



Programmanr. 1
3-12-2017

200m vrije slag

Mix Minioren 3 en 4
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Meisjes Minioren 3 en 4, Meisjes								
1. Annick van Eeuwijk	Wetterwille	3:33.26	200801798	3:26.17	165	45.54	1:38.81	3:26.17
Jongens Minioren 3 en 4, Jongens								
1. Yanick van den Berg	Wetterwille	3:25.76	200800667	3:22.43	128	42.31	1:36.85	3:22.43
2. Wilco Driessen	PWC	3:25.55	200900041	3:25.63	122	46.11	1:41.34	3:25.63
3. Jente-Piebe Dijkstra	Wetterwille	3:36.30	200800299	3:32.77	110	46.97	1:43.02	3:32.77
4. Roy Hofman	De Forel	3:46.43	200900439	3:34.33	108	48.36	1:44.87	3:34.33
5. Mats Buikema	Wetterwille	3:53.60	200900113	3:40.83	99	47.34	1:44.47	3:40.83
6. Jan de Boer	PWC	NT	200800703	3:44.47	94	52.90	1:51.28	3:44.47
7. Ruben De Vries	Wetterwille	3:59.73	200900517	3:48.57	89	52.50	1:52.41	3:48.57
8. Jelte Ruitenberg	De Forel	3:53.98	200900013	3:59.85	77	51.36	1:52.64	3:59.85
AFGEM Ricardo Hassing	De Forel	3:46.43	200800097					
AFGEM Damir Mustafic	Dz&Pc	3:38.94	200800885					

Programmanr. 2
3-12-2017

400m vrije slag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
Resultaten

rang naam	vereniging	intijd	tijd	RT
Meisjes Minioren 5 Junioren 1, Meisjes				
1. Suze Buikema	Wetterwille	5:54.79	200600872	5:59.76 291
50m: 38.64	38.64	150m: 2:56.65	250m: 5:59.76	350m: 5:59.76
100m: 1:22.15	43.51	200m: 2:56.65	300m: 5:59.76	400m: 5:59.76
2. Maaïke van der Wal	Wetterwille	6:56.28	200603288	6:48.24 199
50m: 45.66	45.66	150m: 3:25.70	250m: 6:48.24	350m: 6:48.24
100m: 1:38.24	52.58	200m: 3:25.70	300m: 6:48.24	400m: 6:48.24
Jongens Minioren 5 en 6, Jongens				
1. Senna Hof	Dz&Pc	5:35.16	200600761	5:27.28 304
50m: 37.46	37.46	150m: 2:46.47	250m: 5:27.28	350m: 5:27.28
100m: 1:20.24	42.78	200m: 2:46.47	300m: 5:27.28	400m: 5:27.28
2. Tieme Wiersma	Dz&Pc	NT	200701031	6:21.11 193
50m: 38.99	38.99	150m: 2:59.90	250m: 6:21.11	350m: 6:21.11
100m: 1:26.11	47.12	200m: 2:59.90	300m: 6:21.11	400m: 6:21.11
3. Jere Wiersma	Dz&Pc	NT	200701037	7:24.45 121
50m: 46.59	46.59	150m: 3:37.34	250m: 7:24.45	350m: 7:24.45
100m: 1:41.18	54.59	200m: 3:37.34	300m: 7:24.45	400m: 7:24.45
4. Hielke van der Zwaag	Wetterwille	7:11.31	200701197	7:27.28 119
50m: 47.81	47.81	150m: 3:39.20	250m: 7:27.28	350m: 7:27.28
100m: 1:44.06	56.25	200m: 3:39.20	300m: 7:27.28	400m: 7:27.28
5. Gertjan van der Meer	Wetterwille	7:38.50	200701369	7:41.95 108
50m: 47.88	47.88	150m: 3:42.98	250m: 7:41.95	350m: 7:41.95
100m: 1:44.03	56.15	200m: 3:42.98	300m: 7:41.95	400m: 7:41.95
6. Jurjen de Boer	PWC	NT	200601921	8:58.03 68
50m: 49.49	49.49	150m: 4:14.19	250m: 8:58.03	350m: 8:58.03
100m: 1:53.68	1:04.19	200m: 4:14.19	300m: 8:58.03	400m: 8:58.03



Programmanr. 3
3-12-2017

800m vrije slag

Juniores 1 en 2
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Meisjes Junioren 2 en 3, Meisjes						
1.	Merle Stavorinus	de Granaet	10:43.76	200400138	10:30.95	461
	100m: 1:13.73	1:13.73	300m: 5:13.69	500m: 6:00m:	700m: 10:30.95	
	200m: 2:32.38	1:18.65	400m: 5:13.69	600m:	800m: 10:30.95	
2.	Naomi Vellinga	Wetterwille	11:30.52	200500504	11:49.05	325
	100m: 1:17.55	1:17.55	300m: 5:46.14	500m: 6:00m:	700m: 11:49.05	
	200m: 2:45.03	1:27.48	400m: 5:46.14	600m:	800m: 11:49.05	
3.	Esmee Hofstra	Wetterwille	12:29.41	200501816	12:11.13	296
	100m: 1:23.27	1:23.27	300m: 6:03.27	500m: 6:00m:	700m: 12:11.13	
	200m: 2:55.77	1:32.50	400m: 6:03.27	600m:	800m: 12:11.13	

Jongens Junioren 1 en 2, Jongens

1.	Kay van Sleen	Steenwijk 1934	11:59.15	200400083	11:29.50	282
	100m: 1:22.38	1:22.38	300m: 5:49.45	500m: 6:00m:	700m: 11:29.50	
	200m: 2:51.84	1:29.46	400m: 5:49.45	600m:	800m: 11:29.50	
2.	Marco Wagter	Steenwijk 1934	12:32.45	200500003	11:57.76	250
	100m: 1:23.82	1:23.82	300m: 6:00.91	500m: 6:00m:	700m: 11:57.76	
	200m: 2:55.76	1:31.94	400m: 6:00.91	600m:	800m: 11:57.76	
3.	Axel Jorn Veenstra	PWC	13:16.18	200500577	13:07.82	189
	100m: 1:33.77	1:33.77	300m: 6:42.00	500m: 6:00m:	700m: 13:07.82	
	200m: 3:16.39	1:42.62	400m: 6:42.00	600m:	800m: 13:07.82	
4.	Willem Cnossen	Wetterwille	14:34.22	200503049	13:51.72	161
	100m: 1:37.50	1:37.50	300m: 6:54.18	500m: 6:00m:	700m: 13:51.72	
	200m: 3:23.18	1:45.68	400m: 6:54.18	600m:	800m: 13:51.72	
AFGEM	Wouter Zijlstra	De Forel	10:17.83	200401545		

Programmanr. 4
3-12-2017

1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Dames Senioren Open, Dames						
1.	Lisanne Hassing	Dz&Pc	17:55.87	199702584	18:19.71	596
	100m: 1:04.88	1:04.88	500m: 9:39.21	900m: 1000m:	1300m: 18:19.71	
	200m: 2:15.64	1:10.76	600m: 9:39.21	1100m: 1200m:	1400m: 18:19.71	
	300m: 4:40.22		700m: 9:39.21	800m: 9:39.21	1500m: 18:19.71	
2.	Hilde Dekker	ReVeLie Swim Team	18:30.83	199901926	18:32.36	576
	100m: 1:06.22	1:06.22	500m: 9:48.11	900m: 1000m:	1300m: 18:32.36	
	200m: 2:19.16	1:12.94	600m: 9:48.11	1100m: 1200m:	1400m: 18:32.36	
	300m: 4:47.00		700m: 9:48.11	800m: 9:48.11	1500m: 18:32.36	
3.	Nynke Zandstra	Dz&Pc	19:52.56	200202044	18:52.38	546
	100m: 1:11.06	1:11.06	500m: 10:02.34	900m: 1000m:	1300m: 18:52.38	
	200m: 2:26.52	1:15.46	600m: 10:02.34	1100m: 1200m:	1400m: 18:52.38	
	300m: 4:57.71		700m: 10:02.34	800m: 10:02.34	1500m: 18:52.38	
4.	Renée Vanderheyden	ReVeLie Swim Team	19:11.84	199903130	19:53.07	467
	100m: 1:10.42	1:10.42	500m: 10:30.42	900m: 1000m:	1300m: 19:53.07	
	200m: 2:28.21	1:17.79	600m: 10:30.42	1100m: 1200m:	1400m: 19:53.07	
	300m: 5:05.71		700m: 10:30.42	800m: 10:30.42	1500m: 19:53.07	
5.	Isaa Ebbinge	Dz&Pc	NT	200001314	21:03.29	393
	100m: 1:17.37	1:17.37	500m: 12:00m:	900m: 1000m:	1300m: 21:03.29	
	200m: 2:40.69	1:23.32	600m: 12:00m:	1100m: 1200m:	1400m: 21:03.29	
	300m: 5:26.51		700m: 12:00m:	800m: 12:00m:	1500m: 21:03.29	
6.	Alies Wagter	Steenwijk 1934	21:38.62	199900840	21:07.04	390
	100m: 1:17.01	1:17.01	500m: 11:10.45	900m: 1000m:	1300m: 21:07.04	
	200m: 2:40.04	1:23.03	600m: 11:10.45	1100m: 1200m:	1400m: 21:07.04	
	300m: 5:29.18		700m: 11:10.45	800m: 11:10.45	1500m: 21:07.04	
	400m: 5:29.18		800m: 11:10.45	1200m:		



Programmanr. 4, Dames, 1500m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd		tijd	RT
7.	Myrthe Sietsma	Wetterwille	24:07.63	200203854	21:19.80	378
	100m: 1:14.86	1:14.86	500m:	900m:	1300m:	
	200m: 2:39.43	1:24.57	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:19.80	
	400m: 5:26.76	800m: 11:20.56	1200m:			
8.	Martine Kamminga	de Granaet	21:37.70	200201172	21:20.94	377
	100m: 1:17.22	1:17.22	500m:	900m:	1300m:	
	200m: 2:41.97	1:24.75	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:20.94	
	400m: 5:32.90	800m: 11:17.30	1200m:			
9.	Alyah de Bruijn	De Forel	21:29.97	200004308	21:44.77	357
	100m: 1:16.43	1:16.43	500m:	900m:	1300m:	
	200m: 2:39.71	1:23.28	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:44.77	
	400m: 5:32.52	800m: 11:20.83	1200m:			
10.	Lisanne Rinzema	Wetterwille	22:26.23	200204294	21:54.87	349
	100m: 1:20.44	1:20.44	500m:	900m:	1300m:	
	200m: 2:48.51	1:28.07	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:54.87	
	400m: 5:44.30	800m: 11:38.91	1200m:			
11.	Laura de Boer	Wetterwille	24:14.75	200102956	24:06.01	262
	100m: 1:24.63	1:24.63	500m:	900m:	1300m:	
	200m: 2:56.99	1:32.36	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	24:06.01	
	400m: 6:08.89	800m: 12:42.01	1200m:			

Jongens Junioren 3 en 4, Jongens

1.	Mees Niemeijer	Dz&Pc	NT	200201275	21:35.63	304
	100m: 1:20.64	1:20.64	500m:	900m:	1300m:	
	200m: 2:48.10	1:27.46	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:35.63	
	400m: 5:46.04	800m: 11:37.85	1200m:			
2.	Willem Vonk	Wetterwille	22:49.83	200301233	21:47.02	296
	100m: 1:14.43	1:14.43	500m:	900m:	1300m:	
	200m: 2:39.33	1:24.90	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:47.02	
	400m: 5:33.80	800m: 11:27.43	1200m:			
3.	Danny Veenstra	Wetterwille	23:02.99	200201011	21:57.36	289
	100m: 1:19.07	1:19.07	500m:	900m:	1300m:	
	200m: 2:47.47	1:28.40	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:57.36	
	400m: 5:46.47	800m: 11:42.86	1200m:			
4.	Vincent Horsthuis	de Granaet	NT	200300247	23:21.88	240
	100m: 1:23.88	1:23.88	500m:	900m:	1300m:	
	200m: 2:55.68	1:31.80	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	23:21.88	
	400m: 6:00.21	800m: 12:19.29	1200m:			
5.	Roan Altena	PWC	NT	200303255	24:43.80	202
	100m: 1:26.44	1:26.44	500m:	900m:	1300m:	
	200m: 3:05.37	1:38.93	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	24:43.80	
	400m: 6:27.82	800m: 13:17.68	1200m:			
6.	Niek van der Meulen	PWC	NT	200200645	27:52.91	141
	100m: 1:36.44	1:36.44	500m:	900m:	1300m:	
	200m: 3:26.06	1:49.62	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	27:52.91	
	400m: 7:07.38	800m: 14:06.91	1200m:			

Heren Senioren Open, Heren

1.	Erik Nijholt	Dz&Pc	16:15.16	199401349	16:08.86	727
	100m: 1:00.19	1:00.19	500m:	900m:	1300m:	
	200m: 2:05.25	1:05.06	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	16:08.86	
	400m: 4:14.14	800m: 8:33.67	1200m:			
2.	Marcel Delfstra	Wetterwille	17:53.21	200100037	17:30.95	569
	100m: 1:03.31	1:03.31	500m:	900m:	1300m:	
	200m: 2:12.96	1:09.65	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	17:30.95	
	400m: 4:33.10	800m: 9:17.19	1200m:			
3.	Arjan Dekker	ReVeLie Swim Team	16:58.20	200000499	17:33.66	565
	100m: 1:04.83	1:04.83	500m:	900m:	1300m:	
	200m: 2:14.78	1:09.95	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	17:33.66	
	400m: 4:35.11	800m: 9:19.00	1200m:			



Programmanr. 4, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	tijd	RT
4.	Sjoerd Vonk	Wetterwille	18:52.67	200004241	18:47.96 460
	100m: 1:04.19	1:04.19	500m:	900m:	1300m:
	200m: 2:17.44	1:13.25	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 18:47.96
	400m: 4:46.30		800m: 9:53.74	1200m:	
5.	Kylian Kooyman	Steenwijk 1934	20:15.39	199900763	19:24.39 419
	100m: 1:10.30	1:10.30	500m:	900m:	1300m:
	200m: 2:27.10	1:16.80	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:24.39
	400m: 5:01.36		800m: 10:13.50	1200m:	
6.	Diederik de Boer	Steenwijk 1934	19:56.30	200000269	19:37.77 404
	100m: 1:12.16	1:12.16	500m:	900m:	1300m:
	200m: 2:31.88	1:19.72	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:37.77
	400m: 5:12.20		800m: 10:32.31	1200m:	
7.	Mirko van Ligtenberg	Wetterwille	18:36.59	199800735	19:38.44 404
	100m: 1:05.36	1:05.36	500m:	900m:	1300m:
	200m: 2:19.50	1:14.14	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:38.44
	400m: 4:54.64		800m: 10:20.38	1200m:	
8.	Jelle Heijman	Steenwijk 1934	19:31.99	200000635	19:51.20 391
	100m: 1:11.85	1:11.85	500m:	900m:	1300m:
	200m: 2:31.57	1:19.72	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:51.20
	400m: 5:12.64		800m: 10:33.30	1200m:	
9.	Willem Poortinga	Wetterwille	24:32.82	200105093 S10	22:44.31 370
	100m: 1:22.01	1:22.01	500m:	900m:	1300m:
	200m: 2:52.83	1:30.82	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 22:44.31
	400m: 5:58.81		800m: 12:08.38	1200m:	
10.	Mark Vanger	Wetterwille	22:15.39	199904565	23:26.08 238
	100m: 1:23.84	1:23.84	500m:	900m:	1300m:
	200m: 2:57.28	1:33.44	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 23:26.08
	400m: 5:58.69		800m: 12:14.63	1200m:	

Programmanr. 5 200m wisselslag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
3-12-2017 Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Meisjes Minioren 5 Junioren 1, Meisjes									
1.	Suze Buikema	Wetterwille	3:05.82	200600872	3:11.64	285	41.50		3:11.64
2.	Maaïke van der Wal	Wetterwille	3:32.49	200603288	3:42.59	182	55.09		3:42.59
Jongens Minioren 5 en 6, Jongens									
1.	Senna Hof	Dz&Pc	2:46.03	200600761	2:44.39	333	34.54		2:44.39
2.	Tieme Wiersma	Dz&Pc	NT	200701031	3:21.53	181	49.22		3:21.53
3.	Jere Wiersma	Dz&Pc	NT	200701037	3:51.17	120	52.41		3:51.17
4.	Hielke van der Zwaag	Wetterwille	3:48.68	200701197	4:01.45	105	55.76		4:01.45
5.	Gertjan van der Meer	Wetterwille	4:22.63	200701369	4:17.06	87	1:02.78		4:17.06
6.	Jurjen de Boer	PWC	NT	200601921	4:38.26	69	1:11.62		4:38.26

Programmanr. 6 200m wisselslag Junioren 1 en 2
3-12-2017 Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Meisjes Junioren 2 en 3, Meisjes									
1.	Merle Stavorinus	de Granaet	2:50.34	200400138	2:51.19	400	36.88		2:51.19
2.	Naomi Vellinga	Wetterwille	3:07.51	200500504	3:07.46	305	43.55		3:07.46
3.	Esmee Hofstra	Wetterwille	3:12.83	200501816	3:13.63	276	42.14		3:13.63



Programmanr. 6, 200m wisselslag

Jongens Junioren 1 en 2, Jongens

1. Axel Jorn Veenstra	PWC	3:25.43	200500577	3:24.16	174	48.23	3:24.16
2. Willem Cnossen	Wetterwille	3:51.80	200503049	3:44.37	131	56.00	3:44.37
AFGEM Wouter Zijlstra	De Forel	2:35.95	200401545				