

Limiet HZ&PC Heerenveen_2



HZ&PC Heerenveen

Heerenveen 11-3-2023

Limietwedstrijd HZ&PC Heerenveen_2 - zaterdag 11 maart 2023 om 17:30u (25 m)

Aanvangstijd juryvergadering: 17:00u

1. 50m rugslag - Heren

vanaf 11 jaar (Senioren Open)

- | | |
|---|----------|
| 1. Remco Dijkstra (HZ&PC Heerenveen, 200100789) | 00:29.36 |
| 2. Tije Hempenius (HZ&PC Heerenveen, 200901365) | 00:37.50 |

2. 50m rugslag - Dames

vanaf 11 jaar (Senioren Open)

- | | |
|---|----------|
| 1. Laura van Etten (HZ&PC Heerenveen, 200800264) | 00:31.44 |
| 2. Veerle de Ridder (HZ&PC Heerenveen, 200700778) | 00:31.71 |
| 3. Maud Roffel (HZ&PC Heerenveen, 200700840) | 00:32.23 |
| 4. Ilana Gentile (Orca Leeuwarden, 200801558) | 00:32.74 |
| 5. Marre Zandringa (Orca Leeuwarden, 199701136) | 00:32.75 |
| 6. Lois Jalving (HZ&PC Heerenveen, 200400280) | 00:33.19 |
| 7. Quirine de Ridder (HZ&PC Heerenveen, 201000228) | 00:36.22 |
| 8. Wyneke Edou van der Heide (Orca Leeuwarden, 201100028) | 00:39.88 |
| 9. Wendy Elferink (HZ&PC Heerenveen, 200604202) | 00:40.10 |
| 10. Sarah Vellinga (Orca Leeuwarden, 200801516) | 00:40.36 |
| 11. Hanna Cimic (HZ&PC Heerenveen, 201100586) | 00:43.20 |
| 12. Marissa Visser (HZ&PC Heerenveen, 200903858) | 00:44.13 |
| . Rosalie Baarda (Orca Leeuwarden, 199903460) | |

3. 100m vlinderslag - Heren

vanaf 11 jaar (Senioren Open)

- | | |
|--|---------------|
| 1. Xiano Wierda (De Vikings, 200800503) | 01:17.85(+92) |
| 50m 00:36.25 36,25 | |
| 2. Finn Eghuizen (HZ&PC Heerenveen, 200900431) | 01:18.00(+76) |
| 50m 00:34.00 34,00 | |
| 3. Jorick Johannes (HZ&PC Heerenveen, 201000403) | 01:23.00 |
| 50m 00:37.83 37,83 | |

4. 100m vlinderslag - Dames

vanaf 11 jaar (Senioren Open)

- | | |
|--|---------------|
| 1. Rianne van Rijssen (Noord-Veluwe, 199702360) | 01:15.21(+78) |
| 50m 00:34.78 34,78 | |
| 2. Nanda Wobben-de Vries (Steenwijk 1934, 199204328) | 01:16.18(+87) |
| 50m 00:35.63 35,63 | |
| 3. Romy Jalving (HZ&PC Heerenveen, 200000616) | 01:18.28(+73) |
| 50m 00:34.55 34,55 | |
| 4. Welmoed Davelaar (De Hardenberg, 201001344) | 01:21.73 |
| 50m 00:37.48 37,48 | |

5. Isa Segenhout (Orca Leeuwarden, 201000128)		01:24.23(+74)
50m	00:37.93 37,93	
6. Lobke Hempenius (HZ&PC Heerenveen, 201100522)		01:25.93
50m	00:38.99 38,99	
7. Joleen Noordenbos (Orca Leeuwarden, 200900884)		01:26.51(+67)
50m	00:38.75 38,75	
8. Elise Dorlandt (HZ&PC Heerenveen, 201000232)		01:26.72(+65)
50m	00:39.77 39,77	
5. 200m vrije slag - Heren		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Loek van den Nieuwenhuijzen (Orca Leeuwarden, 200305073)		02:03.87(+67)
50m	00:28.45 28,45	
100m	00:59.63 31,18	
150m	01:31.70 32,07	
2. Auke Jan Ytsma (Orca Leeuwarden, 199900905)		02:05.50(+58)
50m	00:28.95 28,95	
100m	01:00.75 31,80	
150m	01:33.11 32,36	
3. Yannick Dijks (Orca Leeuwarden, 200700923)		02:33.74(+69)
50m	00:34.92 34,92	
100m	01:14.85 39,93	
150m	01:54.91 40,06	
4. Tinco Stam (De Vikings, 200800615)		02:38.20(+58)
50m	00:34.68 34,68	
100m	01:16.12 41,44	
150m	01:58.73 42,61	
5. Tycho Wienbelt (De Vikings, 201001397)		02:38.61(+89)
50m	00:37.34 37,34	
100m	01:18.30 40,96	
150m	01:59.74 41,44	
6. Jens Hoekstra (Orca Leeuwarden, 200803221)		02:46.05
50m	00:34.93 34,93	
100m	01:17.99 43,06	
150m	02:02.14 44,15	
6. 200m vrije slag - Dames		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Marre Zandringa (Orca Leeuwarden, 199701136)		02:18.98(+75)
50m	00:30.29 30,29	
100m	01:03.94 33,65	
150m	01:40.64 36,70	
2. Mischa van den Hoek (Noord-Veluwe, 200802926)		02:27.49(+70)
50m	00:34.13 34,13	
100m	01:11.60 37,47	
150m	01:49.83 38,23	
3. Fardau Cazemier (Zcnf'34, 200901736)		02:29.25
50m	00:34.71 34,71	
100m	01:13.54 38,83	
150m	01:54.02 40,48	
4. Rosalie Baarda (Orca Leeuwarden, 199903460)		02:30.74(+81)
50m	00:33.70 33,70	
100m	01:11.12 37,42	
150m	01:50.88 39,76	
5. Iris Kloosterman (Noord-Veluwe, 200900602)		02:35.63(+96)
50m	00:36.19 36,19	
100m	01:15.94 39,75	
150m	01:56.27 40,33	
6. Silver Veenstra (Zcnf'34, 200505372)		02:41.07(+96)
50m	00:36.39 36,39	
100m	01:16.60 40,21	
150m	01:58.70 42,10	
7. Wendy Elferink (HZ&PC Heerenveen, 200604202)		02:41.13
50m	00:37.46 37,46	
100m	01:18.37 40,91	
150m	02:00.53 42,16	
8. Indy Feenema (Orca Leeuwarden, 201000850)		02:41.40
50m	00:37.28 37,28	
100m	01:18.88 41,60	
150m	02:01.66 42,78	
9. Kyara Balt (De Vikings, 201100306)		02:46.16
50m	00:37.80 37,80	
100m	01:19.55 41,75	
150m	02:03.28 43,73	
10. Lycke Stam (De Vikings, 201000308)		02:48.85
50m	00:37.08 37,08	
100m	01:19.81 42,73	
150m	02:03.72 43,91	
11. Evy Anna Nijdam (Orca Leeuwarden, 201100834)		03:01.48(+52)
50m	00:39.56 39,56	
100m	01:26.19 46,63	
150m	02:14.19 48,00	
7. 100m rugslag - Heren		
<i>vanaf 11 jaar (Senioren Open)</i>		
1. Jelte de Boer (De Vikings, 200700345)		01:10.93
50m	00:34.56 34,56	

2. Finn Eghuizen (HZ&PC Heerenveen, 200900431)				01:10.97
50m	00:34.44	34,44		
3. Jorick Johannes (HZ&PC Heerenveen, 201000403)				01:18.73
50m	00:38.32	38,32		
4. Robin Mintjes (HZ&PC Heerenveen, 201000957)				01:23.42
50m	00:40.32	40,32		
8. 100m rugslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Veerle de Ridder (HZ&PC Heerenveen, 200700778)				01:08.68
50m	00:33.11	33,11		
2. Elriecke Buurlage (Zcnf'34, 200100524)				01:12.53
50m	00:34.75	34,75		
3. Liselotte Schaap (HZ&PC Heerenveen, 200603016)				01:16.36
50m	00:36.91	36,91		
4. Joleen Noordenbos (Orca Leeuwarden, 200900884)				01:17.67
50m	00:38.46	38,46		
5. Quirine de Ridder (HZ&PC Heerenveen, 201000228)				01:20.49
50m	00:38.55	38,55		
6. Lobke Hempenius (HZ&PC Heerenveen, 201100522)				01:20.70
50m	00:39.90	39,90		
7. Wendy Elferink (HZ&PC Heerenveen, 200604202)				01:26.98
50m	00:43.22	43,22		
8. Larissa Hendriks (Zcnf'34, 200900022)				01:29.58
50m	00:43.87	43,87		
9. Giulia Copini (Orca Leeuwarden, 201102039)				01:34.14
50m	00:45.29	45,29		
10. Silke Hooghiemstra (De Vikings, 201003160)				01:35.74
50m	00:44.93	44,93		
11. Marissa Visser (HZ&PC Heerenveen, 200903858)				01:39.25
50m	00:47.45	47,45		
9. 200m schoolslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Arend Vlasma (Zcnf'34, 200403373)				02:37.11
50m	00:33.01	33,01	100m 01:12.53	39,52 150m 01:54.96
				42,43
2. Mattias Stolk (HZ&PC Heerenveen, 201000525)				03:12.68(+76)
50m	00:43.32	43,32	100m 01:32.81	49,49 150m 02:22.71
				49,90
10. 200m schoolslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Roos de Jong (Zcnf'34, 200302948)				02:57.23
50m	00:39.94	39,94	100m 01:24.99	45,05 150m 02:11.34
				46,35
2. Laura van Etten (HZ&PC Heerenveen, 200800264)				02:59.70
50m	00:40.86	40,86	100m 01:26.94	46,08 150m 02:13.64
				46,70
3. Silke Hooghiemstra (De Vikings, 201003160)				03:45.20
50m	00:50.40	50,40	100m 01:46.98	56,58 150m 02:45.41
				58,43
11. 50m vlinderslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Remco Dijkstra (HZ&PC Heerenveen, 200100789)				00:26.48
2. Jelte de Boer (De Vikings, 200700345)				00:33.32
3. Jens Hoekstra (Orca Leeuwarden, 200803221)				00:41.94

12. 50m vlinderslag - Dames

vanaf 11 jaar (Senioren Open)

1. Ilana Gentile (Orca Leeuwarden, 200801558)	00:30.78(+71)
2. Romy Jalving (HZ&PC Heerenveen, 200000616)	00:33.94(+71)
3. Welmoed Davelaar (De Hardenberg, 201001344)	00:35.15(+82)
4. Indy Feenema (Orca Leeuwarden, 201000850)	00:37.91(+67)
5. Sarah Vellinga (Orca Leeuwarden, 200801516)	00:37.92
6. Lycke Stam (De Vikings, 201000308)	00:38.89(+69)
7. Wyneke Edou van der Heide (Orca Leeuwarden, 201100028)	00:41.50
8. Kyara Balt (De Vikings, 201100306)	00:43.51
9. Elske de Vries (De Vikings, 200800786)	00:44.94(+66)
10. Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588)	00:48.84
11. Famke Ytsma (HZ&PC Heerenveen, 201101920)	00:53.02
DIS: Quirine de Ridder (HZ&PC Heerenveen, 201000228)	00:00.00(+71)

13. 400m vrije slag - Heren

vanaf 11 jaar (Senioren Open)

1. Yannick Dijks (Orca Leeuwarden, 200700923)	05:19.39(+63)
50m 00:36.16 36,16 150m 01:57.22 40,56 250m 03:18.92 40,16 350m 04:40.00 40,05 100m 01:16.66 40,50 200m 02:38.76 41,54 300m 03:59.95 41,03	
2. Mattias Stolk (HZ&PC Heerenveen, 201000525)	05:25.88(+62)
50m 00:37.66 37,66 150m 02:00.19 41,17 250m 03:22.88 41,30 350m 04:46.13 41,43 100m 01:19.02 41,36 200m 02:41.58 41,39 300m 04:04.70 41,82	
3. Tije Hempenius (HZ&PC Heerenveen, 200901365)	05:26.94(+61)
50m 00:36.31 36,31 150m 02:02.13 43,54 250m 03:26.73 42,30 350m 04:48.89 42,50 100m 01:18.59 42,28 200m 02:44.43 42,30 300m 04:06.39 39,66	

14. 400m vrije slag - Dames

vanaf 11 jaar (Senioren Open)

1. Rianne van Rijssen (Noord-Veluwe, 199702360)	05:25.07(+82)
50m 00:36.04 36,04 150m 01:57.40 41,25 250m 03:21.98 42,63 350m 04:46.66 42,05 100m 01:16.15 40,11 200m 02:39.35 41,95 300m 04:04.61 42,63	
2. Silver Veenstra (Zcnf'34, 200505372)	05:38.58(+88)
50m 00:36.72 36,72 150m 02:01.64 43,15 250m 03:29.78 43,38 350m 04:56.87 43,64 100m 01:18.49 41,77 200m 02:46.40 44,76 300m 04:13.23 43,45	
3. Wendy Elferink (HZ&PC Heerenveen, 200604202)	05:40.62
50m 00:38.73 38,73 150m 02:04.91 43,47 250m 03:32.74 44,29 350m 05:00.62 43,78 100m 01:21.44 42,71 200m 02:48.45 43,54 300m 04:16.84 44,10	
4. Mirthe de Haan (Zcnf'34, 201000866)	05:40.93
50m 00:37.46 37,46 150m 02:02.89 43,68 250m 03:32.62 45,07 350m 05:01.81 44,02 100m 01:19.21 41,75 200m 02:47.55 44,66 300m 04:17.79 45,17	

15. 200m vlinderslag - Heren

vanaf 11 jaar (Senioren Open)

1. Tycho Wienbelt (De Vikings, 201001397)	03:22.63(+88)
50m 00:46.32 46,32 100m 01:39.60 53,28 150m 02:32.42 52,82	

16. 200m vlinderslag - Dames

vanaf 11 jaar (Senioren Open)

1. Nanda Wobben-de Vries (Steenwijk 1934, 199204328)	02:55.76
50m 00:37.17 37,17 100m 01:22.35 45,18 150m 02:09.83 47,48	

17. 50m vrije slag - Heren

vanaf 11 jaar (Senioren Open)

1. Remco Dijkstra (HZ&PC Heerenveen, 200100789)	00:24.86(+71)
2. Arend Vlasma (Zcnf'34, 200403373)	00:25.43(+76)
3. Jelte de Boer (De Vikings, 200700345)	00:27.89(+53)
4. Jens Hoekstra (Orca Leeuwarden, 200803221)	00:32.20(+65)
18. 50m vrije slag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Marre Zandringa (Orca Leeuwarden, 199701136)	00:27.77(+73)
2. Ilana Gentile (Orca Leeuwarden, 200801558)	00:28.32(+58)
3. Veerle de Ridder (HZ&PC Heerenveen, 200700778)	00:28.67(+76)
4. Laura van Etten (HZ&PC Heerenveen, 200800264)	00:28.69(+77)
5. Loïs Jalving (HZ&PC Heerenveen, 200400280)	00:30.27(+54)
6. Liselotte Schaap (HZ&PC Heerenveen, 200603016)	00:30.51
7. Romy Jalving (HZ&PC Heerenveen, 200000616)	00:31.52(+73)
8. Welmoed Davelaar (De Hardenberg, 201001344)	00:32.68
9. Sarah Vellinga (Orca Leeuwarden, 200801516)	00:33.19(+59)
10. Wendy Elferink (HZ&PC Heerenveen, 200604202)	00:35.54(+82)
11. Evy Anna Nijdam (Orca Leeuwarden, 201100834)	00:36.76(+63)
12. Giulia Copini (Orca Leeuwarden, 201102039)	00:37.14
19. 100m schoolslag - Heren	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Auke Jan Ytsma (Orca Leeuwarden, 199900905)	01:14.71(+77)
50m 00:34.71 34,71	
2. Jelte de Boer (De Vikings, 200700345)	01:19.83(+56)
50m 00:36.81 36,81	
3. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	01:27.60(+81)
50m 00:40.63 40,63	
4. Mattias Stolk (HZ&PC Heerenveen, 201000525)	01:32.93
50m 00:43.85 43,85	
5. Jorick Johannes (HZ&PC Heerenveen, 201000403)	01:33.95
50m 00:43.60 43,60	
6. Robin Mintjes (HZ&PC Heerenveen, 201000957)	01:36.77
50m 00:46.33 46,33	
7. Tycho Wienbelt (De Vikings, 201001397)	01:39.35(+77)
50m 00:47.59 47,59	
20. 100m schoolslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Elriecke Buurlage (Zcnf'34, 200100524)	01:21.00
50m 00:38.14 38,14	
2. Mischa van den Hoek (Noord-Veluwe, 200802926)	01:22.35(+91)
50m 00:39.55 39,55	
3. Roos de Jong (Zcnf'34, 200302948)	01:23.19(+80)
50m 00:39.44 39,44	
4. Isa Segenhout (Orca Leeuwarden, 201000128)	01:30.87(+87)
50m 00:43.06 43,06	
5. Iris Kloosterman (Noord-Veluwe, 200900602)	01:31.05(+86)
50m 00:42.93 42,93	

6. Wyneke Edou van der Heide (Orca Leeuwarden, 201100028)				01:34.98
50m	00:45.19	45,19		
7. Lycke Stam (De Vikings, 201000308)				01:37.37
50m	00:45.34	45,34		
8. Kyara Balt (De Vikings, 201100306)				01:46.20
50m	00:51.00	51,00		
9. Hanna Cimic (HZ&PC Heerenveen, 201100586)				01:58.08(+67)
50m	00:56.08	56,08		
10. Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588)				02:01.91(+103)
50m	00:57.40	57,40		
11. Famke Ytsma (HZ&PC Heerenveen, 201101920)				02:04.22
50m	00:58.47	58,47		
21. 200m wisselslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Xiano Wierda (De Vikings, 200800503)				02:46.46(+88)
50m	00:35.46	35,46	100m 01:18.96	43,50 150m 02:09.74
				50,78
2. Tije Hempenius (HZ&PC Heerenveen, 200901365)				02:55.15
50m	00:40.94	40,94	100m 01:24.96	44,02 150m 02:16.26
				51,30
3. Tinco Stam (De Vikings, 200800615)				03:00.46
50m	00:40.64	40,64	100m 01:26.13	45,49 150m 02:19.93
				53,80
22. 200m wisselslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Veerle de Ridder (HZ&PC Heerenveen, 200700778)				02:41.06(+65)
50m	00:35.45	35,45	100m 01:13.68	38,23 150m 02:04.52
				50,84
2. Fardau Cazemier (Zcnf'34, 200901736)				02:47.12(+82)
50m	00:36.53	36,53	100m 01:20.60	44,07 150m 02:10.57
				49,97
3. Elise Dorlandt (HZ&PC Heerenveen, 201000232)				02:50.21
50m	00:38.44	38,44	100m 01:22.49	44,05 150m 02:15.86
				53,37
4. Lobke Hempenius (HZ&PC Heerenveen, 201100522)				02:51.96
50m	00:39.57	39,57	100m 01:22.97	43,40 150m 02:14.26
				51,29
5. Elske de Vries (De Vikings, 200800786)				03:27.43(+67)
50m	00:49.02	49,02	100m 01:41.56	52,54 150m 02:40.87
				59,31
6. Silke Hooghiemstra (De Vikings, 201003160)				03:32.69
50m	00:50.33	50,33	100m 01:42.52	52,19 150m 02:42.33
				59,81
DIS. Indy Feenema (Orca Leeuwarden, 201000850)				00:00.00
23. 200m rugslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Yannick Dijks (Orca Leeuwarden, 200700923)				02:46.67
50m	00:39.70	39,70	100m 01:21.64	41,94 150m 02:05.10
				43,46
24. 200m rugslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Maud Roffel (HZ&PC Heerenveen, 200700840)				02:31.55
50m	00:35.66	35,66	100m 01:14.02	38,36 150m 01:53.21
				39,19
2. Mirthe de Haan (Zcnf'34, 201000866)				02:44.41
50m	00:39.40	39,40	100m 01:20.97	41,57 150m 02:03.47
				42,50
3. Rosalie Baarda (Orca Leeuwarden, 199903460)				02:45.21
50m	00:36.90	36,90	100m 01:17.77	40,87 150m 02:01.32
				43,55
4. Liselotte Schaap (HZ&PC Heerenveen, 200603016)				02:48.20
50m	00:38.94	38,94	100m 01:21.45	42,51 150m 02:05.04
				43,59

5. Kyara Balt (De Vikings, 201100306)		03:00.29		
50m 00:43.00	43,00 100m 01:29.02	46,02 150m 02:15.49	46,47	
6. Lycke Stam (De Vikings, 201000308)		03:01.78		
50m 00:42.48	42,48 100m 01:28.95	46,47 150m 02:16.05	47,10	
7. Wendy Elferink (HZ&PC Heerenveen, 200604202)		03:05.11		
50m 00:43.75	43,75 100m 01:31.74	47,99 150m 02:20.10	48,36	
8. Marissa Visser (HZ&PC Heerenveen, 200903858)		03:34.45		
50m 00:49.21	49,21 100m 01:43.46	54,25 150m 02:39.17	55,71	
25. 50m schoolslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Tinco Stam (De Vikings, 200800615)		00:42.88(+59)		
DIS. Jens Hoekstra (Orca Leeuwarden, 200803221)		00:00.00(+82)		
26. 50m schoolslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Rianne van Rijssen (Noord-Veluwe, 199702360)		00:37.64(+79)		
2. Ilana Gentile (Orca Leeuwarden, 200801558)		00:38.21(+73)		
3. Iris Kloosterman (Noord-Veluwe, 200900602)		00:42.20(+92)		
4. Elske de Vries (De Vikings, 200800786)		00:49.41(+66)		
5. Evy Anna Nijdam (Orca Leeuwarden, 201100834)		00:51.38(+71)		
DIS. Quirine de Ridder (HZ&PC Heerenveen, 201000228)		00:00.00		
27. 400m wisselslag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Loek van den Nieuwenhuijzen (Orca Leeuwarden, 200305073)		05:10.99(+81)		
50m 00:32.59	32,59 150m 01:48.49	38,27 250m 03:13.00	47,07 350m 04:36.36	36,54
100m 01:10.22	37,63 200m 02:25.93	37,44 300m 03:59.82	46,82	
28. 400m wisselslag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
29. 100m vrije slag - Heren				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Finn Eghuizen (HZ&PC Heerenveen, 200900431)		00:59.96		
50m 00:28.89	28,89			
2. Xiano Wierda (De Vikings, 200800503)		01:06.98(+91)		
50m 00:31.95	31,95			
3. Jens Hoekstra (Orca Leeuwarden, 200803221)		01:15.95(+73)		
50m 00:34.87	34,87			
4. Robin Mintjes (HZ&PC Heerenveen, 201000957)		01:18.92		
50m 00:37.30	37,30			
30. 100m vrije slag - Dames				
<i>vanaf 11 jaar (Senioren Open)</i>				
1. Laura van Etten (HZ&PC Heerenveen, 200800264)		01:01.33(+76)		
50m 00:29.19	29,19			
2. Veerle de Ridder (HZ&PC Heerenveen, 200700778)		01:02.28(+74)		
50m 00:29.73	29,73			
3. Joleen Noordenbos (Orca Leeuwarden, 200900884)		01:05.20		
50m 00:31.06	31,06			
4. Elise Dorlandt (HZ&PC Heerenveen, 201000232)		01:05.34(+65)		
50m 00:31.67	31,67			
5. Mischa van den Hoek (Noord-Veluwe, 200802926)		01:06.63(+83)		
50m 00:32.05	32,05			

6. Loïs Jalving (HZ&PC Heerenveen, 200400280) 01:07.64
50m 00:31.98 31,98
7. Roos de Jong (Zcnf'34, 200302948) 01:07.72
50m 00:32.31 32,31
8. Isa Segenhout (Orca Leeuwarden, 201000128) 01:10.07(+79)
50m 00:32.83 32,83
9. Larissa Hendriks (Zcnf'34, 200900022) 01:12.88
50m 00:34.87 34,87
10. Wyneke Edou van der Heide (Orca Leeuwarden, 201100028) 01:14.32(+70)
50m 00:35.99 35,99
11. Wendy Elferink (HZ&PC Heerenveen, 200604202) 01:16.94(+80)
50m 00:36.81 36,81
12. Giulia Copini (Orca Leeuwarden, 201102039) 01:24.42(+71)
50m 00:39.82 39,82
13. Danne-Bo Eghuizen (HZ&PC Heerenveen, 201100588) 01:26.74
50m 00:41.36 41,36
14. Hanna Cimic (HZ&PC Heerenveen, 201100586) 01:27.99(+63)
50m 00:40.68 40,68
15. Famke Ytsma (HZ&PC Heerenveen, 201101920) 01:38.76
50m 00:45.56 45,56