heerenveen | 9700202 | 1:30.21 | 1:32.99 | +0,90 |
| 7. | Amber v/d Ley | Avena | 9705172 | 1:33.30 | 1:34.65 | +1,29 |
| 8. | K. Stavorinus | ZPD | 9704122 | 1:29.28 | 1:35.12 | +1,02 |
| 9. | Carolien Baarda | Orca | 9704060 | 1:33.36 | 1:35.62 | +0,77 |
| 10. | Eva Janssen | De Forel | 9703410 | 1:35.31 | 1:36.72 | +1,02 |
| 11. | Esther Visser | De Vikings | 9700544 | 1:30.02 | 1:37.20 | +0,92 |
| 12. | Martine van Sluis | De Vikings | 9702888 | 1:30.86 | 1:37.62 | +1,08 |
| 13. | Anne Vlottes | De Vikings | 9702120 | 1:37.08 | 1:41.14 | +0,95 |
| 14. | Anna Regnerus | Wetterwille | 9701656 | 1:35.09 | 1:41.73 | +1,17 |
| 15. | Paulien Peterson | ZPD | 9700906 | 1:36.16 | 1:42.16 | +0,78 |
| DIS | Marike de Boer | de Granaet | 9705302 | 1:34.48 | | |

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

13 jaar

| | | | | | | |
|-----|------------------|-------------------|---------|---------|----------------|-------|
| 1. | Cynthia Verkaik | de Granaet | 9601288 | 1:19.30 | 1:22.68 | +0,94 |
| 2. | Rixt Menger | DZ&PC | 9602052 | 1:22.17 | 1:25.36 | +0,79 |
| 3. | Leandra Vedder | HZ&PC Heerenveen | 9600866 | 1:24.42 | 1:26.25 | +0,90 |
| 4. | Willeke Jonkman | ZCNF'34 | 9604304 | 1:26.76 | 1:27.06 | +0,88 |
| 5. | Irene Dotinga | Neptunia'24 | 9603516 | 1:25.93 | 1:30.48 | +0,97 |
| 6. | Melissa Nauta | Orca | 9602388 | 1:25.29 | 1:30.53 | +1,00 |
| 7. | Winnie de Vries | ZCNF'34 | 9601456 | 1:31.26 | 1:31.33 | +0,95 |
| 8. | Marieke Dijkstra | Avena | 9602122 | 1:27.57 | 1:31.84 | +0,88 |
| 9. | Aniek Bergsma | HZ&PC Heerenveen | 9601088 | 1:27.26 | 1:32.09 | +0,92 |
| 10. | Simone Mus | SG Middelse-Skelp | 9601932 | 1:26.70 | 1:33.84 | +0,86 |
| 11. | Reina Dijkstra | HZ&PC Heerenveen | 9600342 | 1:32.26 | 1:34.53 | +0,89 |
| 12. | José Snoek | SG Middelse-Skelp | 9606050 | 1:32.56 | 1:34.92 | +1,03 |
| 13. | Lisa Rozema | FZC'54 | 9600860 | 1:31.58 | 1:36.98 | +0,90 |
| 14. | Roelie de Boer | Wetterwille | 9600508 | 1:33.84 | 1:38.16 | +0,80 |
| 15. | Joyce Bakker | De Forel | 9600522 | 1:32.97 | 1:38.93 | +0,75 |
| 16. | Bianca Jongsma | Avena | 9601006 | 1:33.12 | 1:39.09 | +0,87 |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 3, Meisjes, 100m schoolslag, 13 jaar

| Rang | | | In.tijd | Tijd | RT | |
|------|------------------|--------|---------|---------|----------------|-------|
| 17. | Rixt-Nynke Baron | FZC'54 | 9601896 | 1:29.32 | 1:40.93 | +0,97 |

14 - 15 jaar

| | | | | | | |
|-----|---------------------|---------------------|---------|---------|----------------|-------|
| 1. | Jessie Smeding | Orca | 9504528 | 1:15.47 | 1:19.71 | +0,77 |
| 2. | Danielle Boer de | HZ&PC Heerenveen | 9404736 | 1:20.70 | 1:22.73 | +0,76 |
| 3. | Myrna Gorter | Neptunia'24 | 9503158 | 1:26.56 | 1:26.80 | +1,07 |
| 4. | Johanna de Boer | ZPD | 9403944 | 1:22.98 | 1:27.37 | +0,82 |
| 5. | Nynke Dijkstra | HZ&PC Heerenveen | 9501242 | 1:25.38 | 1:27.56 | +0,82 |
| 6. | Nenne Venema | DZ&PC | 9503586 | 1:26.24 | 1:28.85 | +0,71 |
| 7. | Sieta Ludema | PWC Buitenpost | 9500436 | 1:27.86 | 1:29.78 | +1,02 |
| 8. | Amarins Menger | DZ&PC | 9406716 | 1:27.97 | 1:30.96 | +0,76 |
| 9. | Bregje Tingen | ZCNF'34 | 9500960 | 1:29.28 | 1:31.07 | +0,94 |
| 10. | Maayke de Boer | de Granaet | 9505906 | 1:26.46 | 1:32.18 | +0,94 |
| 11. | Elbrich Gerritsma | Avena | 9500472 | 1:33.06 | 1:33.16 | +0,88 |
| 12. | Femke Groos | DZ&PC | 9404492 | 1:29.17 | 1:33.40 | +0,93 |
| 13. | Amarins Zijlstra | de Granaet | 9406566 | 1:28.65 | 1:34.21 | +0,85 |
| 14. | Sanne Zijlstra | DZ&PC | 9401968 | 1:28.28 | 1:34.65 | +0,94 |
| 15. | Yolanda de Vegt | ZCNF'34 | 9500328 | 1:30.29 | 1:34.73 | +0,93 |
| 16. | Claudia Damski | DZ&PC | 9402346 | 1:30.53 | 1:34.98 | +0,78 |
| 17. | Sanne-Lobke IJlstra | SG. Bolsward-Workum | 9404072 | 1:31.74 | 1:36.03 | +0,86 |

16 jaar en ouder

| | | | | | | |
|-----|--------------------|-------------------|---------|---------|----------------|-------|
| 1. | Lia Dekker | DZ&PC | 8700830 | 1:06.08 | 1:13.36 | +0,81 |
| 2. | Karin Dijk van | HZ&PC Heerenveen | 8600850 | 1:19.07 | 1:21.11 | +0,99 |
| 3. | Paula Duursma | DZ&PC | 9300982 | 1:15.69 | 1:21.99 | +0,73 |
| 4. | Joyce Duurken | Orca | 9205938 | 1:21.73 | 1:23.58 | +0,96 |
| 5. | Grytsje Lanting | SG Middelse-Skelp | 9306454 | 1:23.89 | 1:28.57 | +0,80 |
| 6. | Eline Ligthart | De Vikings | 9301706 | 1:27.29 | 1:29.32 | +0,93 |
| 7. | Anna-Jetske Baron | FZC'54 | 9203044 | 1:26.22 | 1:29.57 | +0,97 |
| 8. | Femke Hemstra | SG Middelse-Skelp | 9305466 | 1:28.94 | 1:30.23 | +1,05 |
| 9. | Ankie van der Meer | Orca | 9300504 | 1:27.83 | 1:31.09 | +0,89 |
| 10. | Jolien Bleichrodt | De Vikings | 9203650 | 1:27.89 | 1:31.39 | +0,95 |

alg. leeftijdsgroep

| | | | | | | |
|-----|-------------------|-------------------|---------|---------|----------------|-------|
| 1. | Lia Dekker | DZ&PC | 8700830 | 1:06.08 | 1:13.36 | +0,81 |
| 2. | Jessie Smeding | Orca | 9504528 | 1:15.47 | 1:19.71 | +0,77 |
| 3. | Karin Dijk van | HZ&PC Heerenveen | 8600850 | 1:19.07 | 1:21.11 | +0,99 |
| 4. | Paula Duursma | DZ&PC | 9300982 | 1:15.69 | 1:21.99 | +0,73 |
| 5. | Cynthia Verkaik | de Granaet | 9601288 | 1:19.30 | 1:22.68 | +0,94 |
| 6. | Danielle Boer de | HZ&PC Heerenveen | 9404736 | 1:20.70 | 1:22.73 | +0,76 |
| 7. | Joyce Duurken | Orca | 9205938 | 1:21.73 | 1:23.58 | +0,96 |
| 8. | Rixt Menger | DZ&PC | 9602052 | 1:22.17 | 1:25.36 | +0,79 |
| 9. | Leandra Vedder | HZ&PC Heerenveen | 9600866 | 1:24.42 | 1:26.25 | +0,90 |
| 10. | Myrna Gorter | Neptunia'24 | 9503158 | 1:26.56 | 1:26.80 | +1,07 |
| 11. | Willeke Jonkman | ZCNF'34 | 9604304 | 1:26.76 | 1:27.06 | +0,88 |
| 12. | Johanna de Boer | ZPD | 9403944 | 1:22.98 | 1:27.37 | +0,82 |
| 13. | Nynke Dijkstra | HZ&PC Heerenveen | 9501242 | 1:25.38 | 1:27.56 | +0,82 |
| 14. | Maaïke de Ruijter | Orca | 9704684 | 1:34.75 | 1:28.12 | +1,06 |
| 15. | Anneliene Zuidema | SG Middelse-Skelp | 9800768 | 1:23.65 | 1:28.30 | +0,81 |
| 16. | Grytsje Lanting | SG Middelse-Skelp | 9306454 | 1:23.89 | 1:28.57 | +0,80 |
| 17. | Marre Zandringa | Orca | 9701136 | 1:22.34 | 1:28.65 | +0,87 |
| 18. | Nenne Venema | DZ&PC | 9503586 | 1:26.24 | 1:28.85 | +0,71 |
| 19. | Eline Ligthart | De Vikings | 9301706 | 1:27.29 | 1:29.32 | +0,93 |
| 20. | Anna-Jetske Baron | FZC'54 | 9203044 | 1:26.22 | 1:29.57 | +0,97 |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 3, Dames, 100m schoolslag, alg. leeftijdsgroep

| Rang | | | In.tijd | Tijd | RT | |
|------|-------------------------------------------------------------------------------|---------------------|---------|---------|----------------|-------|
| 21. | Sieta Ludema | PWC Buitenpost | 9500436 | 1:27.86 | 1:29.78 | +1,02 |
| 22. | Femke Hemstra | SG Middelse-Skelp | 9305466 | 1:28.94 | 1:30.23 | +1,05 |
| 23. | Irene Dotinga | Neptunia'24 | 9603516 | 1:25.93 | 1:30.48 | +0,97 |
| 24. | Melissa Nauta | Orca | 9602388 | 1:25.29 | 1:30.53 | +1,00 |
| 25. | Amarins Menger | DZ&PC | 9406716 | 1:27.97 | 1:30.96 | +0,76 |
| 26. | Bregje Tingen | ZCNF'34 | 9500960 | 1:29.28 | 1:31.07 | +0,94 |
| 27. | Ankie van der Meer | Orca | 9300504 | 1:27.83 | 1:31.09 | +0,89 |
| 28. | Amber Bosch | FZC'54 | 9703368 | 1:30.16 | 1:31.11 | +1,02 |
| 29. | Winnie de Vries | ZCNF'34 | 9601456 | 1:31.26 | 1:31.33 | +0,95 |
| 30. | Jolien Bleichrodt | De Vikings | 9203650 | 1:27.89 | 1:31.39 | +0,95 |
| 31. | Marieke Dijkstra | Avena | 9602122 | 1:27.57 | 1:31.84 | +0,88 |
| 32. | Aniek Bergsma | HZ&PC Heerenveen | 9601088 | 1:27.26 | 1:32.09 | +0,92 |
| 33. | Maayke de Boer | de Granaet | 9505906 | 1:26.46 | 1:32.18 | +0,94 |
| 34. | Lisanne Hassing | De Forel | 9702584 | 1:35.17 | 1:32.56 | +1,00 |
| 35. | Rebecca Jansen | Orca | 9703490 | 1:28.18 | 1:32.84 | +0,91 |
| 36. | Rixt Meijer | HZ&PC Heerenveen | 9700202 | 1:30.21 | 1:32.99 | +0,90 |
| 37. | Elbrich Gerritsma | Avena | 9500472 | 1:33.06 | 1:33.16 | +0,88 |
| 38. | Astrid de Vegt | ZCNF'34 | 9800036 | 1:36.48 | 1:33.21 | +0,89 |
| 39. | Femke Groos | DZ&PC | 9404492 | 1:29.17 | 1:33.40 | +0,93 |
| 40. | Simone Mus | SG Middelse-Skelp | 9601932 | 1:26.70 | 1:33.84 | +0,86 |
| 41. | Wendy van Cleef | Orca | 9802760 | 1:32.60 | 1:34.16 | +0,86 |
| 42. | Amarins Zijlstra | de Granaet | 9406566 | 1:28.65 | 1:34.21 | +0,85 |
| 43. | Reina Dijkstra | HZ&PC Heerenveen | 9600342 | 1:32.26 | 1:34.53 | +0,89 |
| 44. | Amber v/d Ley | Avena | 9705172 | 1:33.30 | 1:34.65 | +1,29 |
| | Sanne Zijlstra | DZ&PC | 9401968 | 1:28.28 | 1:34.65 | +0,94 |
| 46. | Yolanda de Vegt | ZCNF'34 | 9500328 | 1:30.29 | 1:34.73 | +0,93 |
| 47. | José Snoek | SG Middelse-Skelp | 9606050 | 1:32.56 | 1:34.92 | +1,03 |
| 48. | Claudia Damski | DZ&PC | 9402346 | 1:30.53 | 1:34.98 | +0,78 |
| 49. | K. Stavorinus | ZPD | 9704122 | 1:29.28 | 1:35.12 | +1,02 |
| 50. | Carolien Baarda | Orca | 9704060 | 1:33.36 | 1:35.62 | +0,77 |
| 51. | Sanne-Lobke IJlstra | SG. Bolsward-Workum | 9404072 | 1:31.74 | 1:36.03 | +0,86 |
| 52. | Anne Tuinstra | SG. Bolsward-Workum | 9804526 | 1:39.47 | 1:36.39 | |
| 53. | Nynke Klokman | DZ&PC | 9801424 | 1:34.33 | 1:36.54 | +0,79 |
| 54. | Eva Janssen | De Forel | 9703410 | 1:35.31 | 1:36.72 | +1,02 |
| 55. | Lisa Rozema | FZC'54 | 9600860 | 1:31.58 | 1:36.98 | +0,90 |
| 56. | Esther Visser | De Vikings | 9700544 | 1:30.02 | 1:37.20 | +0,92 |
| 57. | Martine van Sluis | De Vikings | 9702888 | 1:30.86 | 1:37.62 | +1,08 |
| 58. | Roelie de Boer | Wetterwille | 9600508 | 1:33.84 | 1:38.16 | +0,80 |
| 59. | Brigitte van der Veen | de Granaet | 9802600 | 1:36.88 | 1:38.25 | +1,10 |
| 60. | Carmen Weistra | Orca | 9802148 | 1:35.02 | 1:38.45 | +0,87 |
| 61. | Joyce Bakker | De Forel | 9600522 | 1:32.97 | 1:38.93 | +0,75 |
| 62. | Kinge Zandringa | Orca | 9801422 | 1:40.02 | 1:39.03 | +0,96 |
| 63. | Bianca Jongasma | Avena | 9601006 | 1:33.12 | 1:39.09 | +0,87 |
| 64. | Brecht Buis | Neptunia'24 | 9803854 | 1:36.99 | 1:39.15 | +1,14 |
| 65. | Marlies v/d Brug | DZ&PC | 9801428 | 1:38.61 | 1:40.59 | +0,89 |
| 66. | Rixt-Nynke Baron | FZC'54 | 9601896 | 1:29.32 | 1:40.93 | +0,97 |
| 67. | Anne Vlottes | De Vikings | 9702120 | 1:37.08 | 1:41.14 | +0,95 |
| 68. | Anna Regnerus | Wetterwille | 9701656 | 1:35.09 | 1:41.73 | +1,17 |
| 69. | Paulien Peterson | ZPD | 9700906 | 1:36.16 | 1:42.16 | +0,78 |
| 70. | Linda Noord | DZ&PC | 9800454 | 1:40.37 | 1:42.26 | +0,77 |
| 71. | Arienne Jonkman | ZCNF'34 | 9801590 | 1:34.32 | 1:47.34 | +0,80 |
| DIS | Marike de Boer | de Granaet | 9705302 | 1:34.48 | | |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | | |
| DIS | Britt Hoitinga | DZ&PC | 9805052 | 1:40.16 | | |
| | <i>SR - Meer dan één dollijnbeenslag na start en/of keerpunt.</i> | | | | | |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 3, Dames, 100m schoolslag

| | | | | | | |
|------------------------|----------|-------|---------|----------------|-------|------|
| BM Magda Toeters | KNZB Gsn | 86mto | 1:21.00 | 1:25.86 | +1,06 | SB14 |
| BM Marlou van der Kulk | KNZB Gsn | 93mku | 1:31.00 | 1:30.32 | +0,81 | SB14 |
| BM Lisa den Braber | KNZB Gsn | 92lbr | 1:34.00 | 1:38.68 | +0,78 | SB7 |
| BM Wendelien Faber | KNZB Gsn | 78wfa | 1:48.00 | 1:52.14 | +0,88 | SB11 |
| BM Romy Pansters | KNZB Gsn | 96rpa | 2:15.00 | 2:06.51 | +1,43 | SB8 |

Programmanr. 4
14.5.10

Heren, 100m schoolslag

alg. leeftijdsgroep
Resultaten

| Rang | | | In.tijd | Tijd | RT | |
|---------------------|---------------------|---------------------|---------|---------|----------------|-------|
| 12 jaar | | | | | | |
| 1. | Allard Veenstra | ZCNF'34 | 9703453 | 1:24.46 | 1:26.52 | +0,85 |
| 2. | Stuart Vis | Orca | 9702991 | 1:23.07 | 1:28.17 | +0,90 |
| 3. | Bas Verweij | Avena | 9702493 | 1:29.97 | 1:29.77 | +0,77 |
| 4. | Wiebe Auke Postma | Wetterwille | 9702657 | 1:29.35 | 1:30.41 | +0,87 |
| 5. | Richard Kuipers | Orca | 9704171 | 1:32.18 | 1:32.58 | +0,99 |
| 6. | Koen van der Eems | Wetterwille | 9700807 | 1:30.05 | 1:32.92 | +0,85 |
| 7. | Vincent Visser | SG. Bolsward-Workum | 9700395 | 1:30.67 | 1:33.66 | +0,72 |
| 13 jaar | | | | | | |
| 1. | Marcel de Groot | SG. Bolsward-Workum | 9601523 | 1:22.53 | 1:25.40 | +0,97 |
| 2. | Robin de Joode | de Granaet | 9601371 | 1:23.47 | 1:27.49 | +0,77 |
| 3. | Reinoud Weiland | SG Middelse-Skelp | 9603967 | 1:25.54 | 1:27.91 | +0,93 |
| 4. | Thomas de Boer | ZCNF'34 | 9603127 | 1:26.47 | 1:28.28 | +0,72 |
| 5. | Janco Molen van der | HZ&PC Heerenveen | 9600759 | 1:25.77 | 1:28.32 | +0,91 |
| 6. | Lars Roelofs | De Forel | 9602667 | 1:24.95 | 1:29.68 | +0,94 |
| 7. | Hendrik Rozema | Neptunia'24 | 9600281 | 1:26.54 | 1:31.30 | +0,90 |
| 14 jaar | | | | | | |
| 1. | Cor Sytsma | SG. Bolsward-Workum | 9503385 | 1:19.97 | 1:20.66 | +0,79 |
| 2. | Jeroen Tijmsma | PWC Buitenpost | 9503655 | 1:23.77 | 1:23.33 | +0,83 |
| 3. | Dirk van der Eems | Wetterwille | 9501565 | 1:20.03 | 1:23.44 | +0,84 |
| 4. | Oebele v/d Velde | DZ&PC | 9502731 | 1:24.46 | 1:23.95 | +0,93 |
| 5. | Ruben Bonnema | HZ&PC Heerenveen | 9504389 | 1:24.34 | 1:24.86 | +0,70 |
| 15 jaar | | | | | | |
| 1. | Ramon Fredrik | Wetterwille | 9403933 | 1:13.03 | 1:13.50 | +0,76 |
| 2. | Bram ter Ellen | Orca | 9402689 | 1:19.63 | 1:20.71 | +0,80 |
| 3. | Robert Westerdijk | Neptunia'24 | 9402139 | 1:16.93 | 1:20.77 | +0,90 |
| 4. | Willem Kees Roos | Orca | 9402693 | 1:15.89 | 1:22.66 | +0,93 |
| 5. | Jacob Sikkes | HZ&PC Heerenveen | 9401883 | 1:21.94 | 1:32.89 | +0,78 |
| 16 - 17 jaar | | | | | | |
| 1. | Wouter Sikma | Neptunia'24 | 9302335 | 1:15.42 | 1:16.28 | +0,80 |
| 2. | Michael Westers | Orca | 9204263 | 1:12.13 | 1:16.73 | +0,76 |
| 3. | Aydin Hummel | ZCNF'34 | 9201577 | 1:14.11 | 1:19.59 | +0,94 |
| 4. | Christiaan van Dijk | HZ&PC Heerenveen | 9200245 | 1:12.96 | 1:19.91 | +0,87 |
| 5. | Gijs Gertsen | Orca | 9303485 | 1:13.22 | 1:20.18 | +0,92 |
| 6. | Matthijs Ganzevoort | HZ&PC Heerenveen | 9305533 | 1:17.64 | 1:20.90 | +0,82 |
| 7. | Bauke Ytsma | Wetterwille | 9301131 | 1:20.32 | 1:20.91 | +0,86 |
| 8. | Harm Lemstra | De Vikings | 9305009 | 1:17.45 | 1:22.38 | +0,94 |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 4, Heren, 100m schoolslag

18 jaar en ouder

| | | | | | |
|-------------------------|--------|---------|---------|----------------|-------|
| 1. Jildert Prins | FZC'54 | 8902509 | 1:11.50 | 1:13.11 | +0,76 |
| 2. Erik Hagting | DZ&PC | 9100829 | 1:07.97 | 1:13.19 | +0,84 |
| 3. Marlon Jansen | Orca | 9107457 | 1:14.21 | 1:15.35 | +0,81 |
| 4. Hendrik Ben v/d Boon | ZPD | 8804761 | 1:13.70 | 1:17.28 | +0,71 |

alg. leeftijdsgroep

| | | | | | |
|-------------------------|---------------------|---------|---------|----------------|-------|
| 1. Jildert Prins | FZC'54 | 8902509 | 1:11.50 | 1:13.11 | +0,76 |
| 2. Erik Hagting | DZ&PC | 9100829 | 1:07.97 | 1:13.19 | +0,84 |
| 3. Ramon Fredrik | Wetterwille | 9403933 | 1:13.03 | 1:13.50 | +0,76 |
| 4. Marlon Jansen | Orca | 9107457 | 1:14.21 | 1:15.35 | +0,81 |
| 5. Wouter Sikma | Neptunia'24 | 9302335 | 1:15.42 | 1:16.28 | +0,80 |
| 6. Michael Westers | Orca | 9204263 | 1:12.13 | 1:16.73 | +0,76 |
| 7. Hendrik Ben v/d Boon | ZPD | 8804761 | 1:13.70 | 1:17.28 | +0,71 |
| 8. Aydin Hummel | ZCNF'34 | 9201577 | 1:14.11 | 1:19.59 | +0,94 |
| 9. Christiaan van Dijk | HZ&PC Heerenveen | 9200245 | 1:12.96 | 1:19.91 | +0,87 |
| 10. Gijs Gertsen | Orca | 9303485 | 1:13.22 | 1:20.18 | +0,92 |
| 11. Cor Sytsma | SG. Bolsward-Workum | 9503385 | 1:19.97 | 1:20.66 | +0,79 |
| 12. Bram ter Ellen | Orca | 9402689 | 1:19.63 | 1:20.71 | +0,80 |
| 13. Robert Westerdijk | Neptunia'24 | 9402139 | 1:16.93 | 1:20.77 | +0,90 |
| 14. Matthijs Ganzevoort | HZ&PC Heerenveen | 9305533 | 1:17.64 | 1:20.90 | +0,82 |
| 15. Bauke Ytsma | Wetterwille | 9301131 | 1:20.32 | 1:20.91 | +0,86 |
| 16. Harm Lemstra | De Vikings | 9305009 | 1:17.45 | 1:22.38 | +0,94 |
| 17. Willem Kees Roos | Orca | 9402693 | 1:15.89 | 1:22.66 | +0,93 |
| 18. Jeroen Tijisma | PWC Buitenpost | 9503655 | 1:23.77 | 1:23.33 | +0,83 |
| 19. Dirk van der Eems | Wetterwille | 9501565 | 1:20.03 | 1:23.44 | +0,84 |
| 20. Oebele v/d Velde | DZ&PC | 9502731 | 1:24.46 | 1:23.95 | +0,93 |
| 21. Ruben Bonnema | HZ&PC Heerenveen | 9504389 | 1:24.34 | 1:24.86 | +0,70 |
| 22. Marcel de Groot | SG. Bolsward-Workum | 9601523 | 1:22.53 | 1:25.40 | +0,97 |
| 23. Allard Veenstra | ZCNF'34 | 9703453 | 1:24.46 | 1:26.52 | +0,85 |
| 24. Robin de Joode | de Granaet | 9601371 | 1:23.47 | 1:27.49 | +0,77 |
| 25. Reinoud Weiland | SG Middelse-Skelp | 9603967 | 1:25.54 | 1:27.91 | +0,93 |
| 26. Stuart Vis | Orca | 9702991 | 1:23.07 | 1:28.17 | +0,90 |
| 27. Thomas de Boer | ZCNF'34 | 9603127 | 1:26.47 | 1:28.28 | +0,72 |
| 28. Janco Molen van der | HZ&PC Heerenveen | 9600759 | 1:25.77 | 1:28.32 | +0,91 |
| 29. Lars Roelofs | De Forel | 9602667 | 1:24.95 | 1:29.68 | +0,94 |
| 30. Bas Verweij | Avena | 9702493 | 1:29.97 | 1:29.77 | +0,77 |
| 31. Wiebe Auke Postma | Wetterwille | 9702657 | 1:29.35 | 1:30.41 | +0,87 |
| 32. Hendrik Rozema | Neptunia'24 | 9600281 | 1:26.54 | 1:31.30 | +0,90 |
| 33. Richard Kuipers | Orca | 9704171 | 1:32.18 | 1:32.58 | +0,99 |
| 34. Jacob Sikkes | HZ&PC Heerenveen | 9401883 | 1:21.94 | 1:32.89 | +0,78 |
| 35. Koen van der Eems | Wetterwille | 9700807 | 1:30.05 | 1:32.92 | +0,85 |
| 36. Vincent Visser | SG. Bolsward-Workum | 9700395 | 1:30.67 | 1:33.66 | +0,72 |

| | | | | | | |
|------------------------|----------|-------|---------|----------------|-------|------|
| BM Marc Evers | KNZB Gsn | 91mev | 1:15.00 | 1:16.35 | +0,91 | SB14 |
| BM Maurice Deelen | KNZB Gsn | 71mde | 1:14.00 | 1:18.09 | +0,90 | SB8 |
| BM Simon Boer | KNZB Gsn | 95sbo | 1:32.97 | 1:27.87 | +0,77 | SB8 |
| BM Wessel Everloo | KNZB Gsn | 89wev | 1:20.00 | 1:35.01 | +0,88 | SB14 |
| BM Michael Schoenmaker | KNZB Gsn | 83msc | 2:10.00 | 2:05.99 | | SB3 |

Friese Zomerkampioenschappen 2010
Drachten, 14, 15 en 16 mei 2010

Programmanr. 5 Dames, 200m rugslag alg. leeftijdsgroep
14.5.10 Resultaten

| Rang | In.tijd | Tijd | RT | | |
|--------------------------|-------------------|---------|---------|----------------|---------|
| 11 jaar | | | | | |
| 1. Nynke Klokman | DZ&PC | 9801424 | 2:38.97 | 2:42.36 | +0,72 |
| 100m: | 1:19.90 | 1:19.90 | 200m: | 2:42.36 | 1:22.46 |
| 2. Kinge Zandringa | Orca | 9801422 | 2:58.58 | 2:54.39 | +0,85 |
| 100m: | 1:26.83 | 1:26.83 | 200m: | 2:54.39 | 1:27.56 |
| 3. Anneliene Zuidema | SG Middelse-Skelp | 9800768 | 2:53.66 | 2:56.65 | +0,80 |
| 100m: | 1:26.96 | 1:26.96 | 200m: | 2:56.65 | 1:29.69 |
| 4. Gwen Sieswerda | FZC'54 | 9802342 | 2:58.98 | 2:58.35 | +0,74 |
| 100m: | 1:29.33 | 1:29.33 | 200m: | 2:58.35 | 1:29.02 |
| 5. Jildou Temming | Avena | 9802768 | 2:59.53 | 2:58.98 | +0,73 |
| 100m: | 1:26.81 | 1:26.81 | 200m: | 2:58.98 | 1:32.17 |
| 6. Ellen Jager | PWC Buitenpost | 9801384 | 2:54.21 | 2:59.07 | +0,78 |
| 100m: | 1:27.24 | 1:27.24 | 200m: | 2:59.07 | 1:31.83 |
| 7. Hanny van Dijk | Orca | 9804514 | 3:02.99 | 3:00.62 | +0,85 |
| 100m: | 1:31.30 | 1:31.30 | 200m: | 3:00.62 | 1:29.32 |
| 8. Carmen Weistra | Orca | 9802148 | 3:07.21 | 3:00.64 | +0,73 |
| 100m: | 1:28.55 | 1:28.55 | 200m: | 3:00.64 | 1:32.09 |
| 9. Brigitte van der Veen | de Granaet | 9802600 | 3:11.46 | 3:08.64 | +0,82 |
| 10. Brecht Buis | Neptunia'24 | 9803854 | 3:11.53 | 3:09.98 | +0,96 |
| 100m: | 1:36.93 | 1:36.93 | 200m: | 3:09.98 | 1:33.05 |
| 11. Nienke Postma | Orca | 9801096 | 3:15.69 | 3:13.57 | +0,89 |
| 100m: | 1:37.22 | 1:37.22 | 200m: | 3:13.57 | 1:36.35 |
| 12. Wendy van Cleef | Orca | 9802760 | 3:09.34 | 3:16.90 | +0,84 |
| 100m: | 1:38.30 | 1:38.30 | 200m: | 3:16.90 | 1:38.60 |
| 13. Caroline Nauta | De Vikings | 9803148 | 3:15.93 | 3:23.93 | +0,76 |
| 100m: | 1:40.06 | 1:40.06 | 200m: | 3:23.93 | 1:43.87 |
| 12 jaar | | | | | |
| 1. Claris de Vries | DZ&PC | 9700942 | 2:32.07 | 2:35.46 | +0,60 |
| 100m: | 1:15.86 | 1:15.86 | 200m: | 2:35.46 | 1:19.60 |
| 2. Maaïke de Ruijter | Orca | 9704684 | 2:57.68 | 2:53.88 | +0,83 |
| 100m: | 1:26.14 | 1:26.14 | 200m: | 2:53.88 | 1:27.74 |
| 3. Rixt Meijer | HZ&PC Heerenveen | 9700202 | 2:54.98 | 2:57.04 | +0,81 |
| 100m: | 1:27.40 | 1:27.40 | 200m: | 2:57.04 | 1:29.64 |
| 4. Rebecca Jansen | Orca | 9703490 | 2:49.69 | 2:58.31 | +0,77 |
| 100m: | 1:28.44 | 1:28.44 | 200m: | 2:58.31 | 1:29.87 |
| 5. Anna Regnerus | Wetterwille | 9701656 | 2:45.46 | 2:59.47 | +0,87 |
| 100m: | 1:29.99 | 1:29.99 | 200m: | 2:59.47 | 1:29.48 |
| 6. Aldith Pasveer | Orca | 9701398 | 2:54.47 | 2:59.49 | +0,82 |
| 100m: | 1:28.96 | 1:28.96 | 200m: | 2:59.49 | 1:30.53 |
| 7. Nynke Ytsma | Wetterwille | 9701654 | 2:58.50 | 3:01.40 | +0,80 |
| 100m: | 1:30.03 | 1:30.03 | 200m: | 3:01.40 | 1:31.37 |
| 8. Annemiek Halma | De Vikings | 9702884 | 2:59.47 | 3:05.09 | +0,76 |
| 100m: | 1:32.91 | 1:32.91 | 200m: | 3:05.09 | 1:32.18 |
| 9. Lianne Hassing | De Forel | 9702584 | 3:01.97 | 3:07.09 | +0,66 |
| 100m: | 1:30.24 | 1:30.24 | 200m: | 3:07.09 | 1:36.85 |

Friese Zomerkampioenschappen 2010
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Programmanr. 5, Meisjes, 200m rugslag, 12 jaar

| Rang | | | | In.tijd | Tijd | RT |
|------|----------------|-------------|---------------|---------|----------------|-------|
| 10. | K. Stavorinus | ZPD | 9704122 | 3:03.86 | 3:08.19 | +0,86 |
| 11. | Heleen Visser | Neptunia'24 | 9703414 | 3:04.63 | 3:10.93 | +0,78 |
| | 100m: 1:33.72 | 1:33.72 | 200m: 3:10.93 | 1:37.21 | | |
| 12. | Marike de Boer | de Granaet | 9705302 | 3:02.71 | 3:11.35 | +1,08 |
| | 100m: 1:34.61 | 1:34.61 | 200m: 3:11.35 | 1:36.74 | | |
| 13. | Anke Koopmans | Neptunia'24 | 9702702 | 3:03.59 | 3:11.75 | |
| | 100m: 1:34.96 | 1:34.96 | 200m: 3:11.75 | 1:36.79 | | |

13 jaar

| | | | | | | |
|-----|------------------|-------------------|---------------|---------|----------------|-------|
| 1. | Cynthia Verkaik | de Granaet | 9601288 | 2:27.72 | 2:34.56 | +0,80 |
| | 100m: 1:16.20 | 1:16.20 | 200m: 2:34.56 | 1:18.36 | | |
| 2. | Melissa Nauta | Orca | 9602388 | 2:34.02 | 2:42.67 | +0,77 |
| | 100m: 1:19.16 | 1:19.16 | 200m: 2:42.67 | 1:23.51 | | |
| 3. | Claudia Hacke | Orca | 9602936 | 2:43.49 | 2:44.69 | +0,87 |
| | 100m: 1:20.63 | 1:20.63 | 200m: 2:44.69 | 1:24.06 | | |
| 4. | Esmee Verhoef | Orca | 9603802 | 2:51.30 | 2:53.09 | +0,85 |
| | 100m: 1:26.93 | 1:26.93 | 200m: 2:53.09 | 1:26.16 | | |
| 5. | Irene Dotinga | Neptunia'24 | 9603516 | 2:44.54 | 2:54.17 | +0,71 |
| | 100m: 1:24.60 | 1:24.60 | 200m: 2:54.17 | 1:29.57 | | |
| 6. | Bianca Jongsma | Avena | 9601006 | 2:47.99 | 2:54.82 | +0,69 |
| | 100m: 1:25.54 | 1:25.54 | 200m: 2:54.82 | 1:29.28 | | |
| 7. | Roelie de Boer | Wetterwille | 9600508 | 2:53.27 | 2:55.40 | +0,80 |
| | 100m: 1:27.62 | 1:27.62 | 200m: 2:55.40 | 1:27.78 | | |
| 8. | Indyra Hummel | ZCNF'34 | 9600624 | 2:55.59 | 2:55.44 | +0,91 |
| | 100m: 1:26.73 | 1:26.73 | 200m: 2:55.44 | 1:28.71 | | |
| 9. | Simone Mus | SG Middelse-Skelp | 9601932 | 2:47.88 | 2:56.18 | +0,81 |
| | 100m: 1:28.53 | 1:28.53 | 200m: 2:56.18 | 1:27.65 | | |
| 10. | Janna Post | Neptunia'24 | 9602061 | 2:49.93 | 2:57.62 | +0,84 |
| | 100m: 1:28.90 | 1:28.90 | 200m: 2:57.62 | 1:28.72 | | |
| 11. | Lisa Rozema | FZC'54 | 9600860 | 2:44.63 | 2:57.96 | +0,75 |
| | 100m: 1:25.85 | 1:25.85 | 200m: 2:57.96 | 1:32.11 | | |
| 12. | Joëlle Rozema | DZ&PC | 9601124 | 2:51.22 | 2:58.42 | +0,90 |
| | 100m: 1:26.60 | 1:26.60 | 200m: 2:58.42 | 1:31.82 | | |
| 13. | Marieke Dijkstra | Avena | 9602122 | 2:47.99 | 2:58.44 | +0,80 |
| | 100m: 1:26.75 | 1:26.75 | 200m: 2:58.44 | 1:31.69 | | |
| 14. | Julia Zwertbroek | HZ&PC Heerenveen | 9600950 | 2:53.45 | 3:00.27 | +0,73 |
| | 100m: 1:27.58 | 1:27.58 | 200m: 3:00.27 | 1:32.69 | | |
| 15. | Joyce Bakker | De Forel | 9600522 | 2:55.82 | 3:03.86 | +0,71 |
| | 100m: 1:30.84 | 1:30.84 | 200m: 3:03.86 | 1:33.02 | | |
| 16. | Willeke Willems | ZCNF'34 | 9600232 | 2:59.82 | 3:04.29 | +0,84 |
| | 100m: 1:29.72 | 1:29.72 | 200m: 3:04.29 | 1:34.57 | | |
| 17. | Rosanne Baarda | Neptunia'24 | 9603026 | 3:01.02 | 3:13.01 | +0,91 |
| | 100m: 1:34.67 | 1:34.67 | 200m: 3:13.01 | 1:38.34 | | |

DIS Evelien van Ruiten Orca 9602924 2:31.76
RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.

DIS Mirthe Alkema Orca 9603616 2:44.15
RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.

Friese Zomerkampioenschappen 2010
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Programmanr. 5, Dames, 200m rugslag

14 - 15 jaar

| | | | | | |
|----------------------|---------------------|---------------|---------|----------------|-------|
| 1. Fiona van Heerde | Orca | 9403660 | 2:25.93 | 2:30.81 | +0,74 |
| 100m: 1:11.21 | 1:11.21 | 200m: 2:30.81 | 1:19.60 | | |
| 2. Myrthe Sijtsema | HZ&PC Heerenveen | 9502706 | 2:29.11 | 2:33.48 | +0,74 |
| 100m: 1:13.54 | 1:13.54 | 200m: 2:33.48 | 1:19.94 | | |
| 3. Danielle Boer de | HZ&PC Heerenveen | 9404736 | 2:26.17 | 2:33.98 | +0,80 |
| 100m: 1:14.23 | 1:14.23 | 200m: 2:33.98 | 1:19.75 | | |
| 4. Manon Kuiper | HZ&PC Heerenveen | 9400302 | 2:28.20 | 2:39.64 | +0,80 |
| 100m: 1:16.02 | 1:16.02 | 200m: 2:39.64 | 1:23.62 | | |
| 5. Freya Holwerda | Orca | 9502780 | 2:40.38 | 2:42.62 | +0,79 |
| 100m: 1:18.15 | 1:18.15 | 200m: 2:42.62 | 1:24.47 | | |
| 6. Kelly de Jong | HZ&PC Heerenveen | 9501920 | 2:41.60 | 2:43.24 | +0,91 |
| 100m: 1:19.99 | 1:19.99 | 200m: 2:43.24 | 1:23.25 | | |
| 7. Hjordis Wagenaar | HZ&PC Heerenveen | 9502170 | 2:39.82 | 2:46.50 | +0,75 |
| 100m: 1:18.29 | 1:18.29 | 200m: 2:46.50 | 1:28.21 | | |
| 8. Elbrich Gerritsma | Avena | 9500472 | 2:45.41 | 2:47.07 | +0,73 |
| 100m: 1:23.46 | 1:23.46 | 200m: 2:47.07 | 1:23.61 | | |
| 9. Aukje Zwart | Avena | 9402916 | 2:44.43 | 2:47.45 | +0,75 |
| 100m: 1:21.45 | 1:21.45 | 200m: 2:47.45 | 1:26.00 | | |
| 10. Maayke de Boer | de Granaet | 9505906 | 2:42.13 | 2:48.29 | +1,03 |
| 100m: 1:22.78 | 1:22.78 | 200m: 2:48.29 | 1:25.51 | | |
| 11. Anja Mus | SG Middelse-Skelp | 9403928 | 2:45.95 | 2:50.45 | +0,84 |
| 100m: 1:24.40 | 1:24.40 | 200m: 2:50.45 | 1:26.05 | | |
| 12. Thea Baas | PWC Buitenpost | 9501388 | 2:46.63 | 2:50.85 | +0,76 |
| 100m: 1:20.93 | 1:20.93 | 200m: 2:50.85 | 1:29.92 | | |
| 13. Laura Terpstra | Avena | 9402914 | 2:52.57 | 2:53.82 | +0,73 |
| 100m: 1:22.66 | 1:22.66 | 200m: 2:53.82 | 1:31.16 | | |
| 14. Femke Kirkenier | DZ&PC | 9500936 | 2:54.02 | 2:54.36 | +0,65 |
| 100m: 1:24.06 | 1:24.06 | 200m: 2:54.36 | 1:30.30 | | |
| 15. Merel Weysenfeld | De Vikings | 9404110 | 2:50.32 | 2:56.24 | +0,71 |
| 100m: 1:26.64 | 1:26.64 | 200m: 2:56.24 | 1:29.60 | | |
| 16. Arianne Huisman | ZCNF'34 | 9403036 | 2:54.43 | 2:57.64 | +0,72 |
| 100m: 1:27.82 | 1:27.82 | 200m: 2:57.64 | 1:29.82 | | |
| 17. Nynke Dijkstra | HZ&PC Heerenveen | 9501242 | 2:51.14 | 2:58.66 | +0,98 |
| 100m: 1:28.06 | 1:28.06 | 200m: 2:58.66 | 1:30.60 | | |
| 18. Tine Folkertsma | SG. Bolsward-Workum | 9405274 | 2:55.22 | 3:04.83 | +0,93 |

16 jaar en ouder

| | | | | | |
|---------------------|------------------|---------------|---------|----------------|-------|
| 1. Ilse Kraaijeveld | Orca | 9002110 | 2:17.02 | 2:22.61 | +0,75 |
| 100m: 1:10.58 | 1:10.58 | 200m: 2:22.61 | 1:12.03 | | |
| 2. Wendan Poelstra | Orca | 9102496 | 2:21.39 | 2:29.14 | +0,84 |
| 100m: 1:11.77 | 1:11.77 | 200m: 2:29.14 | 1:17.37 | | |
| 3. Jolanda Cnossen | Neptunia'24 | 8600712 | 2:35.52 | 2:41.36 | +0,80 |
| 100m: 1:19.27 | 1:19.27 | 200m: 2:41.36 | 1:22.09 | | |
| 4. Lysbeth Wiersma | HZ&PC Heerenveen | 9204486 | 2:35.82 | 2:46.14 | +0,97 |
| 100m: 1:20.94 | 1:20.94 | 200m: 2:46.14 | 1:25.20 | | |
| 5. Saskia Bergsma | ZCNF'34 | 9301686 | 2:44.30 | 2:48.68 | +0,81 |
| 100m: 1:20.94 | 1:20.94 | 200m: 2:48.68 | 1:27.74 | | |
| 6. Iris Rozema | FZC'54 | 9305108 | 2:43.82 | 2:48.92 | +0,79 |
| 100m: 1:21.06 | 1:21.06 | 200m: 2:48.92 | 1:27.86 | | |

Friese Zomerkampioenschappen 2010
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Programmanr. 5, Dames, 200m rugslag, 16 jaar en ouder

| Rang | | | | In.tijd | Tijd | RT |
|------|---------------------|------------|---------------|---------|----------------|-------|
| 7. | Wyske Klijnstra | Avena | 9304202 | 2:44.83 | 2:50.27 | +0,72 |
| | 100m: 1:21.68 | 1:21.68 | 200m: 2:50.27 | 1:28.59 | | |
| 8. | Femke de Jong | Orca | 9306390 | 2:39.80 | 2:54.40 | +0,93 |
| | 100m: 1:23.93 | 1:23.93 | 200m: 2:54.40 | 1:30.47 | | |
| 9. | Sjoukje Karsten | DZ&PC | 9202452 | 2:48.49 | 2:55.87 | +0,86 |
| | 100m: 1:24.56 | 1:24.56 | 200m: 2:55.87 | 1:31.31 | | |
| 10. | Shanna Hofstra | Avena | 9303974 | 2:49.73 | 2:56.46 | +0,67 |
| | 100m: 1:25.26 | 1:25.26 | 200m: 2:56.46 | 1:31.20 | | |
| 11. | Marissa Lindemulder | de Granaet | 9306392 | 2:41.51 | 2:58.83 | +0,96 |
| | 100m: 1:24.98 | 1:24.98 | 200m: 2:58.83 | 1:33.85 | | |

alg. leeftijdsgroep

| | | | | | | |
|-----|-------------------|------------------|---------------|---------|----------------|-------|
| 1. | Ilse Kraaijeveld | Orca | 9002110 | 2:17.02 | 2:22.61 | +0,75 |
| | 100m: 1:10.58 | 1:10.58 | 200m: 2:22.61 | 1:12.03 | | |
| 2. | Wendan Poelstra | Orca | 9102496 | 2:21.39 | 2:29.14 | +0,84 |
| | 100m: 1:11.77 | 1:11.77 | 200m: 2:29.14 | 1:17.37 | | |
| 3. | Fiona van Heerde | Orca | 9403660 | 2:25.93 | 2:30.81 | +0,74 |
| | 100m: 1:11.21 | 1:11.21 | 200m: 2:30.81 | 1:19.60 | | |
| 4. | Myrthe Sijtsema | HZ&PC Heerenveen | 9502706 | 2:29.11 | 2:33.48 | +0,74 |
| | 100m: 1:13.54 | 1:13.54 | 200m: 2:33.48 | 1:19.94 | | |
| 5. | Danielle Boer de | HZ&PC Heerenveen | 9404736 | 2:26.17 | 2:33.98 | +0,80 |
| | 100m: 1:14.23 | 1:14.23 | 200m: 2:33.98 | 1:19.75 | | |
| 6. | Cynthia Verkaik | de Granaet | 9601288 | 2:27.72 | 2:34.56 | +0,80 |
| | 100m: 1:16.20 | 1:16.20 | 200m: 2:34.56 | 1:18.36 | | |
| 7. | Claris de Vries | DZ&PC | 9700942 | 2:32.07 | 2:35.46 | +0,60 |
| | 100m: 1:15.86 | 1:15.86 | 200m: 2:35.46 | 1:19.60 | | |
| 8. | Manon Kuiper | HZ&PC Heerenveen | 9400302 | 2:28.20 | 2:39.64 | +0,80 |
| | 100m: 1:16.02 | 1:16.02 | 200m: 2:39.64 | 1:23.62 | | |
| 9. | Jolanda Cnossen | Neptunia'24 | 8600712 | 2:35.52 | 2:41.36 | +0,80 |
| | 100m: 1:19.27 | 1:19.27 | 200m: 2:41.36 | 1:22.09 | | |
| 10. | Nynke Klokman | DZ&PC | 9801424 | 2:38.97 | 2:42.36 | +0,72 |
| | 100m: 1:19.90 | 1:19.90 | 200m: 2:42.36 | 1:22.46 | | |
| 11. | Freya Holwerda | Orca | 9502780 | 2:40.38 | 2:42.62 | +0,79 |
| | 100m: 1:18.15 | 1:18.15 | 200m: 2:42.62 | 1:24.47 | | |
| 12. | Melissa Nauta | Orca | 9602388 | 2:34.02 | 2:42.67 | +0,77 |
| | 100m: 1:19.16 | 1:19.16 | 200m: 2:42.67 | 1:23.51 | | |
| 13. | Kelly de Jong | HZ&PC Heerenveen | 9501920 | 2:41.60 | 2:43.24 | +0,91 |
| | 100m: 1:19.99 | 1:19.99 | 200m: 2:43.24 | 1:23.25 | | |
| 14. | Claudia Hacke | Orca | 9602936 | 2:43.49 | 2:44.69 | +0,87 |
| | 100m: 1:20.63 | 1:20.63 | 200m: 2:44.69 | 1:24.06 | | |
| 15. | Lysbeth Wiersma | HZ&PC Heerenveen | 9204486 | 2:35.82 | 2:46.14 | +0,97 |
| | 100m: 1:20.94 | 1:20.94 | 200m: 2:46.14 | 1:25.20 | | |
| 16. | Hjordis Wagenaar | HZ&PC Heerenveen | 9502170 | 2:39.82 | 2:46.50 | +0,75 |
| | 100m: 1:18.29 | 1:18.29 | 200m: 2:46.50 | 1:28.21 | | |
| 17. | Elbrich Gerritsma | Avena | 9500472 | 2:45.41 | 2:47.07 | +0,73 |
| | 100m: 1:23.46 | 1:23.46 | 200m: 2:47.07 | 1:23.61 | | |
| 18. | Aukje Zwart | Avena | 9402916 | 2:44.43 | 2:47.45 | +0,75 |
| | 100m: 1:21.45 | 1:21.45 | 200m: 2:47.45 | 1:26.00 | | |

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Programmanr. 5, Dames, 200m rugslag, alg. leeftijdsgroep

| Rang | | | | In.tijd | Tijd | RT |
|------|-------------------|-------------------|---------------|---------|----------------|-------|
| 19. | Maayke de Boer | de Granaet | 9505906 | 2:42.13 | 2:48.29 | +1,03 |
| | 100m: 1:22.78 | 1:22.78 | 200m: 2:48.29 | 1:25.51 | | |
| 20. | Saskia Bergsma | ZCNF'34 | 9301686 | 2:44.30 | 2:48.68 | +0,81 |
| | 100m: 1:20.94 | 1:20.94 | 200m: 2:48.68 | 1:27.74 | | |
| 21. | Iris Rozema | FZC'54 | 9305108 | 2:43.82 | 2:48.92 | +0,79 |
| | 100m: 1:21.06 | 1:21.06 | 200m: 2:48.92 | 1:27.86 | | |
| 22. | Wyske Klijnstra | Avena | 9304202 | 2:44.83 | 2:50.27 | +0,72 |
| | 100m: 1:21.68 | 1:21.68 | 200m: 2:50.27 | 1:28.59 | | |
| 23. | Anja Mus | SG Middelse-Skelp | 9403928 | 2:45.95 | 2:50.45 | +0,84 |
| | 100m: 1:24.40 | 1:24.40 | 200m: 2:50.45 | 1:26.05 | | |
| 24. | Thea Baas | PWC Buitenpost | 9501388 | 2:46.63 | 2:50.85 | +0,76 |
| | 100m: 1:20.93 | 1:20.93 | 200m: 2:50.85 | 1:29.92 | | |
| 25. | Esmee Verhoef | Orca | 9603802 | 2:51.30 | 2:53.09 | +0,85 |
| | 100m: 1:26.93 | 1:26.93 | 200m: 2:53.09 | 1:26.16 | | |
| 26. | Laura Terpstra | Avena | 9402914 | 2:52.57 | 2:53.82 | +0,73 |
| | 100m: 1:22.66 | 1:22.66 | 200m: 2:53.82 | 1:31.16 | | |
| 27. | Maaïke de Ruijter | Orca | 9704684 | 2:57.68 | 2:53.88 | +0,83 |
| | 100m: 1:26.14 | 1:26.14 | 200m: 2:53.88 | 1:27.74 | | |
| 28. | Irene Dotinga | Neptunia'24 | 9603516 | 2:44.54 | 2:54.17 | +0,71 |
| | 100m: 1:24.60 | 1:24.60 | 200m: 2:54.17 | 1:29.57 | | |
| 29. | Femke Kirkenier | DZ&PC | 9500936 | 2:54.02 | 2:54.36 | +0,65 |
| | 100m: 1:24.06 | 1:24.06 | 200m: 2:54.36 | 1:30.30 | | |
| 30. | Kinge Zandringa | Orca | 9801422 | 2:58.58 | 2:54.39 | +0,85 |
| | 100m: 1:26.83 | 1:26.83 | 200m: 2:54.39 | 1:27.56 | | |
| 31. | Femke de Jong | Orca | 9306390 | 2:39.80 | 2:54.40 | +0,93 |
| | 100m: 1:23.93 | 1:23.93 | 200m: 2:54.40 | 1:30.47 | | |
| 32. | Bianca Jongsma | Avena | 9601006 | 2:47.99 | 2:54.82 | +0,69 |
| | 100m: 1:25.54 | 1:25.54 | 200m: 2:54.82 | 1:29.28 | | |
| 33. | Roelie de Boer | Wetterwille | 9600508 | 2:53.27 | 2:55.40 | +0,80 |
| | 100m: 1:27.62 | 1:27.62 | 200m: 2:55.40 | 1:27.78 | | |
| 34. | Indyra Hummel | ZCNF'34 | 9600624 | 2:55.59 | 2:55.44 | +0,91 |
| | 100m: 1:26.73 | 1:26.73 | 200m: 2:55.44 | 1:28.71 | | |
| 35. | Sjoukje Karsten | DZ&PC | 9202452 | 2:48.49 | 2:55.87 | +0,86 |
| | 100m: 1:24.56 | 1:24.56 | 200m: 2:55.87 | 1:31.31 | | |
| 36. | Simone Mus | SG Middelse-Skelp | 9601932 | 2:47.88 | 2:56.18 | +0,81 |
| | 100m: 1:28.53 | 1:28.53 | 200m: 2:56.18 | 1:27.65 | | |
| 37. | Merel Weysefeld | De Vikings | 9404110 | 2:50.32 | 2:56.24 | +0,71 |
| | 100m: 1:26.64 | 1:26.64 | 200m: 2:56.24 | 1:29.60 | | |
| 38. | Shanna Hofstra | Avena | 9303974 | 2:49.73 | 2:56.46 | +0,67 |
| | 100m: 1:25.26 | 1:25.26 | 200m: 2:56.46 | 1:31.20 | | |
| 39. | Anneliene Zuidema | SG Middelse-Skelp | 9800768 | 2:53.66 | 2:56.65 | +0,80 |
| | 100m: 1:26.96 | 1:26.96 | 200m: 2:56.65 | 1:29.69 | | |
| 40. | Rixt Meijer | HZ&PC Heerenveen | 9700202 | 2:54.98 | 2:57.04 | +0,81 |
| | 100m: 1:27.40 | 1:27.40 | 200m: 2:57.04 | 1:29.64 | | |
| 41. | Janna Post | Neptunia'24 | 9602061 | 2:49.93 | 2:57.62 | +0,84 |
| | 100m: 1:28.90 | 1:28.90 | 200m: 2:57.62 | 1:28.72 | | |
| 42. | Arianne Huisman | ZCNF'34 | 9403036 | 2:54.43 | 2:57.64 | +0,72 |
| | 100m: 1:27.82 | 1:27.82 | 200m: 2:57.64 | 1:29.82 | | |

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Programmanr. 5, Dames, 200m rugslag, alg. leeftijdsgroep

| Rang | | | | In.tijd | Tijd | RT |
|------|-----------------------|---------------------|---------------|---------|----------------|-------|
| 43. | Lisa Rozema | FZC'54 | 9600860 | 2:44.63 | 2:57.96 | +0,75 |
| | 100m: 1:25.85 | 1:25.85 | 200m: 2:57.96 | 1:32.11 | | |
| 44. | Rebecca Jansen | Orca | 9703490 | 2:49.69 | 2:58.31 | +0,77 |
| | 100m: 1:28.44 | 1:28.44 | 200m: 2:58.31 | 1:29.87 | | |
| 45. | Gwen Sieswerda | FZC'54 | 9802342 | 2:58.98 | 2:58.35 | +0,74 |
| | 100m: 1:29.33 | 1:29.33 | 200m: 2:58.35 | 1:29.02 | | |
| 46. | Joëlle Rozema | DZ&PC | 9601124 | 2:51.22 | 2:58.42 | +0,90 |
| | 100m: 1:26.60 | 1:26.60 | 200m: 2:58.42 | 1:31.82 | | |
| 47. | Marieke Dijkstra | Avena | 9602122 | 2:47.99 | 2:58.44 | +0,80 |
| | 100m: 1:26.75 | 1:26.75 | 200m: 2:58.44 | 1:31.69 | | |
| 48. | Nynke Dijkstra | HZ&PC Heerenveen | 9501242 | 2:51.14 | 2:58.66 | +0,98 |
| | 100m: 1:28.06 | 1:28.06 | 200m: 2:58.66 | 1:30.60 | | |
| 49. | Marissa Lindemulder | de Granaet | 9306392 | 2:41.51 | 2:58.83 | +0,96 |
| | 100m: 1:24.98 | 1:24.98 | 200m: 2:58.83 | 1:33.85 | | |
| 50. | Jildou Temming | Avena | 9802768 | 2:59.53 | 2:58.98 | +0,73 |
| | 100m: 1:26.81 | 1:26.81 | 200m: 2:58.98 | 1:32.17 | | |
| 51. | Ellen Jager | PWC Buitenpost | 9801384 | 2:54.21 | 2:59.07 | +0,78 |
| | 100m: 1:27.24 | 1:27.24 | 200m: 2:59.07 | 1:31.83 | | |
| 52. | Anna Regnerus | Wetterwille | 9701656 | 2:45.46 | 2:59.47 | +0,87 |
| | 100m: 1:29.99 | 1:29.99 | 200m: 2:59.47 | 1:29.48 | | |
| 53. | Aldith Pasveer | Orca | 9701398 | 2:54.47 | 2:59.49 | +0,82 |
| | 100m: 1:28.96 | 1:28.96 | 200m: 2:59.49 | 1:30.53 | | |
| 54. | Julia Zwertbroek | HZ&PC Heerenveen | 9600950 | 2:53.45 | 3:00.27 | +0,73 |
| | 100m: 1:27.58 | 1:27.58 | 200m: 3:00.27 | 1:32.69 | | |
| 55. | Hanny van Dijk | Orca | 9804514 | 3:02.99 | 3:00.62 | +0,85 |
| | 100m: 1:31.30 | 1:31.30 | 200m: 3:00.62 | 1:29.32 | | |
| 56. | Carmen Weistra | Orca | 9802148 | 3:07.21 | 3:00.64 | +0,73 |
| | 100m: 1:28.55 | 1:28.55 | 200m: 3:00.64 | 1:32.09 | | |
| 57. | Nynke Ytsma | Wetterwille | 9701654 | 2:58.50 | 3:01.40 | +0,80 |
| | 100m: 1:30.03 | 1:30.03 | 200m: 3:01.40 | 1:31.37 | | |
| 58. | Joyce Bakker | De Forel | 9600522 | 2:55.82 | 3:03.86 | +0,71 |
| | 100m: 1:30.84 | 1:30.84 | 200m: 3:03.86 | 1:33.02 | | |
| 59. | Willeke Willems | ZCNF'34 | 9600232 | 2:59.82 | 3:04.29 | +0,84 |
| | 100m: 1:29.72 | 1:29.72 | 200m: 3:04.29 | 1:34.57 | | |
| 60. | Tine Folkertsma | SG. Bolsward-Workum | 9405274 | 2:55.22 | 3:04.83 | +0,93 |
| 61. | Annemiek Halma | De Vikings | 9702884 | 2:59.47 | 3:05.09 | +0,76 |
| | 100m: 1:32.91 | 1:32.91 | 200m: 3:05.09 | 1:32.18 | | |
| 62. | Lisanne Hassing | De Forel | 9702584 | 3:01.97 | 3:07.09 | +0,66 |
| | 100m: 1:30.24 | 1:30.24 | 200m: 3:07.09 | 1:36.85 | | |
| 63. | K. Stavorinus | ZPD | 9704122 | 3:03.86 | 3:08.19 | +0,86 |
| 64. | Brigitte van der Veen | de Granaet | 9802600 | 3:11.46 | 3:08.64 | +0,82 |
| 65. | Brecht Buis | Neptunia'24 | 9803854 | 3:11.53 | 3:09.98 | +0,96 |
| | 100m: 1:36.93 | 1:36.93 | 200m: 3:09.98 | 1:33.05 | | |
| 66. | Heleen Visser | Neptunia'24 | 9703414 | 3:04.63 | 3:10.93 | +0,78 |
| | 100m: 1:33.72 | 1:33.72 | 200m: 3:10.93 | 1:37.21 | | |
| 67. | Marika de Boer | de Granaet | 9705302 | 3:02.71 | 3:11.35 | +1,08 |
| | 100m: 1:34.61 | 1:34.61 | 200m: 3:11.35 | 1:36.74 | | |
| 68. | Anke Koopmans | Neptunia'24 | 9702702 | 3:03.59 | 3:11.75 | |
| | 100m: 1:34.96 | 1:34.96 | 200m: 3:11.75 | 1:36.79 | | |

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Programmanr. 5, Dames, 200m rugslag, alg. leeftijdsgroep

| Rang | | | | In.tijd | Tijd | RT |
|------|----------------------------------------------------------------------------------------------------------------------------|-------------|---------------|---------|----------------|-------|
| 69. | Rosanne Baarda | Neptunia'24 | 9603026 | 3:01.02 | 3:13.01 | +0,91 |
| | 100m: 1:34.67 | 1:34.67 | 200m: 3:13.01 | 1:38.34 | | |
| 70. | Nienke Postma | Orca | 9801096 | 3:15.69 | 3:13.57 | +0,89 |
| | 100m: 1:37.22 | 1:37.22 | 200m: 3:13.57 | 1:36.35 | | |
| 71. | Wendy van Cleef | Orca | 9802760 | 3:09.34 | 3:16.90 | +0,84 |
| | 100m: 1:38.30 | 1:38.30 | 200m: 3:16.90 | 1:38.60 | | |
| 72. | Caroline Nauta | De Vikings | 9803148 | 3:15.93 | 3:23.93 | +0,76 |
| | 100m: 1:40.06 | 1:40.06 | 200m: 3:23.93 | 1:43.87 | | |
| DIS | Evelien van Ruiten | Orca | 9602924 | 2:31.76 | | |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | |
| DIS | Mirthe Alkema | Orca | 9603616 | 2:44.15 | | |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | | |

Programmanr. 6
14.5.10

Heren, 200m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | | | In.tijd | Tijd | RT |
|---------|--------------------------------------------------------------------------------------------|------------------|---------------|---------|----------------|-------|
| 12 jaar | | | | | | |
| 1. | Jorn Steenbergen | DZ&PC | 9700039 | 2:42.48 | 2:43.41 | +0,72 |
| | 100m: 1:19.91 | 1:19.91 | 200m: 2:43.41 | 1:23.50 | | |
| 2. | Marcel van der Heide | De Vikings | 9701503 | 2:43.49 | 2:50.37 | +0,86 |
| | 100m: 1:22.89 | 1:22.89 | 200m: 2:50.37 | 1:27.48 | | |
| 3. | Jelmer Postma | Orca | 9701631 | 2:49.44 | 2:51.15 | +0,77 |
| | 100m: 1:23.67 | 1:23.67 | 200m: 2:51.15 | 1:27.48 | | |
| 4. | Richard Kuipers | Orca | 9704171 | 2:46.47 | 2:52.53 | +0,76 |
| | 100m: 1:23.60 | 1:23.60 | 200m: 2:52.53 | 1:28.93 | | |
| 5. | Jelmer Post | Avena | 9702609 | 2:47.63 | 2:56.59 | +0,78 |
| | 100m: 1:22.13 | 1:22.13 | 200m: 2:56.59 | 1:34.46 | | |
| 6. | Daniel Borghardt | Orca | 9700973 | 2:55.38 | 3:00.69 | +0,70 |
| | 100m: 1:27.31 | 1:27.31 | 200m: 3:00.69 | 1:33.38 | | |
| 13 jaar | | | | | | |
| 1. | Robin de Joode | de Granaet | 9601371 | 2:33.05 | 2:39.77 | +0,78 |
| | 100m: 1:17.07 | 1:17.07 | 200m: 2:39.77 | 1:22.70 | | |
| 2. | Minne Koopmans | Neptunia'24 | 9603557 | 2:38.36 | 2:41.60 | +0,76 |
| | 100m: 1:20.16 | 1:20.16 | 200m: 2:41.60 | 1:21.44 | | |
| 3. | Jelmer Groos | DZ&PC | 9602945 | 2:39.63 | 2:46.39 | +0,67 |
| | 100m: 1:20.56 | 1:20.56 | 200m: 2:46.39 | 1:25.83 | | |
| 4. | Janco Molen van der | HZ&PC Heerenveen | 9600759 | 2:41.96 | 2:46.63 | +0,79 |
| | 100m: 1:22.60 | 1:22.60 | 200m: 2:46.63 | 1:24.03 | | |
| 5. | Lars Roelofs | De Forel | 9602667 | 2:43.46 | 2:53.07 | +0,71 |
| DIS | Jens Kuitert | Orca | 9603891 | 2:40.43 | | |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | |

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Programmanr. 6, Heren, 200m rugslag

14 jaar

| | | | | | |
|----------------------|---------------------|---------------|---------|----------------|-------|
| 1. Pieter Ytsma | Orca | 9501809 | 2:26.68 | 2:30.33 | +0,70 |
| 100m: 1:14.51 | 1:14.51 | 200m: 2:30.33 | 1:15.82 | | |
| 2. Sander Akkerman | HZ&PC Heerenveen | 9501527 | 2:37.79 | 2:35.85 | +0,87 |
| 100m: 1:16.45 | 1:16.45 | 200m: 2:35.85 | 1:19.40 | | |
| 3. Dirk van der Eems | Wetterwille | 9501565 | 2:41.34 | 2:38.63 | +0,87 |
| 100m: 1:18.18 | 1:18.18 | 200m: 2:38.63 | 1:20.45 | | |
| 4. Ruben Bonnema | HZ&PC Heerenveen | 9504389 | 2:40.49 | 2:41.05 | +0,68 |
| 100m: 1:17.65 | 1:17.65 | 200m: 2:41.05 | 1:23.40 | | |
| 5. Jacco v/d Wal | Avena | 9504145 | 2:40.97 | 2:43.24 | +0,78 |
| 100m: 1:19.96 | 1:19.96 | 200m: 2:43.24 | 1:23.28 | | |
| 6. Cor Sytsma | SG. Bolsward-Workum | 9503385 | 2:42.69 | 2:47.33 | +0,70 |
| 100m: 1:22.02 | 1:22.02 | 200m: 2:47.33 | 1:25.31 | | |

15 jaar

| | | | | | |
|----------------------|-------------|---------------|---------|----------------|-------|
| 1. Willem Kees Roos | Orca | 9402693 | 2:09.53 | 2:16.99 | +0,83 |
| 100m: 1:08.17 | 1:08.17 | 200m: 2:16.99 | 1:08.82 | | |
| 2. Erik Nijholt | DZ&PC | 9401349 | 2:20.48 | 2:25.75 | +0,84 |
| 100m: 1:12.61 | 1:12.61 | 200m: 2:25.75 | 1:13.14 | | |
| 3. Maiko Postma | DZ&PC | 9400963 | 2:19.92 | 2:28.08 | +0,62 |
| 4. Bram ter Ellen | Orca | 9402689 | 2:35.57 | 2:39.62 | +0,76 |
| 100m: 1:19.96 | 1:19.96 | 200m: 2:39.62 | 1:19.66 | | |
| 5. Robert Westerdijk | Neptunia'24 | 9402139 | 2:37.41 | 2:48.09 | +0,75 |
| 100m: 1:23.61 | 1:23.61 | 200m: 2:48.09 | 1:24.48 | | |

16 - 17 jaar

| | | | | | |
|------------------------|------------------|---------------|---------|----------------|-------|
| 1. Michael Westers | Orca | 9204263 | 2:19.73 | 2:25.16 | +0,83 |
| 100m: 1:11.71 | 1:11.71 | 200m: 2:25.16 | 1:13.45 | | |
| 2. Arno Nieuwhof | FZC'54 | 9302375 | 2:17.78 | 2:27.80 | +0,69 |
| 100m: 1:10.10 | 1:10.10 | 200m: 2:27.80 | 1:17.70 | | |
| 3. Christiaan van Dijk | HZ&PC Heerenveen | 9200245 | 2:17.57 | 2:28.17 | +0,71 |
| 100m: 1:10.64 | 1:10.64 | 200m: 2:28.17 | 1:17.53 | | |
| 4. Gijs Gertsen | Orca | 9303485 | 2:28.72 | 2:34.30 | +0,87 |
| 100m: 1:16.59 | 1:16.59 | 200m: 2:34.30 | 1:17.71 | | |
| 5. Sietse Wijbenga | ZPD | 9301967 | 2:28.17 | 2:34.84 | +0,68 |
| 100m: 1:15.38 | 1:15.38 | 200m: 2:34.84 | 1:19.46 | | |
| 6. Harm Lemstra | De Vikings | 9305009 | 2:34.25 | 2:40.06 | +0,88 |
| 100m: 1:18.98 | 1:18.98 | 200m: 2:40.06 | 1:21.08 | | |
| 7. Rycklef Epema | DZ&PC | 9202787 | 2:37.80 | 2:41.02 | +0,86 |
| 100m: 1:16.34 | 1:16.34 | 200m: 2:41.02 | 1:24.68 | | |
| 8. Bauke Ytsma | Wetterwille | 9301131 | 2:34.38 | 2:49.83 | +0,65 |
| 100m: 1:22.13 | 1:22.13 | 200m: 2:49.83 | 1:27.70 | | |

18 jaar en ouder

| | | | | | |
|------------------|------------------|---------------|---------|----------------|-------|
| 1. Jelmer Meijer | HZ&PC Heerenveen | 9001961 | 2:11.68 | 2:15.89 | +0,75 |
| 100m: 1:07.33 | 1:07.33 | 200m: 2:15.89 | 1:08.56 | | |
| 2. Erik Hagting | DZ&PC | 9100829 | 2:05.63 | 2:18.65 | +0,82 |
| 100m: 1:07.77 | 1:07.77 | 200m: 2:18.65 | 1:10.88 | | |

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Programmanr. 6, Heren, 200m rugslag, 18 jaar en ouder

| Rang | | | | In.tijd | Tijd | RT |
|---------------------|---------------------|------------------|---------------|---------|----------------|-------|
| 3. | Jildert Prins | FZC'54 | 8902509 | 2:28.89 | 2:33.05 | +0,68 |
| | 100m: 1:12.90 | 1:12.90 | 200m: 2:33.05 | 1:20.15 | | |
| 4. | Ruben Post | Neptunia'24 | 9106623 | 2:29.78 | 2:35.65 | +0,75 |
| | 100m: 1:14.98 | 1:14.98 | 200m: 2:35.65 | 1:20.67 | | |
| alg. leeftijdsgroep | | | | | | |
| 1. | Jelmer Meijer | HZ&PC Heerenveen | 9001961 | 2:11.68 | 2:15.89 | +0,75 |
| | 100m: 1:07.33 | 1:07.33 | 200m: 2:15.89 | 1:08.56 | | |
| 2. | Willem Kees Roos | Orca | 9402693 | 2:09.53 | 2:16.99 | +0,83 |
| | 100m: 1:08.17 | 1:08.17 | 200m: 2:16.99 | 1:08.82 | | |
| 3. | Erik Hagting | DZ&PC | 9100829 | 2:05.63 | 2:18.65 | +0,82 |
| | 100m: 1:07.77 | 1:07.77 | 200m: 2:18.65 | 1:10.88 | | |
| 4. | Michael Westers | Orca | 9204263 | 2:19.73 | 2:25.16 | +0,83 |
| | 100m: 1:11.71 | 1:11.71 | 200m: 2:25.16 | 1:13.45 | | |
| 5. | Erik Nijholt | DZ&PC | 9401349 | 2:20.48 | 2:25.75 | +0,84 |
| | 100m: 1:12.61 | 1:12.61 | 200m: 2:25.75 | 1:13.14 | | |
| 6. | Arno Nieuwhof | FZC'54 | 9302375 | 2:17.78 | 2:27.80 | +0,69 |
| | 100m: 1:10.10 | 1:10.10 | 200m: 2:27.80 | 1:17.70 | | |
| 7. | Maiko Postma | DZ&PC | 9400963 | 2:19.92 | 2:28.08 | +0,62 |
| 8. | Christiaan van Dijk | HZ&PC Heerenveen | 9200245 | 2:17.57 | 2:28.17 | +0,71 |
| | 100m: 1:10.64 | 1:10.64 | 200m: 2:28.17 | 1:17.53 | | |
| 9. | Pieter Ytsma | Orca | 9501809 | 2:26.68 | 2:30.33 | +0,70 |
| | 100m: 1:14.51 | 1:14.51 | 200m: 2:30.33 | 1:15.82 | | |
| 10. | Jildert Prins | FZC'54 | 8902509 | 2:28.89 | 2:33.05 | +0,68 |
| | 100m: 1:12.90 | 1:12.90 | 200m: 2:33.05 | 1:20.15 | | |
| 11. | Gijs Gertsen | Orca | 9303485 | 2:28.72 | 2:34.30 | +0,87 |
| | 100m: 1:16.59 | 1:16.59 | 200m: 2:34.30 | 1:17.71 | | |
| 12. | Sietse Wijbenga | ZPD | 9301967 | 2:28.17 | 2:34.84 | +0,68 |
| | 100m: 1:15.38 | 1:15.38 | 200m: 2:34.84 | 1:19.46 | | |
| 13. | Ruben Post | Neptunia'24 | 9106623 | 2:29.78 | 2:35.65 | +0,75 |
| | 100m: 1:14.98 | 1:14.98 | 200m: 2:35.65 | 1:20.67 | | |
| 14. | Sander Akkerman | HZ&PC Heerenveen | 9501527 | 2:37.79 | 2:35.85 | +0,87 |
| | 100m: 1:16.45 | 1:16.45 | 200m: 2:35.85 | 1:19.40 | | |
| 15. | Dirk van der Eems | Wetterwille | 9501565 | 2:41.34 | 2:38.63 | +0,87 |
| | 100m: 1:18.18 | 1:18.18 | 200m: 2:38.63 | 1:20.45 | | |
| 16. | Bram ter Ellen | Orca | 9402689 | 2:35.57 | 2:39.62 | +0,76 |
| | 100m: 1:19.96 | 1:19.96 | 200m: 2:39.62 | 1:19.66 | | |
| 17. | Robin de Joode | de Granaet | 9601371 | 2:33.05 | 2:39.77 | +0,78 |
| | 100m: 1:17.07 | 1:17.07 | 200m: 2:39.77 | 1:22.70 | | |
| 18. | Harm Lemstra | De Vikings | 9305009 | 2:34.25 | 2:40.06 | +0,88 |
| | 100m: 1:18.98 | 1:18.98 | 200m: 2:40.06 | 1:21.08 | | |
| 19. | Rycklef Epema | DZ&PC | 9202787 | 2:37.80 | 2:41.02 | +0,86 |
| | 100m: 1:16.34 | 1:16.34 | 200m: 2:41.02 | 1:24.68 | | |
| 20. | Ruben Bonnema | HZ&PC Heerenveen | 9504389 | 2:40.49 | 2:41.05 | +0,68 |
| | 100m: 1:17.65 | 1:17.65 | 200m: 2:41.05 | 1:23.40 | | |
| 21. | Minne Koopmans | Neptunia'24 | 9603557 | 2:38.36 | 2:41.60 | +0,76 |
| | 100m: 1:20.16 | 1:20.16 | 200m: 2:41.60 | 1:21.44 | | |
| 22. | Jacco v/d Wal | Avena | 9504145 | 2:40.97 | 2:43.24 | +0,78 |
| | 100m: 1:19.96 | 1:19.96 | 200m: 2:43.24 | 1:23.28 | | |

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Programmanr. 6, Heren, 200m rugslag, alg. leeftijdsgroep

| Rang | | | | In.tijd | Tijd | RT |
|------|--------------------------------------------------------------------------------------------|---------------------|---------------|---------|----------------|-------|
| 23. | Jorn Steenberg | DZ&PC | 9700039 | 2:42.48 | 2:43.41 | +0,72 |
| | 100m: 1:19.91 | 1:19.91 | 200m: 2:43.41 | 1:23.50 | | |
| 24. | Jelmer Groos | DZ&PC | 9602945 | 2:39.63 | 2:46.39 | +0,67 |
| | 100m: 1:20.56 | 1:20.56 | 200m: 2:46.39 | 1:25.83 | | |
| 25. | Janco Molen van der | HZ&PC Heerenveen | 9600759 | 2:41.96 | 2:46.63 | +0,79 |
| | 100m: 1:22.60 | 1:22.60 | 200m: 2:46.63 | 1:24.03 | | |
| 26. | Cor Sytsma | SG. Bolsward-Workum | 9503385 | 2:42.69 | 2:47.33 | +0,70 |
| | 100m: 1:22.02 | 1:22.02 | 200m: 2:47.33 | 1:25.31 | | |
| 27. | Robert Westerdijk | Neptunia'24 | 9402139 | 2:37.41 | 2:48.09 | +0,75 |
| | 100m: 1:23.61 | 1:23.61 | 200m: 2:48.09 | 1:24.48 | | |
| 28. | Bauke Ytsma | Wetterwille | 9301131 | 2:34.38 | 2:49.83 | +0,65 |
| | 100m: 1:22.13 | 1:22.13 | 200m: 2:49.83 | 1:27.70 | | |
| 29. | Marcel van der Heide | De Vikings | 9701503 | 2:43.49 | 2:50.37 | +0,86 |
| | 100m: 1:22.89 | 1:22.89 | 200m: 2:50.37 | 1:27.48 | | |
| 30. | Jelmer Postma | Orca | 9701631 | 2:49.44 | 2:51.15 | +0,77 |
| | 100m: 1:23.67 | 1:23.67 | 200m: 2:51.15 | 1:27.48 | | |
| 31. | Richard Kuipers | Orca | 9704171 | 2:46.47 | 2:52.53 | +0,76 |
| | 100m: 1:23.60 | 1:23.60 | 200m: 2:52.53 | 1:28.93 | | |
| 32. | Lars Roelofs | De Forel | 9602667 | 2:43.46 | 2:53.07 | +0,71 |
| 33. | Jelmer Post | Avena | 9702609 | 2:47.63 | 2:56.59 | +0,78 |
| | 100m: 1:22.13 | 1:22.13 | 200m: 2:56.59 | 1:34.46 | | |
| 34. | Daniel Borghardt | Orca | 9700973 | 2:55.38 | 3:00.69 | +0,70 |
| | 100m: 1:27.31 | 1:27.31 | 200m: 3:00.69 | 1:33.38 | | |
| DIS | Jens Kuitert | Orca | 9603891 | 2:40.43 | | |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | |