



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 1
12-11-2011 - 18:00

Jongens, 4 x 200m vrije slag

Jongens Junioren 4 en later
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|--------------|------|---------|-----------------|----------------|
| 1. | Orca 1 | Orca | | 8:43.66 | 8:31.54 |
| | Jens Kuitert | 96 | 2:09.92 | Minne Koopmans | 96 |
| | Stuart Vis | 97 | | Richard Kuipers | 97 |

Programmanr. 2
12-11-2011 - 18:10

Jongens, 4 x 100m vrije slag

Jongens Junioren 4 en later
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|-----------------------------|-----------------|---------|--------------------|----------------|
| 1. | ZPC Stadskanaal 1 A | ZPC Stadskanaal | | 4:13.71 | 4:08.82 |
| | Marc Blauw | 96 | 59.08 | Gerko Wilkens | 98 |
| | Axel Hanning | 00 | | Joost van der Pijl | 97 |
| | DZ&PC 1 B | DZ&PC | | 4:11.84 | 4:08.82 |
| | Olivier Victor van de Voort | 97 | 1:02.45 | Kevin Rozema | 97 |
| | Jorn Steenberg | 97 | | Jelmer Groos | 96 |

Programmanr. 3
12-11-2011 - 18:15

4 x 50m vrije slag Meisjes Junioren 1 e.l. en Jongens Minioren 6 e.l.
(1j,1m,1j,1m)

Resultaten

| Rang | | | | In.tijd | Tijd |
|------|-------------------|-----------------|-------|------------------|----------------|
| 1. | DZ&PC 1 | DZ&PC | | 2:08.74 | 2:04.82 |
| | Koendert Kellner | 00 | 32.07 | Jelle Betten | 00 |
| | Elsa Bremer | 00 | | Marrit Steenberg | 00 |
| 2. | ZPC Stadskanaal 3 | ZPC Stadskanaal | | 2:14.84 | 2:15.13 |
| | Lars Meyer | 00 | 39.68 | Axel Hanning | 00 |
| | Laura Setz | 00 | | Julia Barkhuis | 00 |

Programmanr. 4
12-11-2011 - 18:20

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

| Rang | | | | | In.tijd | Tijd |
|------|------------------------|-----------------|---------------|-----------|---------|----------------|
| 1. | Cynthia Verkaik | Orca | | 199601288 | 5:03.86 | 4:58.13 |
| | 100m: 1:06.29 | 1:06.29 | 400m: 4:58.13 | 3:51.84 | | |
| 2. | Monique van der Struik | DZ&PC | | 199502502 | 5:06.40 | 5:16.74 |
| | 100m: 1:09.64 | 1:09.64 | 400m: 5:16.74 | 4:07.10 | | |
| 3. | Ann Wanter | Orca | | 198202386 | 5:23.66 | 5:19.93 |
| | 100m: 1:11.93 | 1:11.93 | 400m: 5:19.93 | 4:08.00 | | |
| 4. | Rianne Hooiveld | ZPC Stadskanaal | | 199001572 | 5:36.86 | 5:31.28 |
| | 100m: 1:13.61 | 1:13.61 | 400m: 5:31.28 | 4:17.67 | | |
| 5. | Melissa Nauta | Orca | | 199602388 | 5:28.38 | 5:38.28 |
| | 100m: 1:27.35 | 1:27.35 | 400m: 5:38.28 | 4:10.93 | | |



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Programmanr. 4, Dames, 400m wisselslag, Dames Senioren Open

| Rang | In.tijd | Tijd |
|--|--------------------|---------------------------|
| 6. Nenne Venema 100m: 1:20.20 1:20.20 400m: 5:39.29 4:19.09 | DZ&PC 199503586 | 5:48.57 5:39.29 |

Programmanr. 5
12-11-2011 - 18:25

Dames, 200m wisselslag

Dames Senioren Open Resultaten

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

Programmanr. 6
12-11-2011 - 18:25

Heren, 100m vlinderslag

Heren Senioren Open Resultaten

| Rang | In.tijd | Tijd |
|--|------------------------------|---------------------------|
| 1. Ramon Fredrik 50m: 26.92 26.92 100m: 57.20 30.28 | Orca 199403933 | 57.05 57.20 |
| 2. Erik Hagting 50m: 26.68 26.68 100m: 57.52 30.84 | DZ&PC 199100829 | 58.23 57.52 |
| 3. Marco Barkhuis B 50m: 28.80 28.80 100m: 1:03.68 34.88 | ZPC Stadskanaal 199500279 | 1:04.75 1:03.68 |
| Henk Jan Verkaik A 50m: 28.26 28.26 100m: 1:03.68 35.42 | Orca 199305447 | 1:04.73 1:03.68 |
| 5. Maiko Bouma 50m: 29.37 29.37 100m: 1:05.56 36.19 | DZ&PC 199400963 | 1:03.70 1:05.56 |
| 6. Niels Blauw 50m: 29.97 29.97 100m: 1:05.91 35.94 | ZPC Stadskanaal 199004689 | 1:04.50 1:05.91 |
| 7. Tim Blauw 50m: 30.67 30.67 100m: 1:07.98 37.31 | ZPC Stadskanaal 199301345 | 1:05.86 1:07.98 |
| 8. Pieter Ytsma 50m: 31.51 31.51 100m: 1:09.36 37.85 | Orca 199501809 | 1:09.07 1:09.36 |
| 9. Maarten de Jonge 50m: 31.05 31.05 100m: 1:11.86 40.81 | ZPC Stadskanaal 198401083 | 1:21.28 1:11.86 |

Programmanr. 7
12-11-2011 - 18:30

Dames, 100m schoolslag

Dames Senioren 2 en later Resultaten

| Rang | In.tijd | Tijd |
|---|--------------------|---------------------------|
| 1. Annemarie Worst 50m: 34.64 34.64 100m: 1:13.39 38.75 | Orca 199500042 | 1:14.92 1:13.39 |
| 2. Renate Hemmes | DZ&PC 199600418 | 1:16.51 1:17.30 |
| 3. Melissa Nauta 50m: 39.09 39.09 100m: 1:23.06 43.97 | Orca 199602388 | 1:21.98 1:23.06 |
| 4. Evelien van Ruiten 50m: 39.68 39.68 100m: 1:25.30 45.62 | Orca 199602924 | 1:24.06 1:25.30 |



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Programmanr. 7, Dames, 100m schoolslag, Dames Senioren 2 en later

| Rang | | | | | In.tijd | Tijd |
|------|-------------------|-----------------|-----------|-------|---------|----------------|
| 5. | Josien Wijkhuijs | Orca | 199902866 | | 1:31.00 | 1:27.24 |
| | A | | | | | |
| | 50m: | 41.14 | 41.14 | 100m: | 1:27.24 | 46.10 |
| | Elisabeth Muthert | ZPC Stadskanaal | 199500062 | | 1:23.05 | 1:27.24 |
| | B | | | | | |
| | 50m: | 39.94 | 39.94 | 100m: | 1:27.24 | 47.30 |
| 7. | Marlinde Koops | ZPC Stadskanaal | 199500638 | | 1:27.21 | 1:28.48 |
| | 50m: | 41.73 | 41.73 | 100m: | 1:28.48 | 46.75 |
| 8. | Minke Betten | DZ&PC | 199404012 | | 1:29.82 | 1:32.41 |
| | 50m: | 42.94 | 42.94 | 100m: | 1:32.41 | 49.47 |

Programmanr. 8
12-11-2011 - 18:30

Jongens, 400m vrije slag

Jongens Jeugd 2 en later
Resultaten

| Rang | | | | | In.tijd | Tijd |
|------|----------------------|-----------------|-----------|-------|---------|----------------|
| 1. | Erik Nijholt | DZ&PC | 199401349 | | 4:15.39 | 4:10.76 |
| | 100m: | 57.92 | 57.92 | 200m: | 2:02.26 | 1:04.34 |
| | | | | 400m: | 4:10.76 | 2:08.50 |
| 2. | Luc van der Wolde | ZPC Stadskanaal | 199500281 | | 4:17.70 | 4:23.44 |
| | 100m: | 58.10 | 58.10 | 200m: | 2:04.30 | 1:06.20 |
| | | | | 400m: | 4:23.44 | 2:19.14 |
| 3. | Minne Koopmans | Orca | 199603557 | | 4:38.57 | 4:24.79 |
| | 100m: | 1:00.64 | 1:00.64 | 200m: | 2:08.59 | 1:07.95 |
| | | | | 400m: | 4:24.79 | 2:16.20 |
| 4. | Jonathan Rozema | DZ&PC | 199501157 | | 4:26.35 | 4:27.65 |
| | 100m: | 1:03.56 | 1:03.56 | 200m: | 2:13.46 | 1:09.90 |
| | | | | 400m: | 4:27.65 | 2:14.19 |
| 5. | Stuart Vis | Orca | 199702991 | | 4:44.90 | 4:44.00 |
| | 100m: | 1:03.48 | 1:03.48 | 200m: | 2:19.86 | 1:16.38 |
| | | | | 400m: | 4:44.00 | 2:24.14 |
| 6. | Jelmer Postma | Orca | 199701631 | | 4:49.12 | 4:44.03 |
| | 100m: | 1:05.18 | 1:05.18 | 200m: | 2:17.32 | 1:12.14 |
| | | | | 400m: | 4:44.03 | 2:26.71 |
| 7. | Rick Veldman | ZPC Stadskanaal | 199503705 | | 4:44.22 | 4:47.30 |
| | 100m: | 1:03.68 | 1:03.68 | 200m: | 2:17.10 | 1:13.42 |
| | | | | 400m: | 4:47.30 | 2:30.20 |
| 8. | Oebele van der Velde | DZ&PC | 199502731 | | 5:10.44 | 4:53.70 |
| | 100m: | 1:06.19 | 1:06.19 | 200m: | 2:21.16 | 1:14.97 |
| | | | | 400m: | 4:53.70 | 2:32.54 |

Programmanr. 9
12-11-2011 - 18:40

Jongens, 200m vrije slag

Jongens Jeugd 2 en later
Resultaten

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



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Programmanr. 10
12-11-2011 - 18:40

Meisjes, 200m rugslag

Meisjes Jeugd 2 en later
Resultaten

| Rang | | | | | | | In.tijd | Tijd |
|------|------------------|-----------------|---------------|---------|----------------|---------|---------|------|
| 1. | Claris de Vries | Orca | 199700942 | 2:21.07 | 2:21.29 | | | |
| | 50m: 33.07 | 33.07 | 100m: 1:08.73 | 35.66 | 200m: 2:21.29 | 1:12.56 | | |
| 2. | Marre Zandringa | Orca | 199701136 | 2:34.60 | 2:28.54 | | | |
| | 50m: 35.10 | 35.10 | 100m: 1:12.56 | 37.46 | 200m: 2:28.54 | 1:15.98 | | |
| 3. | Hanny van Dijk | Orca | 199804514 | 2:30.41 | 2:31.34 | | | |
| | 50m: 34.09 | 34.09 | 100m: 1:12.85 | 38.76 | 200m: 2:31.34 | 1:18.49 | | |
| 4. | Rixt Menger | Orca | 199602052 | 2:37.34 | 2:34.02 | | | |
| | 50m: 35.95 | 35.95 | 100m: 1:14.72 | 38.77 | 200m: 2:34.02 | 1:19.30 | | |
| 5. | Willeke Jonkman | DZ&PC | 199604304 | 2:45.45 | 2:35.99 | | | |
| | 50m: 36.41 | 36.41 | 100m: 1:15.26 | 38.85 | 200m: 2:35.99 | 1:20.73 | | |
| 6. | Melissa Nauta | Orca | 199602388 | 2:25.47 | 2:39.23 | | | |
| | 50m: 36.99 | 36.99 | 100m: 1:17.13 | 40.14 | 200m: 2:39.23 | 1:22.10 | | |
| 7. | Sigrid Hogendorp | Orca | 199900962 | 2:42.89 | 2:44.20 | | | |
| | 50m: 37.92 | 37.92 | 100m: 1:18.73 | 40.81 | 200m: 2:44.20 | 1:25.47 | | |
| 8. | Jill Muller | DZ&PC | 199600728 | 2:46.73 | 2:46.92 | | | |
| | 50m: 39.70 | 39.70 | 100m: 1:22.02 | 42.32 | 200m: 2:46.92 | 1:24.90 | | |
| 9. | Astrid Smit | ZPC Stadskanaal | 199700034 | 2:49.89 | 3:02.33 | | | |
| | 50m: 41.20 | 41.20 | 100m: 1:27.90 | 46.70 | 200m: 3:02.33 | 1:34.43 | | |
| 10. | Ageeth Dekker | ZPC Stadskanaal | 199802180 | 3:00.61 | 3:03.71 | | | |
| | 50m: 43.66 | 43.66 | 100m: 1:30.04 | 46.38 | 200m: 3:03.71 | 1:33.67 | | |

Programmanr. 11
12-11-2011 - 18:45

Meisjes, 100m rugslag

Meisjes Jeugd 2 en later
Resultaten

| Rang | | | | | | | In.tijd | Tijd |
|--------------------|--|--|--|--|--|--|---------|------|
| Programmanr. 12 | | | | | | | | |
| 12-11-2011 - 18:45 | | | | | | | | |

| Rang | | | | | | | In.tijd | Tijd |
|------|-----------------------------|-----------------|---------------|---------|----------------|----------------|---------|------|
| 1. | Minne Koopmans | Orca | 199603557 | 1:07.02 | 1:04.23 | | | |
| | 50m: 29.42 | 29.42 | 100m: 1:04.23 | 34.81 | | | | |
| 2. | Olivier Victor van de Voort | DZ&PC | 199703035 | S10 | 1:11.63 | 1:09.93 | 480 | |
| | 50m: 32.43 | 32.43 | 100m: 1:09.93 | 37.50 | | | | |
| 3. | Joost van der Pijl | ZPC Stadskanaal | 199700171 | 1:10.76 | 1:10.25 | | | |
| | 50m: 31.69 | 31.69 | 100m: 1:10.25 | 38.56 | | | | |
| 4. | Richard Kuipers | Orca | 199704171 | 1:15.02 | 1:10.42 | | | |
| | 50m: 32.19 | 32.19 | 100m: 1:10.42 | 38.23 | | | | |
| 5. | Jens Kuitert | Orca | 199603891 | 1:13.33 | 1:10.93 | | | |
| | 50m: 32.42 | 32.42 | 100m: 1:10.93 | 38.51 | | | | |
| 6. | Marc Blauw | ZPC Stadskanaal | 199600017 | 1:15.53 | 1:15.20 | | | |
| | 50m: 33.13 | 33.13 | 100m: 1:15.20 | 42.07 | | | | |



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Programmanr. 12, Jongens, 100m vlinderslag, Jongens Junioren 4 en later

| Rang | | | | | | In.tijd | Tijd |
|------|------------------|-------|---------------|-------|-----------|---------|----------------|
| 7. | Jelmer Groos | DZ&PC | | | 199602945 | 1:17.10 | 1:15.67 |
| | 50m: 35.42 | 35.42 | 100m: 1:15.67 | 40.25 | | | |
| 8. | Jorn Steenbergen | DZ&PC | | | 199700039 | 1:17.85 | 1:16.89 |
| | 50m: 34.99 | 34.99 | 100m: 1:16.89 | 41.90 | | | |
| 9. | Kevin Rozema | DZ&PC | | | 199701451 | 1:25.16 | 1:17.21 |
| | 50m: 34.78 | 34.78 | 100m: 1:17.21 | 42.43 | | | |

Programmanr. 13
12-11-2011 - 18:50

Dames, 50m schoolslag

Dames Senioren Open
Resultaten

| Rang | | | | | | In.tijd | Tijd |
|------|--------------------|-----------------|--|--|-----------|---------|--------------|
| 1. | Cynthia Verkaik | Orca | | | 199601288 | 34.68 | 34.45 |
| 2. | Paula Duursma | DZ&PC | | | 199300982 | 35.15 | 36.10 |
| 3. | Ann Wanter | Orca | | | 198202386 | 39.39 | 37.70 |
| 4. | Nenne Venema | DZ&PC | | | 199503586 | 37.94 | 38.40 |
| 5. | Rianne Hooiveld | ZPC Stadskanaal | | | 199001572 | 39.11 | 39.12 |
| 6. | Christien Kruithof | ZPC Stadskanaal | | | 198602124 | 38.93 | 39.72 |
| 7. | Elzemieke Gersen | ZPC Stadskanaal | | | 199108460 | 44.14 | 42.62 |

Programmanr. 14
12-11-2011 - 18:50

Heren, 200m vrije slag

Heren Senioren Open
Resultaten

| Rang | | | | | | | In.tijd | Tijd |
|------|------------------|-----------------|---------------|-------|---------------|---------|---------|----------------|
| 1. | Ramon Fredrik | Orca | | | 199403933 | | 1:57.84 | 1:56.58 |
| | 50m: 26.45 | 26.45 | 100m: 56.23 | 29.78 | 200m: 1:56.58 | 1:00.35 | | |
| 2. | Erik Hagting | DZ&PC | | | 199100829 | | 1:57.67 | 1:59.13 |
| | 50m: 26.42 | 26.42 | 100m: 56.20 | 29.78 | 200m: 1:59.13 | 1:02.93 | | |
| 3. | Maiko Bouma | DZ&PC | | | 199400963 | | 1:59.82 | 2:00.07 |
| | 50m: 27.24 | 27.24 | 100m: 58.21 | 30.97 | 200m: 2:00.07 | 1:01.86 | | |
| 4. | Pieter Ytsma | Orca | | | 199501809 | | 2:04.57 | 2:01.04 |
| | 50m: 27.57 | 27.57 | 100m: 58.45 | 30.88 | 200m: 2:01.04 | 1:02.59 | | |
| 5. | Niels Blauw | ZPC Stadskanaal | | | 199004689 | | 2:05.36 | 2:10.80 |
| | 50m: 29.20 | 29.20 | 100m: 1:02.02 | 32.82 | 200m: 2:10.80 | 1:08.78 | | |
| 6. | Marco Barkhuis | ZPC Stadskanaal | | | 199500279 | | 2:03.39 | 2:10.83 |
| | 50m: 28.24 | 28.24 | 100m: 1:01.50 | 33.26 | 200m: 2:10.83 | 1:09.33 | | |
| 7. | Tim Blauw | ZPC Stadskanaal | | | 199301345 | | 2:03.39 | 2:13.43 |
| | 50m: 30.10 | 30.10 | 100m: 1:02.88 | 32.78 | 200m: 2:13.43 | 1:10.55 | | |
| 8. | Henk Jan Verkaik | Orca | | | 199305447 | | 2:09.77 | 2:14.39 |
| | 50m: 31.28 | 31.28 | 100m: 1:05.60 | 34.32 | 200m: 2:14.39 | 1:08.79 | | |
| 9. | Maarten de Jonge | ZPC Stadskanaal | | | 198401083 | | 2:28.86 | 2:24.39 |
| | 50m: 32.16 | 32.16 | 100m: 1:08.71 | 36.55 | 200m: 2:24.39 | 1:15.68 | | |



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Programmanr. 15
12-11-2011 - 19:00

Meisjes, 200m wisselslag

Meisjes Junioren 3 en later
Resultaten

| Rang | | | | | | In.tijd | Tijd |
|------|-------------------|-----------------------|-----------|---------|----------------|---------|------|
| 1. | Anneliene Zuidema | Orca | 199800768 | 2:33.10 | 2:34.07 | | |
| | 50m: 31.60 31.60 | 200m: 2:34.07 2:02.47 | | | | | |
| 2. | Kinge Zandringa | Orca | 199801422 | 2:33.28 | 2:34.57 | | |
| | 50m: 30.82 30.82 | 200m: 2:34.57 2:03.75 | | | | | |
| 3. | Hinke Groos | DZ&PC | 199901768 | 2:42.97 | 2:38.79 | | |
| | 50m: 33.78 33.78 | 200m: 2:38.79 2:05.01 | | | | | |
| 4. | Nynke Klokman | DZ&PC | 199801424 | 2:49.35 | 2:41.30 | | |
| | 50m: 38.62 38.62 | 200m: 2:41.30 2:02.68 | | | | | |
| 5. | Roos van Houten | ZPC Stadskanaal | 199901036 | 2:55.66 | 2:48.99 | | |
| | 50m: 38.80 38.80 | 200m: 2:48.99 2:10.19 | | | | | |
| 6. | Emma Bos | ZPC Stadskanaal | 199900658 | 2:53.97 | 2:49.07 | | |
| | 50m: 38.02 38.02 | 200m: 2:49.07 2:11.05 | | | | | |
| 7. | Myrthe Offenga | Orca | 199901874 | 2:48.72 | 2:49.70 | | |
| | 50m: 39.40 39.40 | 200m: 2:49.70 2:10.30 | | | | | |
| 8. | Linda Noord | DZ&PC | 199800454 | 3:06.77 | 2:50.72 | | |
| | 50m: 40.27 40.27 | 200m: 2:50.72 2:10.45 | | | | | |
| 9. | Inge Wubs | ZPC Stadskanaal | 199803044 | 2:56.04 | 2:52.70 | | |
| | 50m: 36.86 36.86 | 200m: 2:52.70 2:15.84 | | | | | |
| 10. | Rosalie Baarda | Orca | 199903460 | 2:59.80 | 2:59.98 | | |
| | 50m: 39.01 39.01 | 200m: 2:59.98 2:20.97 | | | | | |
| 11. | Carmen Weistra | Orca | 199802148 | 2:54.94 | 3:00.28 | | |
| | 50m: 34.53 34.53 | 200m: 3:00.28 2:25.75 | | | | | |
| 12. | Fenna Louwsma | Orca | 199901600 | 3:01.33 | 3:01.25 | | |
| | 50m: 39.72 39.72 | 200m: 3:01.25 2:21.53 | | | | | |
| 13. | Arianne Jonkman | DZ&PC | 199801590 | NT | 3:01.51 | | |
| | 50m: 40.41 40.41 | 200m: 3:01.51 2:21.10 | | | | | |

Programmanr. 16
12-11-2011 - 19:05

Jongens, 100m vrije slag

Jongens Junioren 2 en later
Resultaten

| Rang | | | | | | In.tijd | Tijd |
|------|------------------|---------------------|-----------|---------|----------------|---------|------|
| 1. | Jacob de Roos | DZ&PC | 199900553 | 1:04.56 | 1:02.39 | | |
| | 50m: 29.73 29.73 | 100m: 1:02.39 32.66 | | | | | |
| 2. | Gerko Wilkens | ZPC Stadskanaal | 199800261 | 1:05.00 | 1:04.73 | | |
| | 50m: 30.74 30.74 | 100m: 1:04.73 33.99 | | | | | |
| 3. | Jan-Arnoud Melse | DZ&PC | 199900785 | 1:05.89 | 1:07.06 | | |
| | 50m: 31.60 31.60 | 100m: 1:07.06 35.46 | | | | | |
| 4. | Rik Liefheid | ZPC Stadskanaal | 199801131 | 1:14.88 | 1:12.53 | | |
| | 50m: 34.18 34.18 | 100m: 1:12.53 38.35 | | | | | |
| 5. | Tim Hatzmann | ZPC Stadskanaal | 199801129 | 1:15.98 | 1:12.64 | | |
| | 50m: 33.30 33.30 | 100m: 1:12.64 39.34 | | | | | |



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Programmanr. 16, Jongens, 100m vrije slag, Jongens Junioren 2 en later

| Rang | | | | | In.tijd | Tijd |
|-------|-------------------|-----------------|---------------|-------|---------|----------------|
| 6. | Auke Jan Ytsma | Orca | 199900905 | | 1:17.53 | 1:16.82 |
| | 50m: 36.73 | 36.73 | 100m: 1:16.82 | 40.09 | | |
| 7. | Teun de Boer | Orca | 199902537 | | 1:22.07 | 1:17.27 |
| | 50m: 36.94 | 36.94 | 100m: 1:17.27 | 40.33 | | |
| 8. | Sander Glazenburg | ZPC Stadskanaal | 199900389 | | 1:24.07 | 1:21.67 |
| | 50m: 38.62 | 38.62 | 100m: 1:21.67 | 43.05 | | |
| AFGEM | Stefan Reinderink | DZ&PC | 199900787 | | 1:12.95 | |

Programmanr. 17
12-11-2011 - 19:10

Meisjes, 100m rugslag

Meisjes Minioren 4,5, Junioren 1
Resultaten

| Rang | | | | | In.tijd | Tijd |
|------|---------------------|-----------------|---------------|-------|---------|----------------|
| 1. | Marrit Steenberg | DZ&PC | 200000086 | | 1:08.79 | 1:07.45 |
| | 50m: 32.26 | 32.26 | 100m: 1:07.45 | 35.19 | | |
| 2. | Julia Barkhuis | ZPC Stadskanaal | 200000132 | | 1:18.70 | 1:19.01 |
| | 50m: 38.16 | 38.16 | 100m: 1:19.01 | 40.85 | | |
| 3. | Laura Setz | ZPC Stadskanaal | 200000130 | | 1:19.74 | 1:19.96 |
| | 50m: 39.21 | 39.21 | 100m: 1:19.96 | 40.75 | | |
| 4. | Elsa Bremer | DZ&PC | 200001050 | | 1:29.63 | 1:20.65 |
| | 50m: 39.04 | 39.04 | 100m: 1:20.65 | 41.61 | | |
| 5. | Michelle Heddema | DZ&PC | 200002530 | | 1:27.70 | 1:26.78 |
| | 50m: 42.98 | 42.98 | 100m: 1:26.78 | 43.80 | | |
| 6. | Janny Groos | DZ&PC | 200000740 | | 1:33.15 | 1:29.67 |
| | 50m: 42.75 | 42.75 | 100m: 1:29.67 | 46.92 | | |
| 7. | Marjolein Venema | ZPC Stadskanaal | 200101506 | | 1:32.86 | 1:30.39 |
| | 50m: 44.16 | 44.16 | 100m: 1:30.39 | 46.23 | | |
| 8. | Yara van Kalmthout | ZPC Stadskanaal | 200200984 | | 1:34.05 | 1:30.68 |
| | 50m: 44.40 | 44.40 | 100m: 1:30.68 | 46.28 | | |
| 9. | Lize Janna de Vries | Orca | 200101948 | | 1:38.12 | 1:30.96 |
| | 50m: 44.49 | 44.49 | 100m: 1:30.96 | 46.47 | | |
| 10. | Tessa Kooi | ZPC Stadskanaal | 200201386 | | 1:39.61 | 1:32.82 |
| | 50m: 45.04 | 45.04 | 100m: 1:32.82 | 47.78 | | |
| 11. | Shanice Wortel | Orca | 200101596 | | 1:35.54 | 1:34.32 |
| | 50m: 47.04 | 47.04 | 100m: 1:34.32 | 47.28 | | |
| 12. | Myrthe Visser | Orca | 200002340 | | 1:45.82 | 1:35.69 |
| | 50m: 45.64 | 45.64 | 100m: 1:35.69 | 50.05 | | |
| 13. | Elke Rothschild | ZPC Stadskanaal | 200200302 | | 1:37.67 | 1:36.19 |
| | 50m: 47.81 | 47.81 | 100m: 1:36.19 | 48.38 | | |
| 14. | Jolien Wind | ZPC Stadskanaal | 200100510 | | 1:36.97 | 1:37.16 |
| | 50m: 47.01 | 47.01 | 100m: 1:37.16 | 50.15 | | |
| 15. | Mirthe van Luijk | ZPC Stadskanaal | 200101838 | | 1:42.60 | 1:45.67 |
| | 50m: 52.82 | 52.82 | 100m: 1:45.67 | 52.85 | | |



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 17, Meisjes, 100m rugslag, Meisjes Minioren 4,5, Junioren 1

| Rang | | | | In.tijd | Tijd |
|-------|---|-----------------|-----------|---------|----------------|
| DIS | Manon Boelens | ZPC Stadskanaal | 200200008 | 1:43.77 | 1:45.92 |
| | <i>RF - Na loslaten van het keerpunt de rugligging niet aangenomen.</i> | | | | |
| AFGEM | Janke Wytse de Vries | Orca | 200004436 | 1:37.25 | |

Programmanr. 18
12-11-2011 - 19:20

Jongens, 50m schoolslag

Jongens Minioren 4,5,6
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|------------------|-----------------|-----------|---------|--------------|
| 1. | Axel Hanning | ZPC Stadskanaal | 200000703 | 42.38 | 39.77 |
| 2. | Jelle Betten | DZ&PC | 200001535 | 46.01 | 43.40 |
| 3. | Freek-Jan Melse | DZ&PC | 200000235 | 46.97 | 43.45 |
| 4. | Koendert Kellner | DZ&PC | 200000237 | 43.77 | 44.40 |
| 5. | Thom Wubs | ZPC Stadskanaal | 200000525 | 51.72 | 51.24 |
| 6. | Lars Meyer | ZPC Stadskanaal | 200002225 | 55.31 | 58.76 |

Programmanr. 19
12-11-2011 - 19:40

Dames, 200m vrije slag

Dames Senioren Open
Resultaten

| Rang | | | | | In.tijd | Tijd |
|------|--------------------|-----------------|---------------|-------|---------------|----------------|
| 1. | Cynthia Verkaik | Orca | 199601288 | | 2:09.39 | 2:07.11 |
| | 50m: 29.85 | 29.85 | 100m: 1:02.27 | 32.42 | 200m: 2:07.11 | 1:04.84 |
| 2. | Ann Wanter | Orca | 198202386 | | 2:12.47 | 2:14.37 |
| | 50m: 31.44 | 31.44 | 100m: 1:05.62 | 34.18 | 200m: 2:14.37 | 1:08.75 |
| 3. | Rianne Hooiveld | ZPC Stadskanaal | 199001572 | | 2:15.02 | 2:16.34 |
| | 50m: 30.56 | 30.56 | 100m: 1:05.05 | 34.49 | 200m: 2:16.34 | 1:11.29 |
| 4. | Paula Duursma | DZ&PC | 199300982 | | 2:21.08 | 2:23.42 |
| | 50m: 31.92 | 31.92 | 100m: 1:09.32 | 37.40 | 200m: 2:23.42 | 1:14.10 |
| 5. | Nenne Venema | DZ&PC | 199503586 | | 2:17.45 | 2:23.46 |
| | 50m: 33.53 | 33.53 | 100m: 1:10.76 | 37.23 | 200m: 2:23.46 | 1:12.70 |
| 6. | Christien Kruithof | ZPC Stadskanaal | 198602124 | | 2:24.20 | 2:27.07 |
| | 50m: 33.49 | 33.49 | 100m: 1:10.56 | 37.07 | 200m: 2:27.07 | 1:16.51 |
| 7. | Elzemieke Gersen | ZPC Stadskanaal | 199108460 | | NT | 2:47.61 |
| | 50m: 37.08 | 37.08 | 100m: 1:19.41 | 42.33 | 200m: 2:47.61 | 1:28.20 |



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 20
12-11-2011 - 19:45

Heren, 50m schoolslag

Heren Senioren Open
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|---------------------|-----------------|-----------|---------|--------------|
| 1. | Bart van der Hoeven | DZ&PC | 198701379 | 31.88 | 31.16 |
| 2. | Alan Slomp | DZ&PC | 198703071 | 31.85 | 31.62 |
| 3. | Ramon Fredrik | Orca | 199403933 | 32.32 | 31.89 |
| 4. | Henk Jan Verkaik | Orca | 199305447 | 32.33 | 32.16 |
| 5. | Maarten de Jonge | ZPC Stadskanaal | 198401083 | 34.57 | 35.19 |
| 6. | Tim Blauw | ZPC Stadskanaal | 199301345 | 37.36 | 40.24 |

Programmanr. 21
12-11-2011 - 19:45

Dames, 400m vrije slag

Dames Senioren 2 en later
Resultaten

| Rang | | | | | In.tijd | Tijd |
|------|--------------------|---------------------|-----------------------|-----------------------|----------------|------|
| 1. | Annemarie Worst | Orca | 199500042 | 4:26.02 | 4:23.32 | |
| | 50m: 29.52 29.52 | 100m: 1:02.87 33.35 | 200m: 2:10.39 1:07.52 | 400m: 4:23.32 2:12.93 | | |
| 2. | Renate Hemmes | DZ&PC | 199600418 | 4:36.98 | 4:33.53 | |
| | 50m: 30.81 30.81 | 100m: 1:04.65 33.84 | 200m: 2:14.05 1:09.40 | 400m: 4:33.53 2:19.48 | | |
| 3. | Evelien van Ruiten | Orca | 199602924 | 4:30.91 | 4:46.61 | |
| | 50m: 31.25 31.25 | 100m: 1:05.75 34.50 | 200m: 2:18.73 1:12.98 | 400m: 4:46.61 2:27.88 | | |
| 4. | Marlinde Koops | ZPC Stadskanaal | 199500638 | 5:23.04 | 5:16.11 | |
| | 50m: 35.50 35.50 | 100m: 1:15.30 39.80 | 200m: 2:35.96 1:20.66 | 400m: 5:16.11 2:40.15 | | |
| 5. | Josien Wijkhuijs | Orca | 199902866 | 5:20.55 | 5:18.53 | |
| | 50m: 34.61 34.61 | 100m: 1:14.73 40.12 | 200m: 2:35.21 1:20.48 | 400m: 5:18.53 2:43.32 | | |
| 6. | Minke Betten | DZ&PC | 199404012 | 5:07.98 | 5:20.02 | |
| | 50m: 35.32 35.32 | 100m: 1:13.95 38.63 | 200m: 2:35.32 1:21.37 | 400m: 5:20.02 2:44.70 | | |
| 7. | Elisabeth Muthert | ZPC Stadskanaal | 199500062 | 4:54.97 | 5:33.10 | |
| | 50m: 35.62 35.62 | 100m: 1:15.93 40.31 | 200m: 2:39.87 1:23.94 | 400m: 5:33.10 2:53.23 | | |

Programmanr. 22
12-11-2011 - 19:50

Dames, 200m vrije slag

Dames Senioren 2 en later
Resultaten

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

Programmanr. 23
12-11-2011 - 19:50

Jongens, 100m schoolslag

Jongens Jeugd 2 en later
Resultaten

| Rang | | | | | In.tijd | Tijd |
|------|----------------------|---------------------|-----------|---------|----------------|------|
| 1. | Luc van der Wolde | ZPC Stadskanaal | 199500281 | 1:11.13 | 1:08.14 | |
| | 50m: 31.78 31.78 | 100m: 1:08.14 36.36 | | | | |
| 2. | Oebele van der Velde | DZ&PC | 199502731 | 1:12.92 | 1:15.75 | |
| | 50m: 35.24 35.24 | 100m: 1:15.75 40.51 | | | | |
| 3. | Rick Veldman | ZPC Stadskanaal | 199503705 | 1:18.23 | 1:17.26 | |
| | 50m: 35.69 35.69 | 100m: 1:17.26 41.57 | | | | |
| 4. | Stuart Vis | Orca | 199702991 | 1:16.81 | 1:17.94 | |
| | 50m: 36.51 36.51 | 100m: 1:17.94 41.43 | | | | |



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 23, Jongens, 100m schoolslag, Jongens Jeugd 2 en later

| Rang | | | | In.tijd | Tijd |
|------|-----------------|-------|---------------|---------|----------------|
| 5. | Minne Koopmans | Orca | 199603557 | 1:20.78 | 1:19.35 |
| | 50m: 36.96 | 36.96 | 100m: 1:19.35 | 42.39 | |
| 6. | Jonathan Rozema | DZ&PC | 199501157 | 1:17.80 | 1:19.46 |
| | 50m: 37.44 | 37.44 | 100m: 1:19.46 | 42.02 | |
| 7. | Jelmer Postma | Orca | 199701631 | 1:24.82 | 1:22.91 |
| | 50m: 37.93 | 37.93 | 100m: 1:22.91 | 44.98 | |

Programmanr. 24
12-11-2011 - 19:55

Meisjes, 100m vlinderslag

Meisjes Jeugd 2 en later
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|------------------|-----------------|---------------|---------|----------------|
| 1. | Marre Zandringa | Orca | 199701136 | 1:10.89 | 1:09.05 |
| | 50m: 31.67 | 31.67 | 100m: 1:09.05 | 37.38 | |
| 2. | Rixt Menger | Orca | 199602052 | 1:14.17 | 1:14.00 |
| | 50m: 34.08 | 34.08 | 100m: 1:14.00 | 39.92 | |
| 3. | Willeke Jonkman | DZ&PC | 199604304 | 1:18.08 | 1:14.34 |
| | 50m: 34.01 | 34.01 | 100m: 1:14.34 | 40.33 | |
| 4. | Claris de Vries | Orca | 199700942 | 1:17.96 | 1:14.70 |
| | 50m: 33.52 | 33.52 | 100m: 1:14.70 | 41.18 | |
| 5. | Hanny van Dijk | Orca | 199804514 | 1:17.70 | 1:15.91 |
| | 50m: 34.74 | 34.74 | 100m: 1:15.91 | 41.17 | |
| 6. | Jill Muller | DZ&PC | 199600728 | 1:15.97 | 1:18.12 |
| | 50m: 35.30 | 35.30 | 100m: 1:18.12 | 42.82 | |
| 7. | Sigrid Hogendorp | Orca | 199900962 | 1:22.43 | 1:23.69 |
| | 50m: 37.19 | 37.19 | 100m: 1:23.69 | 46.50 | |
| 8. | Astrid Smit | ZPC Stadskanaal | 199700034 | 1:22.50 | 1:25.33 |
| | 50m: 37.36 | 37.36 | 100m: 1:25.33 | 47.97 | |
| 9. | Ageeth Dekker | ZPC Stadskanaal | 199802180 | 1:32.20 | 1:37.33 |
| | 50m: 42.33 | 42.33 | 100m: 1:37.33 | 55.00 | |

Programmanr. 25
12-11-2011 - 20:00

Jongens, 200m rugslag

Jongens Junioren 4 en later
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|-----------------------------|-------|---------------|-------------|-----------------------|
| 1. | Jens Kuitert | Orca | 199603891 | 2:23.57 | 2:22.52 |
| | 50m: 33.46 | 33.46 | 100m: 1:09.99 | 36.53 | 200m: 2:22.52 1:12.53 |
| 2. | Olivier Victor van de Voort | DZ&PC | 199703035 | S10 2:27.74 | 2:26.92 779 |
| | 50m: 34.99 | 34.99 | 100m: 1:12.04 | 37.05 | 200m: 2:26.92 1:14.88 |
| 3. | Richard Kuipers | Orca | 199704171 | 2:29.71 | 2:28.43 |
| | 50m: 35.55 | 35.55 | 100m: 1:13.30 | 37.75 | 200m: 2:28.43 1:15.13 |
| 4. | Jorn Steenbergen | DZ&PC | 199700039 | 2:35.97 | 2:35.17 |
| | 50m: 35.38 | 35.38 | 100m: 1:14.84 | 39.46 | 200m: 2:35.17 1:20.33 |



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 25, Jongens, 200m rugslag, Jongens Junioren 4 en later

| Rang | | | | | | | In.tijd | Tijd |
|------|--------------------|-----------------|---------------|---------|----------------|---------|---------|------|
| 5. | Marc Blauw | ZPC Stadskanaal | 199600017 | 2:30.38 | 2:35.46 | | | |
| | 50m: 35.64 | 35.64 | 100m: 1:15.10 | 39.46 | 200m: 2:35.46 | 1:20.36 | | |
| 6. | Jelmer Groos | DZ&PC | 199602945 | 2:26.35 | 2:35.66 | | | |
| | 50m: 37.77 | 37.77 | 100m: 1:17.91 | 40.14 | 200m: 2:35.66 | 1:17.75 | | |
| 7. | Kevin Rozema | DZ&PC | 199701451 | 2:52.52 | 2:44.44 | | | |
| | 50m: 38.32 | 38.32 | 100m: 1:20.57 | 42.25 | 200m: 2:44.44 | 1:23.87 | | |
| 8. | Joost van der Pijl | ZPC Stadskanaal | 199700171 | 2:53.41 | 2:54.04 | | | |
| | 50m: 39.26 | 39.26 | 100m: 1:23.13 | 43.87 | 200m: 2:54.04 | 1:30.91 | | |

Programmanr. 26
12-11-2011 - 20:05

Jongens, 100m rugslag

Jongens Junioren 4 en later
Resultaten

| Rang | | | | In.tijd | Tijd |
|---------------------------------------|-------------------------|--|--|---------|-----------------------------------|
| Programmanr. 27 12-11-2011 - 20:05 | Dames, 100m vlinderslag | | | | Dames Senioren Open Resultaten |

| Rang | | | | In.tijd | Tijd |
|------|------------------------|-----------------|---------------|---------|----------------|
| 1. | Cynthia Verkaik | Orca | 199601288 | 1:05.85 | 1:04.17 |
| | 50m: 30.24 | 30.24 | 100m: 1:04.17 | 33.93 | |
| 2. | Monique van der Struik | DZ&PC | 199502502 | 1:05.08 | 1:04.72 |
| | 50m: 30.14 | 30.14 | 100m: 1:04.72 | 34.58 | |
| 3. | Ann Wanter | Orca | 198202386 | 1:07.22 | 1:07.42 |
| | 50m: 31.24 | 31.24 | 100m: 1:07.42 | 36.18 | |
| 4. | Paula Duursma | DZ&PC | 199300982 | 1:12.07 | 1:12.73 |
| | 50m: 32.18 | 32.18 | 100m: 1:12.73 | 40.55 | |
| 5. | Christien Kruithof | ZPC Stadskanaal | 198602124 | 1:12.70 | 1:13.84 |
| | 50m: 33.47 | 33.47 | 100m: 1:13.84 | 40.37 | |
| 6. | Melissa Nauta | Orca | 199602388 | 1:20.67 | 1:25.16 |
| | 50m: 38.28 | 38.28 | 100m: 1:25.16 | 46.88 | |

Programmanr. 28
12-11-2011 - 20:05

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|---------------------|---------|---------------|---------|----------------|
| 1. | Erik Hagting | DZ&PC | 199100829 | 4:39.22 | 4:42.69 |
| | 100m: 1:05.08 | 1:05.08 | 400m: 4:42.69 | 3:37.61 | |
| 2. | Ramon Fredrik | Orca | 199403933 | 4:47.94 | 4:47.10 |
| | 100m: 1:04.50 | 1:04.50 | 400m: 4:47.10 | 3:42.60 | |
| 3. | Bart van der Hoeven | DZ&PC | 198701379 | 5:00.50 | 5:00.10 |
| | 100m: 1:06.85 | 1:06.85 | 400m: 5:00.10 | 3:53.25 | |
| 4. | Maiko Bouma | DZ&PC | 199400963 | 5:02.16 | 5:03.83 |
| | 100m: 1:08.76 | 1:08.76 | 400m: 5:03.83 | 3:55.07 | |



E.ON landelijke competitie HK-A deel 2
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Programmanr. 28, Heren, 400m wisselslag, Heren Senioren Open

| Rang | | | | In.tijd | Tijd |
|------|----------------|-----------------|---------------|---------|----------------|
| 5. | Marco Barkhuis | ZPC Stadskanaal | 199500279 | 4:55.80 | 5:12.08 |
| | 100m: 1:09.40 | 1:09.40 | 400m: 5:12.08 | 4:02.68 | |
| 6. | Pieter Ytsma | Orca | 199501809 | 5:12.22 | 5:15.52 |
| | 100m: 1:11.02 | 1:11.02 | 400m: 5:15.52 | 4:04.50 | |
| 7. | Niels Blauw | ZPC Stadskanaal | 199004689 | 5:25.35 | 5:27.45 |
| | 100m: 1:09.90 | 1:09.90 | 400m: 5:27.45 | 4:17.55 | |

Programmanr. 29
12-11-2011 - 20:10

Heren, 200m wisselslag

Heren Senioren Open
Resultaten

| Rang | | | | In.tijd | Tijd |
|--------------------|--|--------------------------|--|---------|---|
| Programmanr. 30 | | | | | |
| 12-11-2011 - 20:10 | | | | | |
| | | Meisjes, 100m vrije slag | | | Meisjes Junioren 3 en later Resultaten |

| Rang | | | | In.tijd | Tijd |
|------|--|-----------------|---------------|---------|----------------|
| 1. | Kinge Zandringa | Orca | 199801422 | 1:04.10 | 1:01.14 |
| | 50m: 29.49 | 29.49 | 100m: 1:01.14 | 31.65 | |
| 2. | Anneliene Zuidema | Orca | 199800768 | 1:03.25 | 1:02.73 |
| | 50m: 30.04 | 30.04 | 100m: 1:02.73 | 32.69 | |
| 3. | Hinke Groos | DZ&PC | 199901768 | 1:05.07 | 1:04.81 |
| | 50m: 31.00 | 31.00 | 100m: 1:04.81 | 33.81 | |
| 4. | Nynke Klokman | DZ&PC | 199801424 | 1:04.51 | 1:05.28 |
| | 50m: 31.43 | 31.43 | 100m: 1:05.28 | 33.85 | |
| 5. | Myrthe Offenga | Orca | 199901874 | 1:09.76 | 1:08.94 |
| | 50m: 32.09 | 32.09 | 100m: 1:08.94 | 36.85 | |
| 6. | Linda Noord | DZ&PC | 199800454 | 1:09.09 | 1:09.08 |
| | 50m: 33.19 | 33.19 | 100m: 1:09.08 | 35.89 | |
| 7. | Roos van Houten | ZPC Stadskanaal | 199901036 | 1:12.35 | 1:09.96 |
| | 50m: 33.88 | 33.88 | 100m: 1:09.96 | 36.08 | |
| 8. | Emma Bos | ZPC Stadskanaal | 199900658 | 1:09.81 | 1:10.59 |
| | 50m: 33.26 | 33.26 | 100m: 1:10.59 | 37.33 | |
| 9. | Arianne Jonkman B | DZ&PC | 199801590 | 1:11.98 | 1:10.80 |
| | 50m: 33.51 | 33.51 | 100m: 1:10.80 | 37.29 | |
| | Inge Wubs A | ZPC Stadskanaal | 199803044 | 1:12.34 | 1:10.80 |
| | 50m: 33.61 | 33.61 | 100m: 1:10.80 | 37.19 | |
| 11. | Rosalie Baarda | Orca | 199903460 | 1:13.09 | 1:11.34 |
| | 50m: 34.87 | 34.87 | 100m: 1:11.34 | 36.47 | |
| 12. | Fenna Louwsma | Orca | 199901600 | 1:14.50 | 1:13.62 |
| | 50m: 35.12 | 35.12 | 100m: 1:13.62 | 38.50 | |
| DIS | Carmen Weistra | Orca | 199802148 | 1:07.26 | |
| | <i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i> | | | | |



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 31
12-11-2011 - 20:15

Jongens, 200m wisselslag

Jongens Junioren 2 en later
Resultaten

| Rang | | | | | In.tijd | Tijd |
|-------|--|-----------------|---------------|---------|---------|----------------|
| 1. | Jacob de Roos | DZ&PC | 199900553 | | 2:36.90 | 2:35.32 |
| | 50m: 33.51 | 33.51 | 200m: 2:35.32 | 2:01.81 | | |
| 2. | Gerko Wilkens | ZPC Stadskanaal | 199800261 | | 2:42.04 | 2:41.14 |
| | 50m: 33.65 | 33.65 | 200m: 2:41.14 | 2:07.49 | | |
| 3. | Jan-Arnoud Melse | DZ&PC | 199900785 | | 2:55.90 | 2:41.76 |
| | 50m: 35.60 | 35.60 | 200m: 2:41.76 | 2:06.16 | | |
| 4. | Rik Liefheid | ZPC Stadskanaal | 199801131 | | 2:52.09 | 2:54.47 |
| | 50m: 37.08 | 37.08 | 200m: 2:54.47 | 2:17.39 | | |
| 5. | Tim Hatzmann | ZPC Stadskanaal | 199801129 | | 3:01.71 | 3:00.82 |
| | 50m: 41.54 | 41.54 | 200m: 3:00.82 | 2:19.28 | | |
| 6. | Auke Jan Ytsma | Orca | 199900905 | | 3:09.84 | 3:13.80 |
| | 50m: 45.10 | 45.10 | 200m: 3:13.80 | 2:28.70 | | |
| 7. | Teun de Boer | Orca | 199902537 | | 4:08.78 | 3:22.99 |
| | 50m: 49.59 | 49.59 | 200m: 3:22.99 | 2:33.40 | | |
| DIS | Sander Glazenburg | ZPC Stadskanaal | 199900389 | | 3:23.46 | 3:22.14 |
| | <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> | | | | | |
| | 50m: 50.09 | 50.09 | 200m: 3:22.14 | 2:32.05 | | |
| AFGEM | Stefan Reinderink | DZ&PC | 199900787 | | 2:59.86 | |

Programmanr. 32
12-11-2011 - 20:25

Meisjes, 50m schoolslag

Meisjes Minioren 4,5, Junioren 1
Resultaten

| Rang | | | | | In.tijd | Tijd |
|-------|-----------------------|-----------------|-----------|--|---------|--------------|
| 1. | Marrit Steenbergen | DZ&PC | 200000086 | | 38.64 | 35.13 |
| 2. | Julia Barkhuis | ZPC Stadskanaal | 200000132 | | 44.49 | 43.04 |
| 3. | Elsa Bremer | DZ&PC | 200001050 | | 45.80 | 44.58 |
| 4. | Michelle Heddema | DZ&PC | 200002530 | | 47.81 | 45.62 |
| 5. | Janny Groos | DZ&PC | 200000740 | | 48.98 | 45.77 |
| 6. | Laura Setz | ZPC Stadskanaal | 200000130 | | 45.87 | 45.81 |
| 7. | Jolien Wind | ZPC Stadskanaal | 200100510 | | 46.72 | 46.59 |
| 8. | Elke Rothschild | ZPC Stadskanaal | 200200302 | | 48.04 | 48.53 |
| 9. | Lize Janna de Vries | Orca | 200101948 | | 49.56 | 48.82 |
| 10. | Shanice Wortel | Orca | 200101596 | | 52.34 | 49.85 |
| 11. | Myrthe Visser | Orca | 200002340 | | 50.22 | 50.31 |
| 12. | Tessa Kooi | ZPC Stadskanaal | 200201386 | | 51.76 | 51.25 |
| 13. | Marjolein Venema | ZPC Stadskanaal | 200101506 | | 51.83 | 51.50 |
| 14. | Mirthe van Luijk | ZPC Stadskanaal | 200101838 | | 52.86 | 51.92 |
| 15. | Manon Boelens | ZPC Stadskanaal | 200200008 | | 53.42 | 53.98 |
| 16. | Yara van Kalmthout | ZPC Stadskanaal | 200200984 | | 56.08 | 54.80 |
| AFGEM | Janke Wytske de Vries | Orca | 200004436 | | 50.81 | |



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 33
12-11-2011 - 20:30

Jongens, 100m rugslag

Jongens Minioren 4,5,6
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|------------------|-----------------|---------------|---------|----------------|
| 1. | Axel Hanning | ZPC Stadskanaal | 200000703 | 1:16.53 | 1:17.16 |
| | 50m: 37.67 | 37.67 | 100m: 1:17.16 | 39.49 | |
| 2. | Jelle Betten | DZ&PC | 200001535 | 1:22.19 | 1:19.37 |
| | 50m: 38.93 | 38.93 | 100m: 1:19.37 | 40.44 | |
| 3. | Koendert Kellner | DZ&PC | 200000237 | 1:26.19 | 1:23.53 |
| | 50m: 40.26 | 40.26 | 100m: 1:23.53 | 43.27 | |
| 4. | Freek-Jan Melse | DZ&PC | 200000235 | 1:29.81 | 1:24.71 |
| | 50m: 43.53 | 43.53 | 100m: 1:24.71 | 41.18 | |
| 5. | Lars Meyer | ZPC Stadskanaal | 200002225 | 1:37.21 | 1:44.23 |
| | 50m: 50.06 | 50.06 | 100m: 1:44.23 | 54.17 | |
| 6. | Thom Wubs | ZPC Stadskanaal | 200000525 | 1:44.92 | 1:45.42 |
| | 50m: 51.23 | 51.23 | 100m: 1:45.42 | 54.19 | |

Programmanr. 34
12-11-2011 - 20:35

Dames, 4 x 100m vrije slag

Dames Senioren Open
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|--------------------|-----------------|---------|------------------------|----------------|
| 1. | Orca 1 | Orca | | 3:58.37 | 3:59.45 |
| | Evelien van Ruiten | 96 | 1:01.89 | Annemarie Worst | 95 |
| | Marre Zandringa | 97 | | Cynthia Verkaik | 96 |
| 2. | DZ&PC 1 | DZ&PC | | 4:02.28 | 4:03.71 |
| | Renate Hemmes | 96 | 59.71 | Marrit Steenbergen | 00 |
| | Nenne Venema | 95 | | Monique van der Struik | 95 |
| 3. | Orca 2 | Orca | | 4:10.61 | 4:08.83 |
| | Claris de Vries | 97 | 1:01.67 | Anneliene Zuidema | 98 |
| | Ann Wanter | 82 | | Hanny van Dijk | 98 |
| 4. | Orca 3 | Orca | | 4:23.24 | 4:22.95 |
| | Kinge Zandringa | 98 | 1:01.48 | Rixt Menger | 96 |
| | Josien Wijkhuijs | 99 | | Melissa Nauta | 96 |
| 5. | ZPC Stadskanaal 2 | ZPC Stadskanaal | | 4:16.35 | 4:27.38 |
| | Rianne Hooiveld | 90 | 1:02.10 | Christien Kruihof | 86 |
| | Elisabeth Muthert | 95 | | Astrid Smit | 97 |



E.ON landelijke competitie HK-A deel 2
Drachten, 12 november 2011



Programmanr. 35
12-11-2011 - 20:40

Heren, 4 x 100m wisselslag

Heren Senioren Open
Resultaten

| Rang | | | | In.tijd | Tijd |
|------|-------------------|-----------------|---------|-------------------|----------------|
| 1. | DZ&PC 1 | DZ&PC | | 4:03.29 | 4:04.26 |
| | Erik Hagting | 91 | 58.30 | Jonathan Rozema | 95 |
| | Alan Slomp | 87 | | Erik Nijholt | 94 |
| 2. | Orca 1 | Orca | | 4:09.04 | 4:08.10 |
| | Jens Kuitert | 96 | 1:05.44 | Ramon Fredrik | 94 |
| | Henk Jan Verkaik | 93 | | Pieter Ytsma | 95 |
| 3. | ZPC Stadskanaal 2 | ZPC Stadskanaal | | 4:18.61 | 4:23.36 |
| | Niels Blauw | 90 | 1:09.43 | Luc van der Wolde | 95 |
| | Marco Barkhuis | 95 | | Marc Blauw | 96 |
| 4. | Orca 2 | Orca | | 4:33.53 | 4:34.13 |
| | Jelmer Postma | 97 | 1:10.09 | Minne Koopmans | 96 |
| | Stuart Vis | 97 | | Richard Kuipers | 97 |