

| rang | naam | vereniging | intijd | tijd | RT |
|------|--------------------|---------------------|---------|---------------|-------------------|
| 1. | Owen, PEEKS | ZPC Hoogeveen | 4:25.67 | 200100765 | 4:20.81 +0,72 601 |
| | 50m: 28.80 | 28.80 150m: 1:32.99 | 32.44 | 250m: 2:39.67 | 33.57 |
| | 100m: 1:00.55 | 31.75 200m: 2:06.10 | 33.11 | 300m: 3:13.13 | 33.46 |
| | | | | 350m: 3:47.25 | 34.12 |
| | | | | 400m: 4:20.81 | 33.56 |
| 2. | Coen, de LANG | ZPC Hoogeveen | 4:28.68 | 200100067 | 4:26.45 +0,62 563 |
| | 50m: 30.11 | 30.11 150m: 1:36.46 | 33.61 | 250m: 2:43.93 | 33.67 |
| | 100m: 1:02.85 | 32.74 200m: 2:10.26 | 33.80 | 300m: 3:18.18 | 34.25 |
| | | | | 350m: 3:52.79 | 34.61 |
| | | | | 400m: 4:26.45 | 33.66 |
| 3. | Jelle, HEIJMAN | Steenwijk 1934 | 4:45.03 | 200000635 | 4:44.95 +0,89 461 |
| | 50m: 30.93 | 30.93 150m: 1:41.60 | 36.11 | 250m: 2:55.18 | 37.24 |
| | 100m: 1:05.49 | 34.56 200m: 2:17.94 | 36.34 | 300m: 3:32.62 | 37.44 |
| | | | | 350m: 4:09.75 | 37.13 |
| | | | | 400m: 4:44.95 | 35.20 |
| 4. | Meindert, DEKKINGA | HZ&PC Heerenveen | 4:54.58 | 200400377 | 4:55.50 413 |
| | 50m: 31.59 | 31.59 150m: 1:44.54 | 37.17 | 250m: 3:00.88 | 38.60 |
| | 100m: 1:07.37 | 35.78 200m: 2:22.28 | 37.74 | 300m: 3:39.81 | 38.93 |
| | | | | 350m: 4:18.79 | 38.98 |
| | | | | 400m: 4:55.50 | 36.71 |
| 5. | Josse, REINDERS | ZPC Hoogeveen | 4:59.18 | 200201729 | 4:57.81 +0,82 404 |
| | 50m: 33.06 | 33.06 150m: 1:46.79 | 37.63 | 250m: 3:03.97 | 38.18 |
| | 100m: 1:09.16 | 36.10 200m: 2:25.79 | 39.00 | 300m: 3:42.65 | 38.68 |
| | | | | 350m: 4:21.22 | 38.57 |
| | | | | 400m: 4:57.81 | 36.59 |
| 6. | Kristian, KIERS | Deltasteur | 5:20.18 | 200100349 | 5:07.84 +0,80 365 |
| | 50m: 31.59 | 31.59 150m: 1:45.05 | 38.03 | 250m: 3:04.77 | 40.56 |
| | 100m: 1:07.02 | 35.43 200m: 2:24.21 | 39.16 | 300m: 3:46.13 | 41.36 |
| | | | | 350m: 4:27.60 | 41.47 |
| | | | | 400m: 5:07.84 | 40.24 |
| 7. | Marco, WAGTER | Steenwijk 1934 | 5:53.54 | 200500003 | 5:55.83 237 |
| | 50m: 39.89 | 39.89 150m: 2:09.92 | 46.03 | 250m: 3:42.26 | 46.49 |
| | 100m: 1:23.89 | 44.00 200m: 2:55.77 | 45.85 | 300m: 4:28.13 | 45.87 |
| | | | | 350m: 5:13.87 | 45.74 |
| | | | | 400m: 5:55.83 | 41.96 |

| rang | naam | vereniging | intijd | tijd | RT |
|------|---------------------|---------------------|---------|---------------|-------------------|
| 1. | Leonie, van WIER | HZ&PC Heerenveen | 4:46.45 | 200200436 | 4:44.66 +0,72 587 |
| | 50m: 31.82 | 31.82 150m: 1:42.92 | 35.82 | 250m: 2:55.56 | 36.40 |
| | 100m: 1:07.10 | 35.28 200m: 2:19.16 | 36.24 | 300m: 3:32.61 | 37.05 |
| | | | | 350m: 4:09.31 | 36.70 |
| | | | | 400m: 4:44.66 | 35.35 |
| 2. | Kyra, WOOLDRIK | ZPC Hoogeveen | 4:44.99 | 200101042 | 4:49.22 +0,78 560 |
| | 50m: 31.54 | 31.54 150m: 1:42.89 | 36.13 | 250m: 2:57.26 | 37.24 |
| | 100m: 1:06.76 | 35.22 200m: 2:20.02 | 37.13 | 300m: 3:34.57 | 37.31 |
| | | | | 350m: 4:12.25 | 37.68 |
| | | | | 400m: 4:49.22 | 36.97 |
| 3. | Nynke, ZANDSTRA | Dz&Pc | 4:51.33 | 200202044 | 4:52.01 +0,63 544 |
| | 50m: 32.23 | 32.23 150m: 1:45.27 | 36.84 | 250m: 3:00.56 | 37.88 |
| | 100m: 1:08.43 | 36.20 200m: 2:22.68 | 37.41 | 300m: 3:37.91 | 37.35 |
| | | | | 350m: 4:15.32 | 37.41 |
| | | | | 400m: 4:52.01 | 36.69 |
| 4. | Inge, DEKKER | TriVia | 4:45.28 | 200200476 | 4:52.44 +0,72 542 |
| | 50m: 31.98 | 31.98 150m: 1:44.72 | 36.96 | 250m: 3:00.58 | 37.89 |
| | 100m: 1:07.76 | 35.78 200m: 2:22.69 | 37.97 | 300m: 3:38.61 | 38.03 |
| | | | | 350m: 4:16.25 | 37.64 |
| | | | | 400m: 4:52.44 | 36.19 |
| 5. | Manon, de MAN | Deltasteur | 4:56.28 | 200201458 | 4:56.00 +0,68 522 |
| | 50m: 32.52 | 32.52 150m: 1:46.43 | 37.16 | 250m: 3:02.85 | 38.09 |
| | 100m: 1:09.27 | 36.75 200m: 2:24.76 | 38.33 | 300m: 3:41.41 | 38.56 |
| | | | | 350m: 4:19.37 | 37.96 |
| | | | | 400m: 4:56.00 | 36.63 |
| 6. | Zana, UDO | De Forel | 4:59.68 | 200202686 | 4:58.10 +0,59 511 |
| | 50m: 32.72 | 32.72 150m: 1:46.97 | 37.51 | 250m: 3:02.98 | 38.29 |
| | 100m: 1:09.46 | 36.74 200m: 2:24.69 | 37.72 | 300m: 3:41.44 | 38.46 |
| | | | | 350m: 4:18.98 | 37.54 |
| | | | | 400m: 4:58.10 | 39.12 |
| 7. | Amé, HULLEMAN | ReVeLie Swim Team | 4:56.40 | 200202794 | 5:05.41 475 |
| | 50m: 31.45 | 31.45 150m: 1:43.82 | 36.93 | 250m: 3:02.36 | 39.72 |
| | 100m: 1:06.89 | 35.44 200m: 2:22.64 | 38.82 | 300m: 3:42.44 | 40.08 |
| | | | | 350m: 4:23.37 | 40.93 |
| | | | | 400m: 5:05.41 | 42.04 |
| 8. | Sara, KORTHUIS | TriVia | 5:19.45 | 200600494 | 5:12.47 444 |
| | 50m: 33.70 | 33.70 150m: 1:50.70 | 38.80 | 250m: 3:11.58 | 40.98 |
| | 100m: 1:11.90 | 38.20 200m: 2:30.60 | 39.90 | 300m: 3:52.32 | 40.74 |
| | | | | 350m: 4:33.59 | 41.27 |
| | | | | 400m: 5:12.47 | 38.88 |
| 9. | Myrthe, WINKELS | TriVia | 5:17.88 | 200300212 | 5:14.08 437 |
| | 50m: 33.74 | 33.74 150m: 1:51.67 | 39.96 | 250m: 3:12.88 | 40.49 |
| | 100m: 1:11.71 | 37.97 200m: 2:32.39 | 40.72 | 300m: 3:53.69 | 40.81 |
| | | | | 350m: 4:34.77 | 41.08 |
| | | | | 400m: 5:14.08 | 39.31 |
| 10. | Amber, BOOMSMA | HZ&PC Heerenveen | 5:38.77 | 200401416 | 5:29.83 +0,64 377 |
| | 50m: 36.05 | 36.05 150m: 1:59.79 | 42.44 | 250m: 3:25.67 | 43.10 |
| | 100m: 1:17.35 | 41.30 200m: 2:42.57 | 42.78 | 300m: 4:09.05 | 43.38 |
| | | | | 350m: 4:51.26 | 42.21 |
| | | | | 400m: 5:29.83 | 38.57 |
| 11. | Annemarijn, DAMHOFF | TriVia | 5:48.56 | 200501000 | 5:43.40 +0,86 334 |
| | 50m: 36.59 | 36.59 150m: 2:01.84 | 43.78 | 250m: 3:30.82 | 45.15 |
| | 100m: 1:18.06 | 41.47 200m: 2:45.67 | 43.83 | 300m: 4:15.90 | 45.08 |
| | | | | 350m: 5:00.93 | 45.03 |
| | | | | 400m: 5:43.40 | 42.47 |
| 12. | Maud, DOKTER | HZ&PC Heerenveen | NT | 200601672 | 6:01.44 287 |
| | 50m: 38.38 | 38.38 150m: 2:08.98 | 46.50 | 250m: 3:43.65 | 47.32 |
| | 100m: 1:22.48 | 44.10 200m: 2:56.33 | 47.35 | 300m: 4:31.33 | 47.68 |
| | | | | 350m: 5:18.54 | 47.21 |
| | | | | 400m: 6:01.44 | 42.90 |
| 13. | Jessica, DEKKINGA | HZ&PC Heerenveen | 6:43.58 | 200600180 | 6:57.83 186 |
| | 50m: 44.34 | 44.34 150m: 2:29.07 | 53.29 | 250m: 4:18.43 | 54.50 |
| | 100m: 1:35.78 | 51.44 200m: 3:23.93 | 54.86 | 300m: 5:12.62 | 54.19 |
| | | | | 350m: 6:06.98 | 54.36 |
| | | | | 400m: 6:57.83 | 50.85 |

Programmanr. 2, Dames, 400m vrije slag, 11 jaar en ouder

| rang | naam | vereniging | intijd | tijd | RT |
|------------------------------------------------------|-------------------|------------------|---------|-----------|---------|
| DIS | Liselotte, SCHAAP | HZ&PC Heerenveen | 7:07.20 | 200603016 | +0,57 |
| <i>AF - De aangegeven afstand niet uitgezwommen.</i> | | | | | |
| | 50m: | 41.81 | 41.81 | 150m: | 2:24.20 |
| | 100m: | 1:32.28 | 50.47 | 200m: | 3:16.59 |
| | | | | 250m: | 4:08.95 |
| | | | | 300m: | 5:02.18 |
| | | | | 350m: | 5:53.64 |
| | | | | 400m: | 51.46 |

Programmanr. 3
29-10-2017 - 14:35

Heren, 50m vlinderslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|---------------------|---------------------|--------|-----------|-----------------|
| 1. | Jari, HOFKINK | Deltasteur | 26.68 | 199700535 | 26.95 +0,68 577 |
| 2. | Casper, HUT | HZ&PC Heerenveen | 28.00 | 197800471 | 26.99 +0,68 574 |
| 3. | Sebastiaan, ROTTIER | TriVia | 27.72 | 200000147 | 27.56 +0,71 539 |
| 4. | Maurice, PATER | TriVia | 27.56 | 200200909 | 27.81 +0,75 525 |
| 5. | Remco, DIJKSTRA | HZ&PC Heerenveen | 28.11 | 200100789 | 28.66 +0,77 479 |
| 6. | Dinand, SCHUTTE | Deltasteur | 27.99 | 199600335 | 28.71 +0,81 477 |
| 7. | Sjoerd, de JONG | Avena | 29.34 | 199903907 | 28.91 +0,73 467 |
| 8. | Jasper, ZUIDEMA | SG. Bolsward-Workum | 30.61 | 200004409 | 29.86 +0,73 424 |
| 9. | Sijbren, BEEKSMA | TriVia | 31.85 | 200400133 | 30.71 +0,69 390 |
| 10. | Borek, BUURMA | HZ&PC Heerenveen | 31.56 | 200200747 | 31.17 +0,74 373 |
| 11. | Mike, BENNINK | Deltasteur | 31.73 | 199400861 | 31.68 +0,87 355 |
| 12. | Jurek, FRIK | Azuro | 30.90 | 200203335 | 31.83 +0,71 350 |
| 13. | Dylan, BES | ZC Polaris | 32.37 | 200200717 | 31.88 +0,91 348 |
| 14. | Quinten, STUUT | Azuro | 31.78 | 200203239 | 32.12 +0,67 341 |
| 15. | Jesper, VIKLUND | De Forel | 37.12 | 200204847 | 34.45 +0,78 276 |
| 16. | Mees, NIEMEIJER | Dz&Pc | 36.10 | 200201275 | 34.98 +0,56 264 |
| 17. | Kaj, BOSMA | TriVia | 36.71 | 200400537 | 41.69 +0,77 156 |
| AFGEM | Ian, BERGMEESTER | ZC Polaris | 31.82 | 200103719 | |

Programmanr. 4
29-10-2017 - 14:37

Dames, 50m vlinderslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|-----------------------|---------------------|--------|-----------|-------------------|
| 1. | Ariane, KOOIJINGA | TriVia | 28.94 | 200001544 | 28.25 +0,79 647 |
| 2. | Myrna, van DUJVEN | Dz&Pc | 29.71 | 199900252 | 29.25 +0,65 583 |
| 3. | Lianne, van WIER | HZ&PC Heerenveen | 30.26 | 200200438 | 30.53 +0,74 512 |
| 4. | Willemeine, HOVING | TriVia | 30.45 | 199800106 | 31.00 +0,59 489 |
| 5. | Masha, POLUSHKINA | ReVeLie Swim Team | 31.82 | 200203064 | 31.28 +0,89 476 |
| 6. | Marika, de JONG | Avena | 31.09 | 200101074 | 31.36 +0,72 473 |
| 7. | Myrthe, OFFENGA | SG FZC54-De Vikings | 31.96 | 199901874 | 31.42 +0,64 470 |
| 8. | Veerle, NIEBORG | TriVia | 32.15 | 200400428 | 31.88 +0,83 450 |
| 9. | Chantal, van WILLEGEN | HZ&PC Heerenveen | 31.89 | 200302422 | 32.34 +0,67 431 |
| 10. | Chantal, TIESINGA | TriVia | 32.40 | 200302452 | 32.60 +0,65 421 |
| 11. | Leandra, VEDDER | Steenwijk 1934 | 31.47 | 199600866 | 32.61 +0,64 420 |
| 12. | Lotte, ROLINK | ZC Polaris | 35.11 | 199504880 | 33.23 +0,64 397 |
| 13. | Anouk, POELSTRA | Steenwijk 1934 | 33.67 | 199800166 | 34.14 +0,79 366 |
| 14. | Lisette, DOOPER | HZ&PC Heerenveen | 35.08 | 200201678 | 34.19 +0,78 365 |
| 15. | Lot, BURGSTRA | TriVia | 33.32 | 200103294 | 34.26 * +0,57 363 |
| 16. | Evelien, de JONG | Neptunia '24 | NT | 199805316 | 34.44 +0,75 357 |
| 17. | Xoe, STUUT | Azuro | 36.93 | 200400754 | 36.08 +0,80 310 |
| 18. | Monique, TIENSTRA | TriVia | 38.52 | 200600354 | 36.44 301 |
| 19. | Tessa, MAAT | Deltasteur | 36.39 | 200201826 | 36.68 +0,83 295 |
| 20. | Marlies, BERENDS | HZ&PC Heerenveen | 38.35 | 200402194 | 37.43 +0,64 278 |
| 21. | Debbie, WRAY | SG. Bolsward-Workum | 39.61 | 200501314 | 37.45 +0,73 278 |
| 22. | Charley, ZETHOVEN | HZ&PC Heerenveen | 36.83 | 200500868 | 37.46 277 |
| 23. | Esther, ROELE | HZ&PC Heerenveen | 42.02 | 200001056 | 39.19 +0,50 242 |
| 24. | Lisette, WEZENBERG | Deltasteur | 43.60 | 200600252 | 43.38 179 |
| 25. | Julia, van den BOSCH | Deltasteur | 42.08 | 200600232 | 44.85 162 |
| 26. | Mila, BIESHEUVEL | HZ&PC Heerenveen | NT | 200504552 | 46.55 +0,68 145 |
| 27. | Anouk, HOEKSTRA | HZ&PC Heerenveen | 47.09 | 200402758 | 47.75 134 |

Programmanr. 5
29-10-2017 - 14:42

Heren, 100m schoolslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|-------------------|---------------------|---------|-----------|------------------|-----------|---------------|
| 1. | Thomas, KAPPE | ZPC Hoogeveen | 1:07.42 | 199805141 | 1:07.73 | +0,67 625 | 31.61 1:07.73 |
| 2. | Klaas, PIT | Dz&Pc | 1:08.98 | 200104519 | 1:08.49 | +0,77 605 | 32.29 1:08.49 |
| 3. | Thomas, HAMSTRA | HZ&PC Heerenveen | 1:11.53 | 200001693 | 1:11.30 | +0,71 536 | 33.53 1:11.30 |
| 4. | Jorian, DARWINKEL | HZ&PC Heerenveen | 1:15.90 | 200300565 | 1:15.64 | +0,68 449 | 34.95 1:15.64 |
| 5. | Robin, de JONG | SG. Bolsward-Workum | 1:16.60 | 200101165 | 1:20.00 | +0,80 380 | 37.19 1:20.00 |
| 6. | Wouter, ZIJLSTRA | De Forel | 1:20.52 | 200401545 | 1:22.91 | 341 | 40.19 1:22.91 |
| 7. | Tiemen, JONKMAN | Dz&Pc | 1:25.48 | 200301193 | 1:23.72 | 331 | 39.42 1:23.72 |
| 8. | Wouter, SIES | TriVia | 1:27.19 | 200500369 | 1:25.74 | +0,66 308 | 40.42 1:25.74 |
| 9. | Thijs, ten KOPPEL | Deltasteur | 1:27.30 | 200500357 | 1:28.75 | 278 | 42.75 1:28.75 |
| 10. | Haitze, WIERSMA | HZ&PC Heerenveen | 1:31.79 | 200402017 | 1:30.30 | +0,82 264 | 42.93 1:30.30 |
| 11. | Bart, FABER | HZ&PC Heerenveen | 1:33.63 | 200400423 | 1:33.54 * | 237 | 43.56 1:33.54 |
| 12. | Daniel, VELTMAN | TriVia | 1:34.50 | 200502593 | 1:33.87 | +0,89 235 | 43.00 1:33.87 |
| 13. | Kay, van SLEEN | Steenwijk 1934 | 1:32.97 | 200400083 | 1:33.99 | +0,89 234 | 44.43 1:33.99 |
| 14. | J., ANGWARMASE | TriVia | 1:41.77 | 200401725 | 1:35.71 | 222 | 45.30 1:35.71 |
| DIS | Robin, GORT | Dz&Pc | 1:46.88 | 200403599 | | | 49.49 |

AE - De aangegeven zwemslag niet uitgevoerd.

Programmanr. 6
29-10-2017 - 14:46

Dames, 100m schoolslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|----------------------|-------------------|---------|-----------|----------------|-----------|---------------|
| 1. | Wiktorija, REDZIMSKA | ZPC Hoogeveen | 1:17.65 | 200106042 | 1:15.33 | +0,86 623 | 35.29 1:15.33 |
| 2. | Mirthe, SCHENKEL | ZPC Hoogeveen | 1:15.41 | 200300666 | 1:15.62 | +0,81 616 | 35.77 1:15.62 |
| 3. | Esra, ERER | TriVia | 1:14.53 | 200002858 | 1:17.26 | +0,63 578 | 36.26 1:17.26 |
| 4. | Janna, van KOOTEN | TriVia | 1:24.34 | 200404584 | 1:22.67 | 472 | 38.72 1:22.67 |
| 5. | Sanne, van DIJK | Deltasteur | 1:23.80 | 200301908 | 1:24.43 | 443 | 40.31 1:24.43 |
| 6. | Lise, KLEINBEKMAN | ReVeLie Swim Team | 1:27.58 | 200502870 | 1:25.78 | +0,74 422 | 40.37 1:25.78 |
| 7. | Milou, ten KOPPEL | Deltasteur | 1:23.67 | 200302572 | 1:25.88 | 421 | 40.09 1:25.88 |
| 8. | Arianne, MEIJER | HZ&PC Heerenveen | 1:24.37 | 200500304 | 1:26.83 | +0,64 407 | 40.48 1:26.83 |
| 9. | Noa, SOPAMENA | ReVeLie Swim Team | 1:25.99 | 200202546 | 1:27.38 | +0,74 399 | 40.75 1:27.38 |
| 10. | Masha, POLUSHKINA | ReVeLie Swim Team | 1:27.72 | 200203064 | 1:27.86 | +0,83 393 | 41.39 1:27.86 |
| 11. | Noël Iris, HETTINGA | Neptunia '24 | 1:28.68 | 200002536 | 1:29.99 | +0,78 366 | 42.36 1:29.99 |
| 12. | Iris, EISENGA | TriVia | 1:30.92 | 200401254 | 1:32.88 | 333 | 43.06 1:32.88 |
| 13. | Leonie, van HATTUM | Dz&Pc | 1:34.99 | 200205922 | 1:32.98 | +0,79 331 | 44.01 1:32.98 |
| 14. | Laura, EISENGA | TriVia | 1:29.33 | 200201854 | 1:36.35 | +0,76 298 | 44.40 1:36.35 |
| 15. | Joyce, TOONSTRA | Neptunia '24 | 1:39.25 | 200501298 | 1:39.15 | +0,63 273 | 46.67 1:39.15 |
| 16. | Dynah, HASSING | De Forel | 1:38.50 | 200500756 | 1:40.35 | +0,60 264 | 47.51 1:40.35 |
| 17. | Carmen, van der LAAN | Deltasteur | 1:39.52 | 200600234 | 1:41.58 | +0,72 254 | 49.58 1:41.58 |
| AFGEM | Sigrid, HOOGLAND | De Forel | 1:23.40 | 200301976 | | | |

Programmanr. 7
29-10-2017 - 14:52

Heren, 200m vrije slag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-------|---------------------|---------------------|---------|-----------|----------------|-----------|---------------|-----------------|------|
| 1. | Darryl, LUBBINGE | ZPC Hoogeveen | 2:01.47 | 199701045 | 2:02.10 | +0,69 583 | 28.96 59.82 | 1:31.09 2:02.10 | |
| 2. | Dushan, de BRUIJN | De Forel | 2:04.36 | 200201273 | 2:05.23 | +0,79 540 | 28.69 1:00.92 | 1:33.29 2:05.23 | |
| 3. | Raoul, WITTEN | ZPC Hoogeveen | 2:08.53 | 200200231 | 2:07.05 | +0,62 517 | 29.55 1:01.62 | 1:34.41 2:07.05 | |
| 4. | Meindert, DEKINGA | HZ&PC Heerenveen | 2:17.30 | 200400377 | 2:15.43 | 427 | 30.90 1:04.95 | 1:40.63 2:15.43 | |
| 5. | Pascal, KOK | Avena | 2:17.24 | 200203359 | 2:16.55 | +0,75 417 | 31.26 1:06.06 | 1:41.72 2:16.55 | |
| 6. | Björn, KOKKELKOREN | ZPC Hoogeveen | 2:20.49 | 200200757 | 2:17.89 | +0,74 405 | 32.10 1:07.43 | 1:43.44 2:17.89 | |
| 7. | Colin, BES | ZC Polaris | 2:24.10 | 200500201 | 2:18.07 | +0,63 403 | 31.27 1:06.76 | 1:43.38 2:18.07 | |
| 8. | Senna, van den HOED | De Forel | 2:22.85 | 200400609 | 2:21.52 | +0,70 374 | 31.63 1:07.73 | 1:45.52 2:21.52 | |
| 9. | Quint, van HAREN | De Forel | 2:34.77 | 200400215 | 2:22.38 | +0,85 368 | 32.54 1:08.53 | 1:45.99 2:22.38 | |
| 10. | Allard, SIEPERDA | SG. Bolsward-Workum | 2:25.11 | 200101365 | 2:27.33 | +0,76 332 | 32.08 1:08.39 | 1:47.82 2:27.33 | |
| 11. | Quinn, HEEDERIK | Deltasteur | 2:32.72 | 200400093 | 2:28.59 | +0,59 323 | 34.04 1:11.76 | 1:50.38 2:28.59 | |
| 12. | Kevin, van GELDEREN | TriVia | 2:28.50 | 200402325 | 2:37.00 | +0,64 274 | 34.53 1:14.59 | 1:56.29 2:37.00 | |
| 13. | H., PENNINKHOF | Deltasteur | 2:52.57 | 200500569 | 2:38.88 | +0,82 265 | 34.90 1:15.28 | 1:57.72 2:38.88 | |
| AFGEM | Ian, BERGMEESTER | ZC Polaris | 2:16.15 | 200103719 | | | | | |

Programmanr. 8
29-10-2017 - 14:58

Dames, 200m vrije slag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-------------------------|-------------------|-------------------|------------------|-----------|-------|---------|---------|---------|
| 1. Annet, van STRATUM | Deltasteur | 2:15.42 199003640 | 2:13.12 | +0,71 611 | 30.76 | 1:05.37 | 1:40.30 | 2:13.12 |
| 2. Mariëlle, DOLFIJN | TriVia | 2:11.01 200201640 | 2:13.74 | +0,77 603 | 30.78 | 1:04.29 | 1:38.59 | 2:13.74 |
| 3. Marit, BOXUM | Deltasteur | 2:12.60 200000068 | 2:13.96 | 600 | 31.20 | 1:05.11 | 1:38.85 | 2:13.96 |
| 4. Naomi, HOF SINK | Deltasteur | 2:10.82 199402508 | 2:14.26 | +0,81 596 | 30.86 | 1:04.56 | 1:39.14 | 2:14.26 |
| 5. Annemarie, HO VING | TriVia | 2:12.23 200000248 | 2:14.78 | +0,67 589 | 31.78 | 1:06.30 | 1:40.83 | 2:14.78 |
| 6. R., VANDERHEYDEN | ReVeLie Swim Team | 2:15.61 199903130 | 2:15.47 | +0,72 580 | 30.68 | 1:04.54 | 1:39.58 | 2:15.47 |
| 7. Anna, TINGA | De Forel | 2:19.91 200302734 | 2:17.38 * | +0,74 556 | 31.94 | 1:06.62 | 1:42.13 | 2:17.38 |
| 8. Christien, LIEMBURG | HZ&PC Heerenveen | 2:18.03 199903672 | 2:20.09 | +0,68 525 | 31.69 | 1:07.88 | 1:44.79 | 2:20.09 |
| 9. Roos, VAN DUIN | ReVeLie Swim Team | 2:23.38 200404280 | 2:21.07 | +0,85 514 | 31.17 | 1:08.13 | 1:45.80 | 2:21.07 |
| 10. Femke, WIERSMA | HZ&PC Heerenveen | 2:14.52 200103078 | 2:22.82 | 495 | 31.73 | 1:06.77 | 1:43.31 | 2:22.82 |
| 11. Lois, JALVING | HZ&PC Heerenveen | 2:30.55 200400280 | 2:28.49 | +0,73 440 | 33.85 | 1:11.44 | 1:50.12 | 2:28.49 |
| 12. Myrthe, WINKELS | TriVia | 2:30.32 200300212 | 2:32.94 | +0,66 403 | 34.53 | 1:13.31 | 1:53.74 | 2:32.94 |
| 13. Sarah, SIPKEMA | Avena | NT 200204146 | 2:40.56 | +0,69 348 | 36.66 | 1:17.41 | 1:59.69 | 2:40.56 |
| 14. Annemijn, FOLKERTS | TriVia | 2:50.74 200500628 | 2:41.12 | +0,62 345 | 37.93 | 1:19.63 | 2:01.78 | 2:41.12 |
| 15. Anouk, POELSTRA | Steenwijk 1934 | 2:38.75 199800166 | 2:41.66 | 341 | 35.52 | 1:15.61 | 1:58.63 | 2:41.66 |
| 16. Annemarijn, DAMHOFF | TriVia | 2:44.30 200501000 | 2:42.14 | 338 | 35.74 | 1:17.38 | 2:01.35 | 2:42.14 |
| 17. Amber, TIESINGA | TriVia | 2:48.59 200600782 | 2:42.42 | 337 | 38.52 | 1:20.07 | 2:02.40 | 2:42.42 |
| 18. Silke, KOEHOORN | HZ&PC Heerenveen | 2:53.45 200300968 | 2:49.41 | +0,63 297 | 37.89 | 1:20.36 | 2:04.97 | 2:49.41 |
| AFGEM Amber, KONING | Azuro | 2:13.05 200202842 | | | | | | |

Programmanr. 9
29-10-2017 - 15:08

Heren, 50m rugslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|----------------------------|---------------------|-----------------|--------------|-----|
| 1. Casper, HUT | HZ&PC Heerenveen | 30.00 197800471 | 29.50 | 541 |
| 2. Gerard, IJSPEERT | TriVia | 29.15 200100051 | 29.60 | 536 |
| 3. Jari, HOF SINK | Deltasteur | 27.54 199700535 | 30.57 | 486 |
| 4. Jarno, OTTENS | Azuro | 30.18 200000273 | 31.63 | 439 |
| 5. Jesper, TJASSING | Azuro | 32.57 200201499 | 32.01 | 424 |
| 6. Sijbren, BEEKSMA | TriVia | 33.26 200400133 | 32.15 | 418 |
| 7. Kylian, KOOYMAN | Steenwijk 1934 | 32.18 199900763 | 32.78 | 394 |
| 8. Martijn, LAGEWEG | Steenwijk 1934 | 34.34 199701323 | 33.79 | 360 |
| 9. Jesse, van de GEER | SG. Bolsward-Workum | 36.72 200300431 | 37.18 | 270 |
| 10. David, WESSELING | ZC Polaris | 38.53 200500251 | 37.40 | 266 |
| 11. Tiemen, JONKMAN | Dz&Pc | 38.38 200301193 | 37.65 | 260 |
| 12. Hielke Jan, PENNINKHOF | Deltasteur | 37.60 200500569 | 38.58 | 242 |

Programmanr. 10
29-10-2017 - 15:10

Dames, 50m rugslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|--------------------------|---------------------|-----------------|--------------|-----|
| 1. Frouke, BEEKSMA | TriVia | 28.65 200000346 | 29.72 | 755 |
| 2. Heline, KONING | SG FZC54-De Vikings | 30.60 200000422 | 30.58 | 693 |
| 3. Myrna, van DUIJVEN | Dz&Pc | 31.08 199900252 | 31.45 | 637 |
| 4. Inge, DEKKER | TriVia | 31.94 200200476 | 32.61 | 571 |
| 5. Manon, de MAN | Deltasteur | 33.10 200201458 | 33.17 | 543 |
| 6. Danique, SLAPER | TriVia | 33.20 200401914 | 34.14 | 498 |
| 7. Amé, HULLEMAN | ReVeLie Swim Team | 34.30 200202794 | 34.24 | 494 |
| 8. Marike, de JONG | Avena | NT 200101074 | 34.31 | 491 |
| 9. Henriëke, JONKMAN | Dz&Pc | 33.58 200000840 | 34.42 | 486 |
| 10. Lieke, GERDES | ZC Polaris | 37.19 200401810 | 34.53 | 481 |
| 11. Alies, WAGTER | Steenwijk 1934 | 34.18 199900840 | 34.96 | 464 |
| 12. Ylisa, DIJKSTRA | Dz&Pc | 34.41 200200728 | 35.58 | 440 |
| 13. Amalia, VELTMAN | TriVia | 36.72 200205702 | 37.99 | 361 |
| 14. Gerdi, THIELE | ZC Polaris | 39.21 199401190 | 39.24 | 328 |
| 15. Charley, ZETHOVEN | HZ&PC Heerenveen | 38.24 200500868 | 39.70 | 317 |
| 16. Robin, MEIDE VAN DER | ZC Polaris | 41.00 200601778 | 40.38 | 301 |
| 17. Annerooos, de VRIES | TriVia | 39.71 200405216 | 41.17 | 284 |
| 18. Sarah, BERGHUIS | TriVia | 40.30 200302626 | 41.54 | 276 |
| 19. Mette, van MAREN | HZ&PC Heerenveen | 41.55 200602030 | 42.13 | 265 |
| 20. Maud, DOKTER | HZ&PC Heerenveen | 43.49 200601672 | 42.78 | 253 |
| 21. Liselotte, SCHAAP | HZ&PC Heerenveen | 44.51 200603016 | 44.14 | 230 |
| DIS Julia, van den BOSCH | Deltasteur | 40.57 200600232 | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Programmanr. 11
29-10-2017 - 15:13

Heren, 200m schoolslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | | |
|-----------------------|---------------------|---------|-----------|----------------|-------|------|-------|---------|---------|---------|
| 1. Erwin, HEINSIUS | ZPC Hoogeveen | 2:26.12 | 199900695 | 2:30.09 | +0,68 | 606 | 34.65 | 1:13.03 | 1:51.40 | 2:30.09 |
| 2. Kylian, HEEDERIK | Deltasteur | 2:34.01 | 200300353 | 2:30.10 | +0,74 | 606 | 33.68 | 1:11.36 | 1:50.01 | 2:30.10 |
| 3. Maik, HUSER | ZPC Hoogeveen | 2:28.37 | 199900265 | 2:30.45 | +0,82 | 602 | 33.42 | 1:11.80 | 1:51.46 | 2:30.45 |
| 4. Klaas, PIT | Dz&Pc | 2:29.01 | 200104519 | 2:30.63 | +0,78 | 599 | 33.69 | 1:12.19 | 1:51.60 | 2:30.63 |
| 5. Yanieck, FRIJSTEIN | Deltasteur | 3:08.85 | 200500329 | 2:55.98 | +0,64 | 376 | 39.73 | 1:24.27 | 2:09.80 | 2:55.98 |
| 6. Wouter, ZIJLSTRA | De Forel | 2:50.71 | 200401545 | 2:57.13 | | 369 | 40.95 | 1:26.64 | 2:11.81 | 2:57.13 |
| 7. Robin, de JONG | SG. Bolsward-Workum | 2:48.34 | 200101165 | 3:01.59 | +0,71 | 342 | 39.66 | 1:25.95 | 2:13.39 | 3:01.59 |
| 8. Wouter, SIES | TriVia | 3:05.60 | 200500369 | 3:06.74 | +0,68 | 315 | 41.71 | 1:29.59 | 2:18.23 | 3:06.74 |

Programmanr. 12
29-10-2017 - 15:17

Dames, 200m schoolslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | | |
|-----------------------|------------------|---------|-----------|----------------|-------|------|-------|---------|---------|---------|
| 1. Iris, NIEUWHOF | TriVia | 2:52.38 | 200401944 | 2:51.82 | +0,68 | 531 | 37.74 | 1:21.32 | 2:06.84 | 2:51.82 |
| 2. Sanne, van DIJK | Deltasteur | 3:00.21 | 200301908 | 2:57.20 | +0,78 | 484 | 41.18 | 1:26.29 | 2:13.32 | 2:57.20 |
| 3. Emma, SIES | TriVia | 2:55.91 | 200300732 | 2:59.62 | +0,85 | 465 | 39.39 | 1:25.45 | 2:12.80 | 2:59.62 |
| 4. Esmee, van PEER | TriVia | 3:05.65 | 200201114 | 3:00.86 | +0,78 | 455 | 40.45 | 1:26.13 | 2:13.25 | 3:00.86 |
| 5. Nora, BALJE | TriVia | 3:16.68 | 200503228 | 3:10.14 | +0,63 | 392 | 42.26 | 1:31.38 | 2:20.90 | 3:10.14 |
| 6. Arianne, MEIJER | HZ&PC Heerenveen | 3:05.41 | 200500304 | 3:11.68 | +0,67 | 382 | 42.45 | 1:32.22 | 2:21.01 | 3:11.68 |
| 7. Romana, JONKER | HZ&PC Heerenveen | 3:21.76 | 200403016 | 3:17.21 | | 351 | 43.67 | 1:35.99 | 2:28.23 | 3:17.21 |
| 8. Iris, EISENGA | TriVia | 3:13.25 | 200401254 | 3:18.10 | | 346 | 44.15 | 1:34.71 | 2:27.11 | 3:18.10 |
| 9. Laura, EISENGA | TriVia | 3:21.96 | 200201854 | 3:31.78 | +0,82 | 283 | 46.75 | 1:40.87 | 2:36.62 | 3:31.78 |
| 10. Jessica, DEKKINGA | HZ&PC Heerenveen | 4:12.56 | 200600180 | 4:07.81 | +0,71 | 177 | 59.29 | 2:01.27 | 3:04.39 | 4:07.81 |

Programmanr. 13
29-10-2017 - 15:26

Heren, 200m vlinderslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | | |
|---------------------|----------------|---------|-----------|----------------|-------|------|-------|---------|---------|---------|
| 1. Junior, de BRUIN | ZPC Hoogeveen | 2:11.42 | 200000839 | 2:10.44 | +0,66 | 625 | 28.96 | 1:02.40 | 1:37.34 | 2:10.44 |
| 2. Thomas, KAPPE | ZPC Hoogeveen | 2:23.62 | 199805141 | 2:22.25 | +0,68 | 482 | 29.67 | 1:04.80 | 1:42.01 | 2:22.25 |
| 3. Sjoerd, de JONG | Avena | 2:33.03 | 199903907 | 2:22.84 | +0,85 | 476 | 32.12 | 1:09.07 | 1:45.72 | 2:22.84 |
| 4. Jurek, FRIK | Azuro | 2:34.82 | 200203335 | 2:32.50 | | 391 | 33.36 | 1:13.25 | 1:54.54 | 2:32.50 |
| 5. Makai, van HAREN | De Forel | 2:34.30 | 200200627 | 2:33.16 | +0,73 | 386 | 32.28 | 1:10.82 | 1:50.85 | 2:33.16 |
| 6. Rik, STAHLIE | TriVia | 2:34.34 | 200201915 | 2:33.31 | +0,63 | 385 | 31.77 | 1:10.85 | 1:51.64 | 2:33.31 |
| 7. Dylan, BES | ZC Polaris | 2:37.17 | 200200717 | 2:35.82 | | 366 | 34.36 | 1:13.12 | 1:55.17 | 2:35.82 |
| 8. Quint, van HAREN | De Forel | 2:53.36 | 200400215 | 2:54.45 | +0,87 | 261 | 38.07 | 1:21.85 | 2:10.09 | 2:54.45 |
| 9. Kay, van SLEEN | Steenwijk 1934 | 3:44.61 | 200400083 | 3:26.07 | +0,84 | 158 | 44.10 | 1:39.88 | 2:35.10 | 3:26.07 |

Programmanr. 14
29-10-2017 - 15:30

Dames, 200m vlinderslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | | |
|------------------------|------------------|---------|-----------|----------------|-------|------|-------|---------|---------|---------|
| 1. Wiktoria, REDZIMSKA | ZPC Hoogeveen | 2:36.43 | 200106042 | 2:33.19 | | 503 | 32.75 | 1:11.21 | 1:52.06 | 2:33.19 |
| 2. Veerle, NIEBORG | TriVia | 2:40.23 | 200400428 | 2:33.75 | +0,81 | 497 | 34.24 | 1:14.06 | 1:53.50 | 2:33.75 |
| 3. Emma, HOFSTEE | TriVia | 2:40.88 | 200401282 | 2:39.94 | +0,75 | 442 | 33.57 | 1:13.19 | 1:55.77 | 2:39.94 |
| 4. Nienke, BAKKER | TriVia | 2:51.91 | 200501178 | 2:42.53 | | 421 | 35.94 | 1:17.88 | 2:00.39 | 2:42.53 |
| 5. Olena, DIJKSTRA | TriVia | 3:06.50 | 200202624 | 2:48.03 | | 381 | 35.02 | 1:17.26 | 2:02.52 | 2:48.03 |
| 6. Luca, EBBINGE | Dz&Pc | 2:46.28 | 199802406 | 2:48.41 | +0,76 | 378 | 34.23 | 1:16.33 | 2:01.63 | 2:48.41 |
| 7. Monique, TIENSTRA | TriVia | NT | 200600354 | 3:08.10 | | 272 | 43.73 | 1:33.76 | 2:22.52 | 3:08.10 |
| 8. Tessa, MAAT | Deltasteur | 4:07.58 | 200201826 | 3:27.68 | +0,87 | 202 | 39.22 | 1:28.28 | 2:26.30 | 3:27.68 |
| 9. Silke, KOEHOORN | HZ&PC Heerenveen | 3:34.94 | 200300968 | 3:39.04 | | 172 | 44.00 | 1:40.39 | 2:40.70 | 3:39.04 |

Programmanr. 15
29-10-2017 - 15:53

Heren, 100m vrije slag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|---------------------|---------------------|---------|-----------|----------------|-----------|-------|---------|
| 1. | Remco, DIJKSTRA | HZ&PC Heerenveen | 55.24 | 200100789 | 55.07 | +0,76 618 | 26.02 | 55.07 |
| 2. | Sebastiaan, ROTTIER | TriVia | 54.17 | 200000147 | 55.09 | +0,61 617 | 26.11 | 55.09 |
| 3. | Maurice, PATER | TriVia | 55.69 | 200200909 | 57.36 | +0,81 547 | 27.11 | 57.36 |
| 4. | Thomas, HAMSTRA | HZ&PC Heerenveen | 57.16 | 200001693 | 58.44 | +0,68 517 | 27.69 | 58.44 |
| 5. | Jesper, TJASSING | Azuro | 59.83 | 200201499 | 59.54 | +0,80 489 | 28.16 | 59.54 |
| 6. | Jorian, DARWINKEL | HZ&PC Heerenveen | 1:00.69 | 200300565 | 59.59 | +0,68 488 | 28.05 | 59.59 |
| 7. | Jelle, HEIJMAN | Steenwijk 1934 | 1:00.65 | 200000635 | 59.98 | 478 | 28.76 | 59.98 |
| 8. | Borek, BUURSMA | HZ&PC Heerenveen | 1:00.84 | 200200747 | 1:00.57 | +0,73 465 | 29.01 | 1:00.57 |
| 9. | Quinten, STUUT | Azuro | 1:00.99 | 200203239 | 1:00.67 | +0,67 462 | 29.39 | 1:00.67 |
| 10. | Björn, KOKKELKOREN | ZPC Hoogeveen | 1:03.75 | 200200757 | 1:02.05 | +0,78 432 | 29.44 | 1:02.05 |
| 11. | Meindert, DEKKINGA | HZ&PC Heerenveen | 1:03.78 | 200400377 | 1:02.57 | +0,74 421 | 30.30 | 1:02.57 |
| 12. | Senna, van den HOED | De Forel | 1:04.55 | 200400609 | 1:03.30 | +0,70 407 | 30.65 | 1:03.30 |
| 13. | Allard, SIEPERDA | SG. Bolsward-Workum | 1:04.71 | 200101365 | 1:06.46 | +0,76 352 | 30.95 | 1:06.46 |
| 14. | Jesper, VIKLUND | De Forel | 1:08.87 | 200204847 | 1:07.54 | +0,83 335 | 32.55 | 1:07.54 |
| 15. | Quinn, HEEDERIK | Deltasteur | 1:08.89 | 200400093 | 1:09.81 | +0,58 303 | 33.73 | 1:09.81 |
| 16. | Kevin, van GELDEREN | TriVia | 1:08.86 | 200402325 | 1:10.66 | 293 | 33.48 | 1:10.66 |
| 17. | J., ANGWARMASE | TriVia | 1:23.14 | 200401725 | 1:14.04 | 254 | 35.79 | 1:14.04 |
| 18. | Bart, FABER | HZ&PC Heerenveen | 1:13.26 | 200400423 | 1:14.64 | +0,58 248 | 34.74 | 1:14.64 |
| 19. | Kaj, BOSMA | TriVia | 1:17.00 | 200400537 | 1:14.95 | +0,72 245 | 36.56 | 1:14.95 |
| 20. | Daniel, VELTMAN | TriVia | 1:18.50 | 200502593 | 1:15.57 | +0,71 239 | 35.99 | 1:15.57 |
| 21. | Robin, GORT | Dz&Pc | 1:29.44 | 200403599 | 1:26.76 | 158 | 39.44 | 1:26.76 |

Programmanr. 16
29-10-2017 - 15:58

Dames, 100m vrije slag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|-----------------------|---------------------|---------|-----------|----------------|-----------|-------|---------|
| 1. | Arianne, KOIJINGA | TriVia | 58.67 | 200001544 | 58.98 | +0,64 688 | 27.94 | 58.98 |
| 2. | Myrthe, OFFENGA | SG FZC54-De Vikings | 1:00.71 | 199901874 | 59.75 | 662 | 28.78 | 59.75 |
| 3. | Marit, BOXUM | Deltasteur | 59.76 | 200000068 | 1:00.22 | +0,87 646 | 28.95 | 1:00.22 |
| 4. | Naomi, HOFINK | Deltasteur | 59.57 | 199402508 | 1:01.01 | +0,77 622 | 29.07 | 1:01.01 |
| 5. | Janna, van KOOTEN | TriVia | 1:01.38 | 200404584 | 1:01.21 | +0,80 616 | 29.22 | 1:01.21 |
| 6. | Femke, WIERSMA | HZ&PC Heerenveen | 1:00.69 | 200103078 | 1:01.33 | +0,58 612 | 29.37 | 1:01.33 |
| 7. | Willemein, HOVING | TriVia | 1:00.18 | 199800106 | 1:02.13 | +0,72 589 | 29.69 | 1:02.13 |
| 8. | Mirthe, SCHENKEL | ZPC Hoogeveen | 1:02.28 | 200300666 | 1:03.16 | 560 | 30.35 | 1:03.16 |
| 9. | Amé, HULLEMAN | ReVelie Swim Team | 1:04.53 | 200202794 | 1:03.68 | +0,63 547 | 30.25 | 1:03.68 |
| 10. | Esmee, van PEER | TriVia | 1:03.56 | 200201114 | 1:03.73 | 545 | 30.43 | 1:03.73 |
| 11. | Kyra, WOOLDRIK | ZPC Hoogeveen | 1:01.78 | 200101042 | 1:03.85 | +0,65 542 | 30.26 | 1:03.85 |
| 12. | Marije, SWEERING | Neptunia '24 | 1:05.10 | 200101228 | 1:04.98 | +0,61 515 | 30.98 | 1:04.98 |
| 13. | Romy, JALVING | HZ&PC Heerenveen | 1:05.66 | 200000616 | 1:06.25 | +0,74 486 | 31.61 | 1:06.25 |
| 14. | Milou, ten KOPPEL | Deltasteur | 1:03.37 | 200302572 | 1:06.35 | +1,06 483 | 31.70 | 1:06.35 |
| 15. | Chantal, TIESINGA | TriVia | 1:05.65 | 200302452 | 1:06.48 | +0,61 480 | 31.75 | 1:06.48 |
| 16. | Henriëke, JONKMAN | Dz&Pc | 1:04.82 | 200000840 | 1:07.88 | 451 | 32.39 | 1:07.88 |
| 17. | Amalia, VELTMAN | TriVia | 1:07.26 | 200205702 | 1:07.99 | +0,72 449 | 32.70 | 1:07.99 |
| 18. | Xoe, STUUT | Azuro | 1:07.92 | 200400754 | 1:08.02 | 449 | 32.68 | 1:08.02 |
| 19. | Myrthe, GROOTE | ZC Polaris | 1:09.57 | 200202008 | 1:09.10 | 428 | 33.11 | 1:09.10 |
| 20. | Amber, BOOMSMA | HZ&PC Heerenveen | 1:10.97 | 200401416 | 1:09.17 | +0,64 427 | 33.23 | 1:09.17 |
| 21. | Marlies, BERENDS | HZ&PC Heerenveen | 1:12.05 | 200402194 | 1:09.39 | 423 | 33.13 | 1:09.39 |
| 22. | Chantal, van WILLEGEN | HZ&PC Heerenveen | 1:02.67 | 200302422 | 1:10.36 | +0,65 405 | 30.57 | 1:10.36 |
| 23. | Lisette, DOOPER | HZ&PC Heerenveen | 1:11.26 | 200201678 | 1:10.70 | +0,81 399 | 34.28 | 1:10.70 |
| 24. | Rosa, EBBINGE | Dz&Pc | 1:05.50 | 200200904 | 1:11.10 | +0,73 393 | 34.09 | 1:11.10 |
| 25. | Leonie, van HATTUM | Dz&Pc | 1:14.22 | 200205922 | 1:11.97 | +0,84 379 | 34.76 | 1:11.97 |
| 26. | Ilayda, KACIRAN | TriVia | 1:12.23 | 200302860 | 1:12.02 | +0,58 378 | 33.36 | 1:12.02 |
| 27. | Sarah, BERGHUIS | TriVia | 1:10.93 | 200302626 | 1:12.08 | 377 | 34.13 | 1:12.08 |
| 28. | Esther, ROELE | HZ&PC Heerenveen | 1:16.31 | 200001056 | 1:13.15 | +0,46 361 | 34.63 | 1:13.15 |
| 29. | Amber, TIESINGA | TriVia | 1:17.98 | 200600782 | 1:15.35 | 330 | 36.70 | 1:15.35 |
| 30. | Annagreet, ENGELMOER | Neptunia '24 | 1:18.72 | 200404578 | 1:16.05 | +0,70 321 | 37.09 | 1:16.05 |
| 31. | Dynah, HASSING | De Forel | 1:16.58 | 200500756 | 1:16.63 | 314 | 36.12 | 1:16.63 |
| 32. | Carmen, van der LAAN | Deltasteur | 1:20.53 | 200600234 | 1:19.73 | 279 | 38.78 | 1:19.73 |
| 33. | Amarinske, MEIJER | HZ&PC Heerenveen | 1:15.97 | 200600282 | 1:21.02 | 265 | 37.51 | 1:21.02 |
| 34. | Eline, van UNEN | Deltasteur | 1:21.28 | 200600520 | 1:21.70 | +0,84 259 | 38.87 | 1:21.70 |
| 35. | Nora, BALJE | TriVia | 1:21.45 | 200503228 | 1:22.33 | +0,90 253 | 38.30 | 1:22.33 |
| 36. | Mila, BIESHEUVEL | HZ&PC Heerenveen | 1:31.71 | 200504552 | 1:24.72 | 232 | 40.25 | 1:24.72 |

Programmanr. 17
29-10-2017 - 16:07

Heren, 50m schoolslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | |
|-------|--------------------|---------------------|--------|-----------|--------------|-----------|-----|
| 1. | Maik, HUSER | ZPC Hoogeveen | 30.21 | 199900265 | 30.64 | +0,74 641 | |
| 2. | Darryl, LUBBINGE | ZPC Hoogeveen | 31.53 | 199701045 | 31.98 | +0,70 564 | |
| 3. | Coen, de LANG | ZPC Hoogeveen | 32.67 | 200100067 | 32.98 | +0,74 514 | |
| 4. | Kylian, KOOYMAN | Steenwijk 1934 | 32.70 | 199900763 | 33.12 | +0,78 508 | |
| 5. | Jasper, ZUIDEMA | SG. Bolsward-Workum | 37.95 | 200004409 | 36.44 | | 381 |
| 6. | Jesse, van de GEER | SG. Bolsward-Workum | 38.21 | 200300431 | 37.49 | +0,63 | 350 |
| 7. | Kristian, KIERS | Deltasteur | 39.03 | 200100349 | 38.45 | +0,75 | 324 |
| 8. | Wouter, ZIJLSTRA | De Forel | 38.41 | 200401545 | 39.19 | +0,61 | 306 |
| 9. | Haitze, WIERSMA | HZ&PC Heerenveen | 42.83 | 200402017 | 43.59 | +0,68 | 223 |
| 10. | Kay, van SLEEN | Steenwijk 1934 | 44.03 | 200400083 | 43.61 | +0,86 | 222 |
| 11. | Marco, WAGTER | Steenwijk 1934 | 48.93 | 200500003 | 48.91 | | 158 |
| AFGEM | Ian, BERGMEESTER | ZC Polaris | 35.49 | 200103719 | | | |

Programmanr. 18
29-10-2017 - 16:09

Dames, 50m schoolslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | |
|-------|---------------------|---------------------|--------|-----------|--------------|-------|-----|
| 1. | Leandra, VEDDER | Steenwijk 1934 | 34.74 | 199600866 | 35.41 | | 577 |
| 2. | Annemarie, HOVING | TriVia | 35.03 | 200000248 | 36.38 | +0,84 | 532 |
| 3. | Leonie, van WIER | HZ&PC Heerenveen | 36.08 | 200200436 | 37.12 | +0,65 | 501 |
| 4. | Lianne, van WIER | HZ&PC Heerenveen | 36.61 | 200200438 | 37.26 | +0,73 | 495 |
| 5. | Lot, BURGSTRA | TriVia | 36.80 | 200103294 | 37.67 | | 479 |
| 6. | Ariane, MEIJER | HZ&PC Heerenveen | 38.36 | 200500304 | 38.64 | +0,65 | 444 |
| 7. | Lise, KLEINBEKMAN | ReVeLie Swim Team | 39.90 | 200502870 | 38.99 | +0,79 | 432 |
| 8. | Noël Iris, HETTINGA | Neptunia '24 | NT | 200002536 | 39.45 | +0,80 | 417 |
| 9. | Sanne, van DIJK | Deltasteur | 39.82 | 200301908 | 39.65 | +0,78 | 411 |
| 10. | Noa, SOPAMENA | ReVeLie Swim Team | 38.79 | 200202546 | 39.88 | +0,76 | 404 |
| 11. | Alies, WAGTER | Steenwijk 1934 | 39.59 | 199900840 | 41.13 | +0,81 | 368 |
| 12. | Debbie, WRAY | SG. Bolsward-Workum | 43.67 | 200501314 | 43.02 | | 322 |
| 13. | Ilayda, KACIRAN | TriVia | 44.31 | 200302860 | 43.18 | +0,70 | 318 |
| 14. | Anneroos, de VRIES | TriVia | 44.53 | 200405216 | 43.93 | | 302 |
| 15. | Mette, van MAREN | HZ&PC Heerenveen | 45.67 | 200602030 | 44.57 | +0,63 | 289 |
| 16. | Eline, van UNEN | Deltasteur | 46.09 | 200600520 | 45.51 | | 272 |
| 17. | Demi, de WOLF | Deltasteur | 48.48 | 200600240 | 47.63 | +0,64 | 237 |
| 18. | Anouk, HOEKSTRA | HZ&PC Heerenveen | 49.18 | 200402758 | 48.76 | +0,75 | 221 |
| AFGEM | Amber, KONING | Azuro | 35.60 | 200202842 | | | |

Programmanr. 19
29-10-2017 - 16:13

Heren, 100m rugslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|-------------------|------------|---------|-----------|----------------|-----|---------------|
| 1. | Makai, van HAREN | De Forel | 1:05.71 | 200200627 | 1:05.58 | 497 | 32.33 1:05.58 |
| 2. | Jarno, OTTENS | Azuro | 1:04.93 | 200000273 | 1:06.18 | 483 | 32.11 1:06.18 |
| 3. | Mees, NIEMEIJER | Dz&Pc | 1:15.02 | 200201275 | 1:16.05 | 319 | 36.83 1:16.05 |
| 4. | Thijs, ten KOPPEL | Deltasteur | 1:16.31 | 200500357 | 1:17.26 | 304 | 37.44 1:17.26 |

Programmanr. 20
29-10-2017 - 16:15

Dames, 100m rugslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|--------------------|---------------------|---------|-----------|----------------|-----|---------------|
| 1. | Frouke, BEEKSMA | TriVia | 1:02.19 | 200000346 | 1:03.29 | 774 | 30.37 1:03.29 |
| 2. | Heline, KONING | SG FZC54-De Vikings | 1:05.76 | 200000422 | 1:05.59 | 696 | 31.38 1:05.59 |
| 3. | Marike, de JONG | Avena | NT | 200101074 | 1:13.15 | 502 | 35.15 1:13.15 |
| 4. | Demi, WESTENDORP | Deltasteur | 1:15.13 | 200500262 | 1:13.33 | 498 | 35.61 1:13.33 |
| 5. | Roos, VAN DUIN | ReVeLie Swim Team | 1:15.21 | 200404280 | 1:14.10 | 483 | 35.52 1:14.10 |
| 6. | Danique, SLAPER | TriVia | 1:10.20 | 200401914 | 1:14.94 | 466 | 36.02 1:14.94 |
| 7. | Lieke, GERDES | ZC Polaris | 1:18.00 | 200401810 | 1:15.89 | 449 | 36.72 1:15.89 |
| 8. | Loïs, JALVING | HZ&PC Heerenveen | 1:20.82 | 200400280 | 1:18.37 | 408 | 38.11 1:18.37 |
| 9. | Annemijn, FOLKERTS | TriVia | 1:19.23 | 200500628 | 1:20.91 | 371 | 38.96 1:20.91 |
| 10. | Xoe, STUUT | Azuro | 1:20.39 | 200400754 | 1:22.53 | 349 | 40.08 1:22.53 |
| 11. | Liselotte, SCHAAP | HZ&PC Heerenveen | 1:37.11 | 200603016 | 1:34.88 | 230 | 47.60 1:34.88 |

Programmanr. 21
29-10-2017 - 16:19

Heren, 200m rugslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|----------------------|---------------|---------|-----------|------------------|-----|-------|---------|---------|---------|
| 1. Jari, HOF SINK | Deltasteur | 2:11.71 | 199700535 | 2:12.80 | 599 | 30.65 | 1:03.68 | 1:37.97 | 2:12.80 |
| 2. Owen, PEEKS | ZPC Hoogeveen | 2:13.84 | 200100765 | 2:17.88 | 535 | 32.69 | 1:07.46 | 1:42.85 | 2:17.88 |
| 3. Raoul, WITTEN | ZPC Hoogeveen | 2:20.87 | 200200231 | 2:17.92 | 534 | 32.39 | 1:07.36 | 1:42.76 | 2:17.92 |
| 4. Dushan, de BRUIJN | De Forel | 2:22.76 | 200201273 | 2:20.38 | 507 | 32.86 | 1:07.97 | 1:44.17 | 2:20.38 |
| 5. Kylian, HEEDERIK | Deltasteur | 2:22.27 | 200300353 | 2:21.43 | 496 | 33.00 | 1:09.29 | 1:46.05 | 2:21.43 |
| 6. Gerard, IJSPEERT | TriVia | 2:23.14 | 200100051 | 2:25.25 | 457 | 33.35 | 1:09.61 | 1:47.31 | 2:25.25 |
| 7. Erwin, HEINSIUS | ZPC Hoogeveen | 2:33.20 | 199900695 | 2:26.11 | 449 | 33.31 | 1:10.48 | 1:48.72 | 2:26.11 |
| 8. Jesper, TJASSING | Azuro | 2:31.22 | 200201499 | 2:29.27 | 422 | 34.32 | 1:11.33 | 1:50.49 | 2:29.27 |
| 9. Pascal, KOK | Avena | 2:37.09 | 200203359 | 2:32.52 | 395 | 36.62 | 1:15.72 | 1:55.86 | 2:32.52 |
| 10. Josse, REINDERS | ZPC Hoogeveen | 2:35.56 | 200201729 | 2:35.11 | 376 | 37.25 | 1:16.10 | 1:55.48 | 2:35.11 |
| 11. Quint, van HAREN | De Forel | 2:33.05 | 200400215 | 2:35.25 | 375 | 36.70 | 1:15.81 | 1:56.01 | 2:35.25 |
| 12. Sijbren, BEEKSMA | TriVia | 2:35.11 | 200400133 | 2:36.53 * | 366 | 35.46 | 1:15.06 | 1:56.22 | 2:36.53 |
| 13. David, WESSELING | ZC Polaris | 2:54.92 | 200500251 | 2:47.43 | 299 | 39.00 | 1:21.93 | 2:05.32 | 2:47.43 |
| 14. Kaj, BOSMA | TriVia | 3:13.06 | 200400537 | 3:04.06 | 225 | 43.50 | 1:29.77 | 2:17.63 | 3:04.06 |

Programmanr. 22
29-10-2017 - 16:26

Dames, 200m rugslag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | |
|-------------------------|-------------------|---------|-----------|----------------|-----|-------|---------|---------|---------|
| 1. R., VANDERHEYDEN | ReVeLie Swim Team | 2:23.90 | 199903130 | 2:27.94 | 590 | 34.28 | 1:11.02 | 1:48.99 | 2:27.94 |
| 2. Mirthe, SCHENKEL | ZPC Hoogeveen | 2:32.48 | 200300666 | 2:32.28 | 541 | 36.93 | 1:15.62 | 1:54.28 | 2:32.28 |
| 3. Ylsa, DIJKSTRA | Dz&Pc | 2:29.33 | 200200728 | 2:42.91 | 442 | 38.98 | 1:20.15 | 2:01.90 | 2:42.91 |
| 4. Iris, NIEUWHOF | TriVia | 2:37.30 | 200401944 | 2:44.13 | 432 | 38.15 | 1:19.25 | 2:01.79 | 2:44.13 |
| Emma, SIES | TriVia | 2:37.92 | 200300732 | 2:44.13 | 432 | 38.44 | 1:19.94 | 2:02.06 | 2:44.13 |
| 6. Esmee, van PEER | TriVia | 2:44.83 | 200201114 | 2:46.15 | 416 | 38.20 | 1:21.32 | 2:05.07 | 2:46.15 |
| 7. Annemarijn, DAMHOFF | TriVia | 2:52.58 | 200501000 | 2:51.28 | 380 | 39.20 | 1:22.89 | 2:07.88 | 2:51.28 |
| 8. Robin, MEIDE VAN DER | ZC Polaris | 3:04.84 | 200601778 | 3:00.19 | 326 | 42.38 | 1:28.69 | 2:16.57 | 3:00.19 |
| 9. Romana, JONKER | HZ&PC Heerenveen | 3:04.40 | 200403016 | 3:01.81 | 318 | 43.90 | 1:30.70 | 2:17.80 | 3:01.81 |
| 10. Jessica, DEKINGA | HZ&PC Heerenveen | 3:54.65 | 200600180 | 3:34.99 | 192 | 50.76 | 1:45.76 | 2:41.23 | 3:34.99 |
| DIS Maud, DOKTER | HZ&PC Heerenveen | 3:07.72 | 200601672 | | | 44.21 | 1:33.18 | 2:22.43 | |

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

Programmanr. 23
29-10-2017 - 16:34

Heren, 50m vrije slag

11 jaar en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|--------------------------|---------------------|--------|-----------|--------------|
| 1. Remco, DIJKSTRA | HZ&PC Heerenveen | 25.30 | 200100789 | 25.29 |
| 2. Klaas, PIT | Dz&Pc | 25.82 | 200104519 | 25.83 |
| 3. Thomas, HAMSTRA | HZ&PC Heerenveen | 26.11 | 200001693 | 26.28 |
| 4. Kylian, KOOYMAN | Steenwijk 1934 | 26.25 | 199900763 | 26.40 |
| 5. Maurice, PATER | TriVia | 25.90 | 200200909 | 26.41 |
| 6. Dinand, SCHUTTE | Deltasteur | 26.46 | 199600335 | 26.98 |
| 7. Mike, BENNINK | Deltasteur | 26.75 | 199400861 | 27.00 |
| 8. Robin, de JONG | SG. Bolsward-Workum | 27.00 | 200101165 | 27.09 |
| 9. Jasper, ZUIDEMA | SG. Bolsward-Workum | 27.44 | 200004409 | 27.29 |
| 10. Jorian, DARWINKEL | HZ&PC Heerenveen | 27.46 | 200300565 | 27.45 |
| 11. Borek, BUURSMA | HZ&PC Heerenveen | 28.50 | 200200747 | 27.93 |
| 12. Martijn, LAGEWEG | Steenwijk 1934 | 27.71 | 199701323 | 28.53 |
| 13. Jesper, VIKLUND | De Forel | 30.34 | 200204847 | 29.86 |
| 14. Allard, SIEPERDA | SG. Bolsward-Workum | 32.08 | 200101365 | 30.10 |
| 15. Tiemen, JONKMAN | Dz&Pc | 30.46 | 200301193 | 31.12 |
| 16. Wouter, SIES | TriVia | 31.06 | 200500369 | 31.42 |
| 17. Daniel, VELTMAN | TriVia | 33.22 | 200502593 | 33.12 |
| 18. Jismayah, ANGWARMASE | TriVia | 33.06 | 200401725 | 33.46 |
| 19. Haitze, WIERSMA | HZ&PC Heerenveen | 33.26 | 200402017 | 34.12 |
| 20. Marco, WAGTER | Steenwijk 1934 | 33.70 | 200500003 | 34.94 |
| 21. Robin, GORT | Dz&Pc | 36.28 | 200403599 | 37.93 |

| rang | naam | vereniging | intijd | tijd | RT | |
|-------|-----------------------|---------------------|--------|-----------|--------------|-----------|
| 1. | Ariane, KOOIJINGA | TriVia | 26.64 | 200001544 | 26.80 | +0,72 694 |
| 2. | Myrthe, OFFENGA | SG FZC54-De Vikings | 27.71 | 199901874 | 27.11 | 671 |
| 3. | Marit, BOXUM | Deltasteur | 27.29 | 200000068 | 27.56 | +0,81 638 |
| 4. | Olena, DIJKSTRA | TriVia | 28.94 | 200202624 | 28.01 | +0,59 608 |
| 5. | Naomi, HOFSTRA | Deltasteur | 27.54 | 199402508 | 28.04 | +0,80 606 |
| 6. | Alies, WAGTER | Steenwijk 1934 | 27.88 | 199900840 | 28.05 | 605 |
| 7. | Zana, UDO | De Forel | 27.70 | 200202686 | 28.08 | +0,70 604 |
| 8. | Esra, ERER | TriVia | 27.92 | 200002858 | 28.43 | +0,72 582 |
| 9. | Inge, DEKKER | TriVia | 29.05 | 200200476 | 28.95 | +0,69 551 |
| 10. | Luca, EBBINGE | Dz&Pc | 28.36 | 199802406 | 29.24 | +0,70 535 |
| 11. | Amé, HULLEMAN | ReVeLie Swim Team | 29.66 | 200202794 | 29.44 | +0,63 524 |
| 12. | Lotte, ROLINK | ZC Polaris | 29.71 | 199504880 | 30.03 | +0,73 493 |
| 13. | Chantal, van WILLEGEN | HZ&PC Heerenveen | 29.03 | 200302422 | 30.22 | +0,70 484 |
| | Anouk, POELSTRA | Steenwijk 1934 | 30.37 | 199800166 | 30.22 | +0,66 484 |
| 15. | Evelien, de JONG | Neptunia '24 | 31.15 | 199805316 | 30.38 | +0,70 477 |
| 16. | Romy, JALVING | HZ&PC Heerenveen | 30.43 | 200000616 | 31.00 | +0,63 449 |
| 17. | Amalia, VELTMAN | TriVia | 31.00 | 200205702 | 31.14 | +0,61 443 |
| 18. | Henriette, JONKMAN | Dz&Pc | 29.78 | 200000840 | 31.22 | 439 |
| 19. | Noa, SOPAMENA | ReVeLie Swim Team | 31.24 | 200202546 | 31.59 | +0,71 424 |
| 20. | Lisette, DOOPER | HZ&PC Heerenveen | 31.31 | 200201678 | 31.62 | +0,77 423 |
| 21. | Myrthe, GROOTE | ZC Polaris | 31.43 | 200202008 | 31.66 | 421 |
| 22. | Sarah, BERGHUIS | TriVia | 31.71 | 200302626 | 31.90 | +0,61 412 |
| 23. | Gerdi, THIELE | ZC Polaris | 33.26 | 199401190 | 32.17 | +0,64 401 |
| 24. | Charley, ZETHOVEN | HZ&PC Heerenveen | 32.40 | 200500868 | 32.24 | +0,60 399 |
| 25. | Sarah, SIPKEMA | Avena | 32.71 | 200204146 | 32.26 | +0,66 398 |
| 26. | Leonie, van HATTUM | Dz&Pc | 34.00 | 200205922 | 32.50 | +0,78 389 |
| 27. | Tessa, MAAT | Deltasteur | 33.04 | 200201826 | 32.66 | +0,87 384 |
| 28. | Ilayda, KACIRAN | TriVia | 33.14 | 200302860 | 32.90 | +0,69 375 |
| 29. | Lise, KLEINBEKMAN | ReVeLie Swim Team | 33.10 | 200502870 | 33.41 | +0,82 358 |
| 30. | Debbie, WRAY | SG. Bolsward-Workum | 33.85 | 200501314 | 33.67 | 350 |
| 31. | Esther, ROELE | HZ&PC Heerenveen | 34.61 | 200001056 | 33.81 | +0,54 346 |
| 32. | Anneroo, de VRIES | TriVia | 33.86 | 200405216 | 34.78 | +0,80 318 |
| 33. | Annagreet, ENGELMOER | Neptunia '24 | 34.68 | 200404578 | 35.05 | +0,80 310 |
| 34. | Eline, van UNEN | Deltasteur | 38.17 | 200600520 | 36.82 | +0,72 268 |
| 35. | Lisette, WEZENBERG | Deltasteur | 38.68 | 200600252 | 37.39 | 256 |
| 36. | Mette, van MAREN | HZ&PC Heerenveen | 35.50 | 200602030 | 37.49 | +0,76 254 |
| 37. | Anouk, HOEKSTRA | HZ&PC Heerenveen | 37.80 | 200402758 | 37.86 | +0,60 246 |
| 38. | Joyce, TOONSTRA | Neptunia '24 | 39.64 | 200501298 | 38.00 | +0,71 244 |
| 39. | Mila, BIESHEUVEL | HZ&PC Heerenveen | 39.55 | 200504552 | 38.05 | +0,70 243 |
| 40. | Demi, de WOLF | Deltasteur | 38.38 | 200600240 | 39.33 | 220 |
| AFGEM | Sigrid, HOOGLAND | De Forel | 31.40 | 200301976 | | |

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|---------------------|----------------|---------|-----------|----------------|-----------|---------------|
| 1. | Junior, de BRUIN | ZPC Hoogeveen | 56.62 | 200000839 | 56.51 | +0,71 685 | 26.23 56.51 |
| 2. | Thomas, KAPPE | ZPC Hoogeveen | 58.51 | 199805141 | 59.48 | +0,70 588 | 26.79 59.48 |
| 3. | Maik, HUSER | ZPC Hoogeveen | 1:00.98 | 199900265 | 1:02.00 | +0,81 519 | 27.90 1:02.00 |
| 4. | Darryl, LUBBINGE | ZPC Hoogeveen | 1:06.09 | 199701045 | 1:05.48 | +0,60 440 | 30.03 1:05.48 |
| 5. | Jarno, OTTENS | Azuro | 1:08.00 | 200000273 | 1:07.69 | +0,62 399 | 31.32 1:07.69 |
| 6. | Gerard, IJSPEERT | TriVia | 1:05.78 | 200100051 | 1:08.67 | +0,76 382 | 30.96 1:08.67 |
| 7. | Makai, van HAREN | De Forel | 1:06.84 | 200200627 | 1:08.95 | 377 | 31.90 1:08.95 |
| 8. | Jelle, HEIJMAN | Steenwijk 1934 | 1:08.73 | 200000635 | 1:10.76 | +0,75 349 | 32.18 1:10.76 |
| 9. | Quinten, STUUT | Azuro | 1:14.12 | 200203239 | 1:13.84 | +0,74 307 | 34.36 1:13.84 |
| 10. | Kevin, van GELDEREN | TriVia | 1:24.30 | 200402325 | 1:34.30 | +0,60 147 | 42.66 1:34.30 |

Programmanr. 26
29-10-2017 - 16:46

Dames, 100m vlinderslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | | |
|-------|----------------------|---------------------|---------|-----------|----------------|-------|------|-------|---------|
| 1. | Myrna, van DUIJVEN | Dz&Pc | 1:07.62 | 199900252 | 1:06.75 | +0,63 | 579 | 30.69 | 1:06.75 |
| 2. | Femke, WIERSMA | HZ&PC Heerenveen | 1:08.23 | 200103078 | 1:08.32 | | 540 | 32.03 | 1:08.32 |
| 3. | Annet, van STRATUM | Deltasteur | 1:06.95 | 199003640 | 1:08.36 | +0,69 | 539 | 31.31 | 1:08.36 |
| 4. | Wiktorija, REDZIMSKA | ZPC Hoogeveen | 1:09.65 | 200106042 | 1:08.46 | +0,79 | 537 | 31.52 | 1:08.46 |
| 5. | Frouke, BEEKSMA | TriVia | 1:05.43 | 200000346 | 1:08.58 | +0,74 | 534 | 30.89 | 1:08.58 |
| 6. | Masha, POLUSHKINA | ReVeLie Swim Team | 1:12.38 | 200203064 | 1:10.57 | +0,84 | 490 | 32.23 | 1:10.57 |
| 7. | Willemein, HOVING | TriVia | 1:07.69 | 199800106 | 1:10.81 | | 485 | 32.83 | 1:10.81 |
| 8. | Nynke, ZANDSTRA | Dz&Pc | 1:09.63 | 200202044 | 1:12.63 | +0,72 | 450 | 32.83 | 1:12.63 |
| 9. | Nienke, BAKKER | TriVia | 1:16.94 | 200501178 | 1:14.28 | | 420 | 34.18 | 1:14.28 |
| 10. | Manon, de MAN | Deltasteur | 1:14.19 | 200201458 | 1:14.93 | +0,66 | 409 | 34.89 | 1:14.93 |
| 11. | Heline, KONING | SG FZC54-De Vikings | 1:16.14 | 200000422 | 1:15.85 | +0,83 | 395 | 33.62 | 1:15.85 |
| 12. | Kyra, WOOLDRIK | ZPC Hoogeveen | 1:20.11 | 200101042 | 1:16.16 | | 390 | 34.08 | 1:16.16 |
| 13. | Chantal, TIESINGA | TriVia | 1:16.03 | 200302452 | 1:21.07 | +0,64 | 323 | 35.46 | 1:21.07 |
| 14. | Amber, TIESINGA | TriVia | 1:37.10 | 200600782 | 1:31.14 | +0,60 | 228 | 42.90 | 1:31.14 |
| 15. | Dynah, HASSING | De Forel | 1:30.95 | 200500756 | 1:36.25 | +0,78 | 193 | 42.36 | 1:36.25 |
| 16. | Amarinske, MEIJER | HZ&PC Heerenveen | 1:28.48 | 200600282 | 1:39.37 | | 176 | 43.36 | 1:39.37 |
| AFGEM | Amber, KONING | Azuro | 1:06.57 | 200202842 | | | | | |

Programmanr. 27
29-10-2017 - 16:51

Heren, 200m wisselslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | | |
|------|---------------------|------------------|---------|-----------|----------------|-------|------|-------|---------|---------|---------|
| 1. | Coen, de LANG | ZPC Hoogeveen | 2:17.87 | 200100067 | 2:18.97 | +0,74 | 552 | 30.75 | 1:05.56 | 1:46.08 | 2:18.97 |
| 2. | Raoul, WITTEN | ZPC Hoogeveen | 2:28.16 | 200200231 | 2:23.79 | +0,73 | 498 | 32.88 | 1:07.43 | 1:49.59 | 2:23.79 |
| 3. | Rik, STAHLIE | TriVia | 2:31.19 | 200201915 | 2:31.93 | +0,71 | 422 | 31.16 | 1:10.18 | 1:58.52 | 2:31.93 |
| 4. | Björn, KOKKELKOREN | ZPC Hoogeveen | 2:38.39 | 200200757 | 2:32.82 | +0,68 | 415 | 34.33 | 1:12.58 | 1:56.81 | 2:32.82 |
| 5. | Colin, BES | ZC Polaris | 2:42.93 | 200500201 | 2:38.70 | +0,74 | 371 | 35.36 | 1:15.16 | 2:02.05 | 2:38.70 |
| 6. | Josse, REINDERS | ZPC Hoogeveen | 2:39.83 | 200201729 | 2:39.95 | +0,69 | 362 | 36.01 | 1:16.69 | 2:03.66 | 2:39.95 |
| 7. | Yanieck, FRIJSTEIN | Deltasteur | 2:45.10 | 200500329 | 2:41.48 | +0,64 | 352 | 37.44 | 1:18.54 | 2:04.43 | 2:41.48 |
| 8. | Dylan, BES | ZC Polaris | 2:41.67 | 200200717 | 2:43.08 | +0,91 | 342 | 34.31 | 1:15.96 | 2:07.95 | 2:43.08 |
| 9. | Senna, van den HOED | De Forel | 2:43.39 | 200400609 | 2:43.92 | +0,70 | 336 | 37.76 | 1:19.69 | 2:08.65 | 2:43.92 |
| 10. | Kristian, KIERS | Deltasteur | 2:40.19 | 200100349 | 2:44.50 | +0,67 | 333 | 35.79 | 1:17.70 | 2:07.01 | 2:44.50 |
| 11. | Mees, NIEMEIJER | Dz&Pc | 2:45.38 | 200201275 | 2:46.92 | +0,75 | 319 | 39.52 | 1:20.00 | 2:08.89 | 2:46.92 |
| 12. | Quinn, HEEDERIK | Deltasteur | 2:55.39 | 200400093 | 2:48.00 | | 312 | 37.62 | 1:19.35 | 2:10.34 | 2:48.00 |
| 13. | Thijs, ten KOPPEL | Deltasteur | 2:51.78 | 200500357 | 2:54.84 | | 277 | 40.86 | 1:22.87 | 2:14.30 | 2:54.84 |
| 14. | H., PENNINKHOF | Deltasteur | 3:14.36 | 200500569 | 3:04.30 | +0,96 | 237 | 44.26 | 1:27.77 | 2:23.99 | 3:04.30 |
| 15. | Bart, FABER | HZ&PC Heerenveen | 3:09.78 | 200400423 | 3:11.87 | | 210 | 43.01 | 1:31.54 | 2:25.95 | 3:11.87 |

Programmanr. 28
29-10-2017 - 16:58

Dames, 200m wisselslag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m | | |
|------|---------------------|------------------|---------|-----------|----------------|-------|------|-------|---------|---------|---------|
| 1. | Annemarie, HOVING | TriVia | 2:30.06 | 200000248 | 2:30.35 | +0,78 | 590 | 33.58 | 1:13.50 | 1:56.42 | 2:30.35 |
| 2. | Emma, HOFSTEE | TriVia | 2:36.15 | 200401282 | 2:31.76 | +0,78 | 574 | 31.98 | 1:11.82 | 1:54.88 | 2:31.76 |
| 3. | Lianne, van WIER | HZ&PC Heerenveen | 2:39.75 | 200200438 | 2:34.11 | +0,73 | 548 | 31.68 | 1:10.20 | 1:59.18 | 2:34.11 |
| 4. | Mariëlle, DOLFIJN | TriVia | 2:33.06 | 200201640 | 2:35.26 | +0,78 | 536 | 32.69 | 1:12.08 | 1:59.01 | 2:35.26 |
| 5. | Milou, ten KOPPEL | Deltasteur | 2:37.18 | 200302572 | 2:37.53 | | 513 | 34.37 | 1:14.07 | 2:01.06 | 2:37.53 |
| 6. | Janna, van KOOTEN | TriVia | 2:39.45 | 200404584 | 2:37.95 | +0,90 | 509 | 34.90 | 1:16.65 | 2:03.89 | 2:37.95 |
| 7. | Anna, TINGA | De Forel | 2:38.05 | 200302734 | 2:40.90 | +0,61 | 482 | 34.99 | 1:14.79 | 2:05.53 | 2:40.90 |
| 8. | Christien, LIEMBURG | HZ&PC Heerenveen | 2:39.60 | 199903672 | 2:41.38 | +0,78 | 477 | 33.34 | 1:12.30 | 2:04.81 | 2:41.38 |
| 9. | Veerle, NIEBORG | TriVia | 2:35.28 | 200400428 | 2:43.09 | +0,77 | 462 | 35.00 | 1:15.19 | 2:02.19 | 2:43.09 |
| 10. | Zana, UDO | De Forel | 2:40.28 | 200202686 | 2:43.17 | +0,70 | 462 | 34.09 | 1:16.44 | 2:07.26 | 2:43.17 |
| 11. | Leonie, van WIER | HZ&PC Heerenveen | 2:35.51 | 200200436 | 2:45.17 | | 445 | 35.11 | 1:17.39 | 2:05.33 | 2:45.17 |
| 12. | Marije, SWEERING | Neptunia '24 | 2:48.85 | 200101228 | 2:46.06 | +0,64 | 438 | 34.84 | 1:16.45 | 2:08.50 | 2:46.06 |
| 13. | Lot, BURGSTRA | TriVia | 2:40.97 | 200103294 | 2:50.18 | +0,71 | 407 | 36.46 | 1:22.05 | 2:10.02 | 2:50.18 |
| 14. | Rosa, EBBINGE | Dz&Pc | 2:40.07 | 200200904 | 2:50.93 | +0,78 | 402 | 37.92 | 1:20.03 | 2:12.28 | 2:50.93 |
| 15. | Marlies, BERENDS | HZ&PC Heerenveen | 2:56.74 | 200402194 | 2:54.01 | | 381 | 38.81 | 1:23.00 | 2:15.07 | 2:54.01 |
| 16. | Myrthe, GROOTE | ZC Polaris | 2:56.61 | 200202008 | 2:55.05 | +0,80 | 374 | 37.45 | 1:22.56 | 2:13.70 | 2:55.05 |
| 17. | Demi, WESTENDORP | Deltasteur | 2:58.92 | 200500262 | 2:59.83 | +0,80 | 345 | 41.59 | 1:23.22 | 2:18.86 | 2:59.83 |
| 18. | Monique, TIENSTRA | TriVia | 3:08.91 | 200600354 | 2:59.84 | | 345 | 40.08 | 1:26.52 | 2:21.42 | 2:59.84 |
| 19. | Ylisa, DIJKSTRA | Dz&Pc | 2:41.48 | 200200728 | 3:04.60 | | 319 | 40.51 | 1:26.00 | 2:21.56 | 3:04.60 |
| 20. | Nora, BALJE | TriVia | 3:09.54 | 200503228 | 3:07.20 | +0,92 | 306 | 46.23 | 1:34.19 | 2:22.46 | 3:07.20 |
| DIS | Amarinske, MEIJER | HZ&PC Heerenveen | 3:09.26 | 200600282 | | +0,52 | | 44.32 | 1:33.34 | 2:35.48 | |

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.