

competitie A
IJsselmuiden, 16.1.2010

Programmanr. 1
16.01.2010

Dames, 4 x 200m vrije slag

Dames Senioren Open
Resultaten

| Rang | | In.tijd | Tijd | |
|------|----------------------|------------------|----------------------|----------------|
| 1. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 9:09.46 | 9:13.15 |
| | Janine Kosse 87 | 2:14.72 | Stéphanie Bergsma 92 | |
| | Inge Menzo 88 | | Kim Heerdink 90 | |
| 2. | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | 9:12.80 | 9:17.22 |
| | Chantal Nap 89 | 2:17.11 | Manon Kuiper 94 | |
| | Nanda de Vries 92 | | Danielle de Boer 94 | |
| 3. | Deltasteur 1 | Deltasteur | 9:12.09 | 9:19.52 |
| | Iris Riezebos 94 | 2:20.10 | Maaïke Fikkert 91 | |
| | Annet van Stratum 90 | | Naomi Hofsink 94 | |

Programmanr. 2
16.01.2010

Meisjes, 100m schoolslag

Meisjes Minioren 4,5, Junioren 1
Resultaten

| Rang | | In.tijd | | Tijd | |
|------|-----------------------|------------------|---------|---------|--------------------|
| 1. | Kirsten Bies | Dedemsvaart-AC | 1:30.72 | 9800516 | 1:30.19 |
| 2. | Maaïke Doornwaard | Deltasteur | 1:36.67 | 9800264 | 1:32.54 |
| 3. | Julia Vrooland | Deltasteur | 1:34.02 | 9801478 | 1:37.60 |
| 4. | Mirjam de Raad | Deltasteur | 1:41.23 | 9800794 | 1:39.63 |
| 5. | Melissa Portijk | HZ&PC Heerenveen | 1:47.28 | 9803442 | 1:49.95 |
| 6. | Annelies Brinkman | Dedemsvaart-AC | 1:54.64 | 9801772 | 1:51.65FJ 1 |
| 7. | Sabine Lageweg | HZ&PC Heerenveen | 1:53.49 | 9900926 | 1:51.65FJ 2 |
| 8. | Lotte Rougoor | Dedemsvaart-AC | 1:55.02 | 0000774 | 1:53.72 |
| 9. | Chiara Olde Agterhuis | HZ&PC Heerenveen | 1:53.49 | 9901084 | 1:54.07 |
| 10. | Rosan Hans | Dedemsvaart-AC | 1:54.87 | 9803200 | 1:54.27 |
| 11. | Silke Rinsma | HZ&PC Heerenveen | 2:01.31 | 9900732 | 1:54.59 |
| 12. | Judith Voortman | Dedemsvaart-AC | NT | 9803656 | 1:59.70 |

Programmanr. 3
16.01.2010

Jongens, 50m rugslag

Jongens Minioren 4,5,6
Resultaten

| Rang | | In.tijd | | Tijd | |
|------|----------------------|------------------|-------|---------|------------------|
| 1. | Denny Olde Agterhuis | HZ&PC Heerenveen | 39.86 | 9801235 | 38.40 |
| 2. | Bjarne Daenen | Deltasteur | 44.60 | 9800675 | 41.26 |
| 3. | Leroy Albers | Deltasteur | 43.13 | 9800515 | 41.86 |
| 4. | Han Hollander | Deltasteur | 44.51 | 9800679 | 41.95 |
| 5. | Carlo Ruiz | HZ&PC Heerenveen | 43.87 | 9802549 | 41.99 |
| 6. | Jeroen Boessenkool | Dedemsvaart-AC | 45.57 | 9800295 | 43.09 |
| 7. | Rodger van de Velde | Dedemsvaart-AC | 44.26 | 9804155 | 43.83FJ 1 |
| 8. | Erwin Heinsius | HZ&PC Heerenveen | 43.44 | 9900695 | 43.83FJ 2 |
| 9. | Daan Zwertbroek | HZ&PC Heerenveen | 46.51 | 9900463 | 44.28 |
| 10. | Roy van der Weide | Dedemsvaart-AC | 46.67 | 9801295 | 47.51 |
| 11. | Dominique van Tolij | Dedemsvaart-AC | 47.02 | 9901719 | 47.97 |

competitie A
IJsselmuiden, 16.1.2010

Programmanr. 8
16.01.2010

Heren, 200m schoolslag

Heren Senioren Open
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|----------------|------------------|---------|---------|---------------------|
| 1. | Erik Verholt | HZ&PC Heerenveen | 2:28.20 | 8803543 | 2:34.61 |
| 2. | Jelmer Meijer | HZ&PC Heerenveen | 2:34.74 | 9001961 | 2:37.29 |
| 3. | Sander Zoer | Dedemsvaart-AC | 2:44.58 | 8302447 | 2:41.54 |
| 4. | Henri Kragt | Deltasteur | 2:40.07 | 8701865 | 2:41.58 |
| 5. | Kelvin Bergsma | Dedemsvaart-AC | 2:39.77 | 8602133 | 2:42.29 |
| 6. | Thijs Fikkert | Deltasteur | 2:39.10 | 8801021 | 2:42.49 |
| 7. | Erik Kusters | Dedemsvaart-AC | 2:45.29 | 8000837 | 2:42.72 FJ 1 |
| 8. | Jarno Liefers | Deltasteur | 2:44.15 | 8601909 | 2:42.72 FJ 2 |
| 9. | Rene Beetsma | HZ&PC Heerenveen | 2:48.27 | 6900069 | 2:49.27 |
| 10. | Joey Nijboer | Dedemsvaart-AC | 3:04.69 | 9504659 | 3:08.71 |
| NG.ZA | Erik Oord | HZ&PC Heerenveen | 2:55.00 | 9103983 | |

Programmanr. 9
16.01.2010

Meisjes, 100m vrije slag

Meisjes Jeugd 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|-------------------|------------------|---------|---------|----------------|
| 1. | Naomi Hofsink | Deltasteur | 1:01.14 | 9402508 | 1:01.51 |
| 2. | Iris Riezebos | Deltasteur | 1:00.92 | 9400114 | 1:01.53 |
| 3. | Susan Voortman | Dedemsvaart-AC | 1:06.98 | 9404066 | 1:05.37 |
| 4. | Lynde Hans | Dedemsvaart-AC | 1:06.42 | 9402606 | 1:06.23 |
| 5. | Saskia Zwiers | Dedemsvaart-AC | 1:09.70 | 9404064 | 1:06.25 |
| 6. | Beau de Bruijn | Dedemsvaart-AC | 1:07.13 | 9400608 | 1:07.54 |
| 7. | Myrthe Sijtsema | HZ&PC Heerenveen | 1:04.81 | 9502706 | 1:07.67 |
| 8. | Laura Boessenkool | Dedemsvaart-AC | 1:07.80 | 9402604 | 1:07.87 |
| 9. | Kelly de Jong | HZ&PC Heerenveen | 1:08.94 | 9501920 | 1:09.42 |
| 10. | Juliët Aalderink | Dedemsvaart-AC | 1:12.71 | 9505586 | 1:10.31 |
| 11. | Henny de Vries | HZ&PC Heerenveen | 1:09.84 | 9500556 | 1:15.26 |
| NG | Danielle de Boer | HZ&PC Heerenveen | 1:04.46 | 9404736 | |

Programmanr. 10
16.01.2010

Jongens, 400m wisselslag

Jongens Junioren 4 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|--|------------------|---------|---------|----------------|
| 1. | Mitchel Doldersum | Deltasteur | NT | 9501167 | 5:07.13 |
| 2. | Floris Polman | Dedemsvaart-AC | 5:12.39 | 9500093 | 5:09.20 |
| 3. | Maxim Veldhuis | HZ&PC Heerenveen | 5:06.07 | 9400195 | 5:29.68 |
| 4. | Gert Norg | Deltasteur | 6:04.98 | 9401735 | 5:34.60 |
| 5. | Pim Teunis | Dedemsvaart-AC | 5:40.00 | 9504457 | 5:45.98 |
| 6. | Sander Akkerman | HZ&PC Heerenveen | 5:59.99 | 9501527 | 5:48.30 |
| 7. | Raoul Bergsma | Dedemsvaart-AC | 6:02.89 | 9400603 | 5:51.34 |
| 8. | Arjan Francken | Dedemsvaart-AC | 6:20.73 | 9402503 | 6:00.10 |
| DIS | Dinand Schutte | Deltasteur | NT | 9600335 | 5:56.27 |
| | <i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i> | | | | |
| AFGEM | Ruben Bonnema | HZ&PC Heerenveen | 5:59.99 | 9504389 | |

competitie A
IJsselmuiden, 16.1.2010

Programmanr. 12
16.01.2010

Dames, 200m wisselslag

Dames Senioren 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|-------------------|------------------|---------|---------|----------------|
| 1. | Nanda de Vries | HZ&PC Heerenveen | 2:36.67 | 9204328 | 2:37.51 |
| 2. | Stéphanie Bergsma | Dedemsvaart-AC | 2:41.18 | 9203374 | 2:42.28 |
| 3. | Danique Lokhorst | Deltasteur | 2:38.40 | 9402564 | 2:44.07 |
| 4. | Lysbeth Wiersma | HZ&PC Heerenveen | 2:43.97 | 9204486 | 2:45.11 |
| 5. | Kim de Bruijn | Dedemsvaart-AC | 2:47.48 | 9203424 | 2:50.10 |
| 6. | Nienke Fuite | Deltasteur | 2:59.30 | 9501352 | 2:59.50 |
| 7. | Annieke Kanis | Deltasteur | 3:07.71 | 9200896 | 3:13.71 |
| AFGEM | Maaike Boschman | Dedemsvaart-AC | 2:48.32 | 9200238 | |

Programmanr. 14
16.01.2010

Jongens, 100m vlinderslag

Jongens Jeugd 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|---------------------|------------------|---------|---------|----------------|
| 1. | Gavin van der Werf | HZ&PC Heerenveen | 1:03.10 | 9302971 | 59.32 |
| 2. | Christiaan van Dijk | HZ&PC Heerenveen | 1:04.75 | 9200245 | 1:05.49 |
| 3. | Peter de Boer | Dedemsvaart-AC | 1:17.60 | 9206199 | 1:11.69 |
| 4. | Mike Kroneman | Dedemsvaart-AC | 1:18.73 | 9405063 | 1:14.98 |
| 5. | Bart Kors | Deltasteur | 1:18.53 | 9700865 | 1:16.76 |
| 6. | Sven Doldersum | Dedemsvaart-AC | 1:19.45 | 9500457 | 1:20.17 |
| 7. | Ingmar Kloek | Dedemsvaart-AC | 1:36.20 | 9305409 | 1:22.09 |
| 8. | Mike Bennink | Deltasteur | 1:25.86 | 9400861 | 1:25.40 |
| 9. | Jos Smit | Dedemsvaart-AC | 1:42.45 | 9502693 | 1:36.89 |
| AFGEM | Dennis Bos | HZ&PC Heerenveen | 59.94 | 9201965 | |

Programmanr. 15
16.01.2010

Dames, 200m rugslag

Dames Senioren Open
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|---------------------|------------------|---------|---------|----------------|
| 1. | Janine Kosse | Dedemsvaart-AC | 2:31.65 | 8702326 | 2:29.64 |
| 2. | Inge Menzo | Dedemsvaart-AC | 2:28.23 | 8802994 | 2:32.21 |
| 3. | Chantal Nap | HZ&PC Heerenveen | 2:19.22 | 8903004 | 2:35.93 |
| 4. | Manon Kuiper | HZ&PC Heerenveen | 2:27.33 | 9400302 | 2:36.42 |
| 5. | Annet van Stratum | Deltasteur | 2:40.45 | 9003640 | 2:39.46 |
| 6. | Maaike Fikkert | Deltasteur | 2:39.36 | 9100942 | 2:44.10 |
| 7. | Sigrit Aarten | Deltasteur | 2:46.53 | 9302868 | 2:45.67 |
| 8. | Joanne van den Berg | Deltasteur | 2:59.30 | 9200104 | 2:51.29 |
| 9. | Marjolein Tissingh | HZ&PC Heerenveen | 2:51.58 | 8904130 | 3:00.63 |

Programmanr. 16
16.01.2010

Heren, 100m vrije slag

Heren Senioren Open
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|-------------------|------------------|---------|---------|--------------|
| 1. | Dennis Mooij | HZ&PC Heerenveen | 50.12 | 8902201 | 52.74 |
| 2. | Gert van 't Oever | Deltasteur | 53.53 | 8702403 | 54.41 |
| 3. | Casper Hut | HZ&PC Heerenveen | 53.37 | 7800471 | 55.32 |
| 4. | Sander Zoer | Dedemsvaart-AC | 54.08 | 8302447 | 55.50 |
| 5. | Jelmer Meijer | HZ&PC Heerenveen | 54.56 | 9001961 | 55.58 |
| 6. | Stephan Lokhorst | Deltasteur | 54.70 | 9101469 | 55.83 |
| 7. | Rick Mooij | HZ&PC Heerenveen | 56.08 | 9106571 | 56.80 |

competitie A
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Programmanr. 16, Heren, 100m vrije slag, Heren Senioren Open

| Rang | | | In.tijd | | Tijd |
|-------|-----------------|------------------|---------|---------|------------------|
| 8. | Arjan Dolstra | Dedemsvaart-AC | 57.67 | 7800255 | 56.98 |
| 9. | Henri Kragt | Deltasteur | 56.13 | 8701865 | 57.03 |
| 10. | Jesper Kloek | Dedemsvaart-AC | 56.45 | 9001585 | 57.66 |
| 11. | Janco Nolles | HZ&PC Heerenveen | 55.12 | 8902291 | 57.71 |
| 12. | Arjan Prins | Dedemsvaart-AC | 57.48 | 8201383 | 58.20 |
| 13. | Rik Linssen | Deltasteur | 58.80 | 8401435 | 58.34 |
| 14. | Jasper Pouls | Dedemsvaart-AC | 57.22 | 8502065 | 58.77 |
| 15. | Jordy Kerssies | Dedemsvaart-AC | 58.16 | 9105977 | 58.81 |
| 16. | Thijs Fikkert | Deltasteur | 55.76 | 8801021 | 58.93 |
| 17. | Bram Romkes | Dedemsvaart-AC | 58.72 | 8602595 | 59.19FJ 1 |
| 18. | Arjan Kanis | Deltasteur | 58.08 | 8901563 | 59.19FJ 2 |
| 19. | Jarno Liefers | Deltasteur | 58.36 | 8601909 | 1:00.13 |
| 20. | Erik Verholt | HZ&PC Heerenveen | 56.89 | 8803543 | 1:00.48 |
| 21. | Rene Beetsma | HZ&PC Heerenveen | 1:00.83 | 6900069 | 1:01.33 |
| NG.ZA | Erik Oord | HZ&PC Heerenveen | 1:05.00 | 9103983 | |
| AFGEM | Marein Boonstra | HZ&PC Heerenveen | 54.50 | 8805367 | |

Programmanr. 17
16.01.2010

Meisjes, 50m rugslag

Meisjes Minioren 4,5, Junioren 1
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|-----------------------|------------------|---------|---------|--------------|
| 1. | Maaike Doornwaard | Deltasteur | 39.65 | 9800264 | 38.48 |
| 2. | Mirjam de Raad | Deltasteur | 42.27 | 9800794 | 38.54 |
| 3. | Kirsten Bies | Dedemsvaart-AC | 39.66 | 9800516 | 40.23 |
| 4. | Julia Vrooland | Deltasteur | 50.80 | 9801478 | 41.58 |
| 5. | Annelies Brinkman | Dedemsvaart-AC | 42.70 | 9801772 | 43.02 |
| 6. | Chiara Olde Agterhuis | HZ&PC Heerenveen | 43.58 | 9901084 | 43.70 |
| 7. | Judith Voortman | Dedemsvaart-AC | 43.98 | 9803656 | 45.02 |
| 8. | Lotte Rougoor | Dedemsvaart-AC | 44.32 | 0000774 | 45.44 |
| 9. | Rosan Hans | Dedemsvaart-AC | 50.09 | 9803200 | 45.95 |
| 10. | Silke Rinsma | HZ&PC Heerenveen | 50.11 | 9900732 | 46.13 |
| 11. | Sabine Lageweg | HZ&PC Heerenveen | 48.10 | 9900926 | 46.89 |
| 12. | Melissa Portijk | HZ&PC Heerenveen | 49.65 | 9803442 | 47.36 |

Programmanr. 18
16.01.2010

Jongens, 100m schoolslag

Jongens Minioren 4,5,6
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|----------------------|------------------|---------|---------|--------------------|
| 1. | Carlo Ruiz | HZ&PC Heerenveen | 1:32.01 | 9802549 | 1:30.02 |
| 2. | Denny Olde Agterhuis | HZ&PC Heerenveen | 1:35.94 | 9801235 | 1:33.62 |
| 3. | Bjarne Daenen | Deltasteur | 1:41.54 | 9800675 | 1:39.29FJ 1 |
| 4. | Daan Zwertbroek | HZ&PC Heerenveen | 1:40.47 | 9900463 | 1:39.29FJ 2 |
| 5. | Leroy Albers | Deltasteur | 1:44.58 | 9800515 | 1:45.45 |
| 6. | Erwin Heinsius | HZ&PC Heerenveen | 1:49.42 | 9900695 | 1:45.76 |
| 7. | Dominique van Tolij | Dedemsvaart-AC | 1:45.73 | 9901719 | 1:49.20FJ 1 |
| 8. | Jeroen Boessenkool | Dedemsvaart-AC | 1:53.95 | 9800295 | 1:49.20FJ 2 |
| 9. | Rodger van de Velde | Dedemsvaart-AC | NT | 9804155 | 1:52.29 |
| 10. | Han Hollander | Deltasteur | 1:58.83 | 9800679 | 1:56.06 |
| DIS | Roy van der Weide | Dedemsvaart-AC | 1:57.23 | 9801295 | 1:58.16 |

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

competitie A
IJsselmuiden, 16.1.2010

Programmanr. 23
16.01.2010

Heren, 50m vlinderslag

Heren Senioren Open
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|-------------------|------------------|---------|---------|-------------------|
| 1. | Dennis Mooij | HZ&PC Heerenveen | 24.73 | 8902201 | 26.32 |
| 2. | Stephan Lokhorst | Deltasteur | 27.02 | 9101469 | 26.61 |
| 3. | Casper Hut | HZ&PC Heerenveen | 25.91 | 7800471 | 26.95 |
| 4. | Rick Mooij | HZ&PC Heerenveen | 27.35 | 9106571 | 27.67 |
| 5. | Sander Zoer | Dedemsvaart-AC | 27.84 | 8302447 | 27.80 |
| 6. | Janco Nolles | HZ&PC Heerenveen | 27.92 | 8902291 | 28.19 |
| 7. | Gert van 't Oever | Deltasteur | 28.17 | 8702403 | 28.32 |
| 8. | Jordy Kerssies | Dedemsvaart-AC | 28.20 | 9105977 | 28.39 |
| 9. | Arjan Prins | Dedemsvaart-AC | 28.20 | 8201383 | 28.74 FJ 1 |
| 10. | Jasper Pouls | Dedemsvaart-AC | 28.36 | 8502065 | 28.74 FJ 2 |
| 11. | Arjan Kanis | Deltasteur | 28.02 | 8901563 | 28.80 |
| 12. | Bram Romkes | Dedemsvaart-AC | 28.16 | 8602595 | 28.86 |
| 13. | Kelvin Bergsma | Dedemsvaart-AC | 28.51 | 8602133 | 29.51 |
| 14. | Henri Kragt | Deltasteur | 29.44 | 8701865 | 29.67 FJ 1 |
| 15. | Jesper Kloek | Dedemsvaart-AC | 29.57 | 9001585 | 29.67 FJ 2 |
| 16. | Thijs Fikkert | Deltasteur | 28.72 | 8801021 | 29.92 |
| 17. | Jarno Liefers | Deltasteur | 29.23 | 8601909 | 30.01 |
| 18. | Rik Linssen | Deltasteur | 28.86 | 8401435 | 30.64 |
| 19. | Rene Beetsma | HZ&PC Heerenveen | 29.48 | 6900069 | 30.89 |
| AFGEM | Marein Boonstra | HZ&PC Heerenveen | 27.18 | 8805367 | |

Programmanr. 24
16.01.2010

Meisjes, 400m wisselslag

Meisjes Jeugd 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|---|------------------|---------|---------|----------------|
| 1. | Iris Riezebos | Deltasteur | 5:32.86 | 9400114 | 5:32.76 |
| 2. | Laura Boessenkool | Dedemsvaart-AC | 6:22.38 | 9402604 | 5:48.42 |
| 3. | Naomi Hofsink | Deltasteur | NT | 9402508 | 5:55.39 |
| 4. | Susan Voortman | Dedemsvaart-AC | 6:15.56 | 9404066 | 5:58.42 |
| 5. | Beau de Bruijn | Dedemsvaart-AC | 6:08.46 | 9400608 | 6:00.08 |
| 6. | Lynde Hans | Dedemsvaart-AC | 5:52.54 | 9402606 | 6:06.20 |
| 7. | Kelly de Jong | HZ&PC Heerenveen | 6:15.66 | 9501920 | 6:10.05 |
| 8. | Saskia Zwiers | Dedemsvaart-AC | 6:32.26 | 9404064 | 6:19.54 |
| DIS | Henny de Vries | HZ&PC Heerenveen | 6:22.14 | 9500556 | |
| | <i>AF - Niet de aangegeven afstand gezwommen. (geen tijden noteren)</i> | | | | |
| DIS | Myrthe Sijtsma | HZ&PC Heerenveen | 5:45.99 | 9502706 | 5:49.70 |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | |
| NG | Danielle de Boer | HZ&PC Heerenveen | 5:41.84 | 9404736 | |

Programmanr. 26
16.01.2010

Jongens, 100m vrije slag

Jongens Junioren 4 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|-------------------|------------------|---------|---------|----------------|
| 1. | Maxim Veldhuis | HZ&PC Heerenveen | 56.46 | 9400195 | 57.60 |
| 2. | Mitchel Doldersum | Deltasteur | 57.76 | 9501167 | 57.63 |
| 3. | Floris Polman | Dedemsvaart-AC | 58.12 | 9500093 | 59.02 |
| 4. | Pim Teunis | Dedemsvaart-AC | 1:02.72 | 9504457 | 1:02.32 |
| 5. | Sander Akkerman | HZ&PC Heerenveen | 1:02.95 | 9501527 | 1:02.98 |
| 6. | Joey Nijboer | Dedemsvaart-AC | 1:03.97 | 9504659 | 1:04.10 |
| 7. | Raoul Bergsma | Dedemsvaart-AC | 1:04.26 | 9400603 | 1:04.13 |

competitie A
IJsselmuiden, 16.1.2010

Programmanr. 26, Jongens, 100m vrije slag, Jongens Junioren 4 en later

| Rang | | | In.tijd | | Tijd |
|-------|----------------|------------------|---------|---------|----------------|
| 8. | Dinand Schutte | Deltasteur | 1:04.04 | 9600335 | 1:04.92 |
| 9. | Gert Norg | Deltasteur | 1:02.92 | 9401735 | 1:05.20 |
| 10. | Sven Doldersum | Dedemsvaart-AC | 1:07.29 | 9500457 | 1:05.93 |
| 11. | Mike Kroneman | Dedemsvaart-AC | 1:05.86 | 9405063 | 1:06.02 |
| 12. | Arjan Francken | Dedemsvaart-AC | 1:08.39 | 9402503 | 1:08.42 |
| 13. | Jos Smit | Dedemsvaart-AC | 1:16.48 | 9502693 | 1:15.36 |
| AFGEM | Ruben Bonnema | HZ&PC Heerenveen | 1:05.57 | 9504389 | |

Programmanr. 28
16.01.2010

Dames, 100m vlinderslag

Dames Senioren 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|-------------------|------------------|---------|---------|----------------|
| 1. | Stéphanie Bergsma | Dedemsvaart-AC | 1:10.54 | 9203374 | 1:11.67 |
| 2. | Nanda de Vries | HZ&PC Heerenveen | 1:11.90 | 9204328 | 1:12.02 |
| 3. | Lysbeth Wiersma | HZ&PC Heerenveen | 1:17.80 | 9204486 | 1:18.89 |
| 4. | Danique Lokhorst | Deltasteur | 1:13.74 | 9402564 | 1:18.92 |
| 5. | Nienke Fuite | Deltasteur | 1:22.73 | 9501352 | 1:24.64 |
| 6. | Kim de Bruijn | Dedemsvaart-AC | 1:24.40 | 9203424 | 1:26.72 |
| 7. | Juliët Aalderink | Dedemsvaart-AC | 1:28.48 | 9505586 | 1:30.39 |
| 8. | Annieke Kanis | Deltasteur | 1:36.64 | 9200896 | 1:40.20 |
| AFGEM | Maaike Boschman | Dedemsvaart-AC | 1:23.59 | 9200238 | |

Programmanr. 29
16.01.2010

Jongens, 200m wisselslag

Jongens Jeugd 2 en later
Resultaten

| Rang | | | In.tijd | | Tijd |
|-------|---------------------|------------------|---------|---------|----------------|
| 1. | Gavin van der Werf | HZ&PC Heerenveen | 2:14.41 | 9302971 | 2:13.86 |
| 2. | Christiaan van Dijk | HZ&PC Heerenveen | 2:24.78 | 9200245 | 2:26.60 |
| 3. | Peter de Boer | Dedemsvaart-AC | 2:38.58 | 9206199 | 2:33.89 |
| 4. | Ingmar Kloek | Dedemsvaart-AC | 2:59.19 | 9305409 | 2:36.02 |
| 5. | Bart Kors | Deltasteur | 2:47.08 | 9700865 | 2:45.64 |
| 6. | Mike Bennink | Deltasteur | 2:47.47 | 9400861 | 2:50.40 |
| AFGEM | Dennis Bos | HZ&PC Heerenveen | 2:18.32 | 9201965 | |

Programmanr. 30
16.01.2010

Dames, 200m schoolslag

Dames Senioren Open
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------|------------------|---------|---------|----------------|
| 1. | Janine Kosse | Dedemsvaart-AC | 2:44.87 | 8702326 | 2:47.48 |
| 2. | Karin van Dijk | HZ&PC Heerenveen | 2:46.33 | 8600850 | 2:53.83 |
| 3. | Maaike Fikkert | Deltasteur | 2:59.10 | 9100942 | 3:01.89 |
| 4. | Kim Heerdink | Dedemsvaart-AC | 3:01.92 | 9001386 | 3:06.67 |
| 5. | Ellen Fikkert | Deltasteur | 3:09.32 | 9200550 | 3:10.82 |
| 6. | Sigrit Aarten | Deltasteur | 3:18.07 | 9302868 | 3:18.59 |
| 7. | Marjolein Tissingh | HZ&PC Heerenveen | 3:21.60 | 8904130 | 3:27.32 |

competitie A
IJsselmuiden, 16.1.2010

Programmanr. 31 Heren, 200m rugslag Heren Senioren Open Resultaten
16.01.2010

| Rang | | | In.tijd | | Tijd |
|-------|-------------------|------------------|---------|---------|----------------|
| 1. | Jelmer Meijer | HZ&PC Heerenveen | 2:11.68 | 9001961 | 2:16.03 |
| 2. | Erik Verholt | HZ&PC Heerenveen | 2:15.96 | 8803543 | 2:18.32 |
| 3. | Arjan Prins | Dedemsvaart-AC | 2:20.68 | 8201383 | 2:20.26 |
| 4. | Arjan Dolstra | Dedemsvaart-AC | 2:22.32 | 7800255 | 2:20.92 |
| 5. | Gert van 't Oever | Deltasteur | 2:18.94 | 8702403 | 2:21.42 |
| 6. | Dennis Mooij | HZ&PC Heerenveen | 2:07.11 | 8902201 | 2:23.76 |
| 7. | Stephan Lokhorst | Deltasteur | 2:26.70 | 9101469 | 2:24.54 |
| 8. | Erik Kusters | Dedemsvaart-AC | 2:26.67 | 8000837 | 2:25.25 |
| 9. | Bram Romkes | Dedemsvaart-AC | 2:21.82 | 8602595 | 2:25.57 |
| 10. | Henri Kragt | Deltasteur | 2:19.32 | 8701865 | 2:26.02 |
| 11. | Janco Nolles | HZ&PC Heerenveen | 2:21.45 | 8902291 | 2:28.13 |
| 12. | Casper Hut | HZ&PC Heerenveen | 2:20.07 | 7800471 | 2:31.29 |
| 13. | Thijs Fikkert | Deltasteur | 2:26.16 | 8801021 | 2:33.80 |
| 14. | Rick Mooij | HZ&PC Heerenveen | 2:37.06 | 9106571 | 2:47.92 |
| NG.ZA | Erik Oord | HZ&PC Heerenveen | 2:40.00 | 9103983 | |

Programmanr. 33 Meisjes, 4 x 50m vrije slag Meisjes Junioren 3 en later Resultaten
16.01.2010

| Rang | | | In.tijd | | Tijd |
|------|--------------------|------------------|---------|-------------------|----------------|
| 1. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 2:05.36 | | 2:04.10 |
| | Joyce Mennink | 96 | 29.32 | Kirsten Bies | 98 |
| | Amber IJzebrink | 96 | | Maaïke van Veen | 97 |
| 2. | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | 2:11.06 | | 2:09.38 |
| | Desiree Vedder | 96 | 31.26 | Julia Zwertbroek | 96 |
| | Leandra Vedder | 96 | | Aniek Bergsma | 96 |
| 3. | Deltasteur 1 | Deltasteur | 2:12.43 | | 2:16.39 |
| | Rosanne Schrijer | 97 | 35.00 | Julia Vrooland | 98 |
| | Mirjam de Raad | 98 | | Maaïke Doornwaard | 98 |

Programmanr. 34 Jongens, 4 x 100m wisselslag Jongens Junioren 4 en later Resultaten
16.01.2010

| Rang | | | In.tijd | | Tijd |
|------|--------------------|------------------|---------|-----------------------------|----------------|
| 1. | Deltasteur 1 | Deltasteur | 4:38.29 | | 4:37.57 |
| | Mitchel Doldersum | 95 | 1:06.64 | Justin Doldersum | 97 |
| | Gert Norg | 94 | | Max de Ceuninck van Capelle | 97 |
| 2. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 4:39.54 | | 4:41.04 |
| | Raoul Bergsma | 94 | 1:12.95 | Floris Polman | 95 |
| | Pim Teunis | 95 | | Joey Nijboer | 95 |
| 3. | Deltasteur 2 | Deltasteur | 5:01.87 | | 5:04.07 |
| | Dinand Schutte | 96 | 1:16.37 | Bart Kors | 97 |
| | Thomas Vrooland | 96 | | Mike Bennink | 94 |
| 4. | HZ&PC Heerenveen 1 | HZ&PC Heerenveen | 4:49.22 | | 5:07.04 |
| | Sander Akkerman | 95 | 1:12.29 | Maxim Veldhuis | 94 |
| | Frank van der Wal | 97 | | Janco Molen van der | 96 |