

Limietwedstrijd
Leeuwarden, 13.2.2010

Programmanr. 1 Dames, 200m wisselslag alg. leeftijdsgroep
13-02-2010 - 17:30 Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|--|-----------------|-------|---------|---------|---------|
| 1. | Janine Kosse Dedemsvaart-AC | 2:30.07 8702326 | 32.92 | 1:10.53 | 1:53.10 | 2:28.13 |
| 2. | Inge Menzo Dedemsvaart-AC | 2:39.29 8802994 | 34.10 | 1:12.52 | 2:01.98 | 2:37.06 |
| 3. | Joyce Mennink Dedemsvaart-AC | 2:40.79 9601180 | 36.51 | 1:17.80 | 2:04.37 | 2:42.21 |
| 4. | Mariëtte Kosse Dedemsvaart-AC | 2:43.02 8602066 | 37.47 | 1:20.25 | 2:10.54 | 2:47.79 |
| 5. | Lynde Hans Dedemsvaart-AC | 2:51.92 9402606 | 35.82 | 1:19.09 | 2:12.61 | 2:49.40 |
| 6. | Ilse van Dijk ZCM '86 | 2:48.73 9301902 | 37.37 | 1:20.42 | 2:11.72 | 2:51.67 |
| 7. | Juliët Aalderink Dedemsvaart-AC | 2:55.20 9505586 | 38.93 | 1:20.87 | 2:12.85 | 2:54.13 |
| 8. | Ellen Jager PWC Buitenpost | 2:58.79 9801384 | 37.92 | 1:20.55 | 2:17.43 | 2:56.37 |
| 9. | Aldith Pasveer zv Orca | 3:22.52 9701398 | 38.77 | 1:23.40 | 2:18.79 | 2:58.94 |
| 10. | Hanny van Dijk zv Orca | 3:16.32 9804514 | 48.78 | 1:37.41 | 2:33.44 | 3:12.44 |
| DIS | Willeke Jonkman ZCNF '34 | 3:08.72 9604304 | 40.21 | 1:26.99 | 2:15.07 | 2:57.32 |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | |
| DIS | Joyce Bakker De Forel | 3:02.60 9600522 | 41.04 | 1:28.17 | 2:21.16 | 3:03.58 |
| | <i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i> | | | | | |
| DIS | Ita Visser SG. Bolsward-Workum | 3:10.34 9601444 | 46.37 | 1:35.78 | 2:38.92 | 3:30.90 |
| | <i>VG - Bij de laatste armslag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.</i> | | | | | |

Programmanr. 2 Heren, 200m wisselslag alg. leeftijdsgroep
13-02-2010 - 17:40 Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|------------------------------------|-----------------|-------|---------|---------|---------|
| 1. | Sander Zoer Dedemsvaart-AC | 2:20.57 8302447 | 28.89 | 1:03.44 | 1:45.28 | 2:16.53 |
| 2. | Hendrik Ben v/d Boon ZPD | 2:33.59 8804761 | 31.55 | 1:11.52 | 1:56.48 | 2:30.84 |
| 3. | Chris ter Beke SG. Bolsward-Workum | 2:45.81 9300895 | 35.30 | 1:15.74 | 2:00.39 | 2:38.70 |
| 4. | Mathijs Mulder De Forel | 2:50.81 9700071 | 35.02 | 1:18.32 | 2:08.17 | 2:44.42 |
| 5. | Raoul Bergsma Dedemsvaart-AC | 2:50.55 9400603 | 35.38 | 1:16.46 | 2:05.80 | 2:44.55 |
| 6. | Stuart Vis zv Orca | 2:55.11 9702991 | 38.75 | 1:19.30 | 2:07.20 | 2:46.02 |
| 7. | Patrick de Roos ZPD | 3:12.89 9702671 | 42.08 | 1:28.27 | 2:23.82 | 3:06.86 |
| 8. | Jonne Westenberg De Forel | 3:26.05 9601695 | 42.21 | 1:30.39 | 2:24.81 | 3:09.85 |
| 9. | Elmo Doorn De Forel | 3:21.25 9601995 | 43.79 | 1:35.61 | 2:35.96 | 3:25.07 |
| 10. | Danny Damhuis De Forel | 3:31.45 9600623 | 49.40 | 1:45.08 | 2:48.95 | 3:33.69 |

Programmanr. 3 Dames, 100m vrije slag alg. leeftijdsgroep
13-02-2010 - 17:50 Resultaten

| Rang | | In.tijd | Tijd |
|------|----------------------------------|-----------------|----------------|
| 1. | Saskia Bergsma ZCNF '34 | 1:02.44 9301686 | 1:03.73 |
| 2. | Maaïke van Veen Dedemsvaart-AC | 1:05.59 9700292 | 1:04.85 |
| 3. | Stéphanie Bergsma Dedemsvaart-AC | 1:04.74 9203374 | 1:05.04 |
| 4. | Susan Voortman Dedemsvaart-AC | 1:05.37 9404066 | 1:06.26 |
| 5. | Saskia Zwiers Dedemsvaart-AC | 1:06.25 9404064 | 1:06.89 |
| 6. | Joyce Durken zv Orca | 1:08.57 9205938 | 1:06.98 |
| 7. | Beau de Bruijn Dedemsvaart-AC | 1:07.13 9400608 | 1:08.24 |
| 8. | Laura Boessenkool Dedemsvaart-AC | 1:07.87 9402604 | 1:08.53 |
| 9. | Femke Hemstra SG Middelse-Skelp | 1:09.10 9305466 | 1:08.86 |
| 10. | Amber IJzebrink Dedemsvaart-AC | 1:09.64 9602258 | 1:09.65 |
| 11. | Indyra Hummel ZCNF '34 | 1:11.73 9600624 | 1:11.34 |
| 12. | Joyce Postma SG. Bolsward-Workum | 1:10.94 9402098 | 1:11.59 |
| 13. | Amber Bosch F.Z.C.'54 | 1:14.31 9703368 | 1:11.69 |
| 14. | Marije Dankelman Dedemsvaart-AC | 1:11.45 9701502 | 1:11.86 |
| 15. | Merel Weysenfeld De Vikings | 1:11.00 9404110 | 1:12.37 |

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Programmanr. 3, Dames, 100m vrije slag, alg. leeftijdsgroep

| Rang | | | In.tijd | | Tijd |
|------|--|-------------------|---------|---------|----------------|
| 16. | Nikki Jepkema | zv Orca | 1:16.61 | 9505956 | 1:12.51 |
| 17. | Melanie van der Mossel | SG Middelse-Skelp | 1:12.13 | 9504590 | 1:13.45 |
| 18. | Elsje de Vries | ZCNF '34 | 1:13.91 | 9302676 | 1:14.87 |
| 19. | Kira Savannah Stavorinus | ZPD | 1:22.90 | 9704122 | 1:15.96 |
| 20. | Gwen Sieswerda | F.Z.C.'54 | 1:22.08 | 9802342 | 1:18.11 |
| 21. | Danielle Trippenzee | zv Orca | 1:23.87 | 9802146 | 1:20.27 |
| 22. | Lara de Zeeuw | zv Orca | 1:29.05 | 9802144 | 1:23.59 |
| 23. | Lieke van Dam | De Forel | 1:14.41 | 9500686 | 1:23.86 |
| 24. | Nadine Smits | zv Orca | 1:32.27 | 9801098 | 1:25.76 |
| 25. | Arianne Jonkman | ZCNF '34 | 1:28.99 | 9801590 | 1:26.04 |
| 26. | Laura Staal | ZCNF '34 | 1:24.61 | 9705388 | 1:27.56 |
| DIS | Marit Brink | ZCNF '34 | 1:12.37 | 9503940 | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |
| DIS | Rixt-Nynke Baron | F.Z.C.'54 | 1:04.89 | 9601896 | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |

Programmanr. 4 Heren, 100m vrije slag alg. leeftijdsgroep
13-02-2010 - 18:00 Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--|---------------------|---------|---------|----------------|
| 1. | Jesper Kloek | Dedemsvaart-AC | 56.45 | 9001585 | 57.45 |
| 2. | Myrdin Willemse | zv Orca | 59.39 | 9500951 | 59.80 |
| 3. | Alex Odinga | SG Middelse-Skelp | 1:00.94 | 9205557 | 1:00.82 |
| 4. | Harm Lemstra | De Vikings | 1:02.30 | 9305009 | 1:01.82 |
| 5. | Ingmar Kloek | Dedemsvaart-AC | 1:03.76 | 9305409 | 1:02.43 |
| 6. | Cor Sytsma | SG. Bolsward-Workum | 1:04.88 | 9503385 | 1:03.54 |
| 7. | Rick Halma | De Vikings | 1:01.78 | 9505121 | 1:04.09 |
| 8. | Joey Nijboer | Dedemsvaart-AC | 1:03.97 | 9504659 | 1:04.10 |
| 9. | Jouke Minze Benedictus | PWC Buitenpost | 1:01.84 | 9401149 | 1:04.41 |
| 10. | Sven Doldersum | Dedemsvaart-AC | 1:05.93 | 9500457 | 1:05.35 |
| 11. | Jens Kuitert | zv Orca | 1:06.80 | 9603891 | 1:05.49 |
| 12. | Harry Westers | De Vikings | 1:07.24 | 9504869 | 1:06.38 |
| 13. | Jelmer Postma | zv Orca | 1:13.23 | 9701631 | 1:09.60 |
| 14. | Andrei Vonk | De Forel | 1:10.27 | 9303455 | 1:09.85 |
| 15. | Davey Hoving | ZCM '86 | 1:11.89 | 9400967 | 1:10.60 |
| 16. | Hielke Twijnstra | De Vikings | 1:11.32 | 9505291 | 1:10.82 |
| 17. | Axl Akkermans | ZCNF '34 | 1:06.82 | 9301885 | 1:11.18 |
| 18. | Jos Smit | Dedemsvaart-AC | 1:15.36 | 9502693 | 1:13.38 |
| 19. | Daniel Borghardt | zv Orca | 1:14.36 | 9700973 | 1:14.58 |
| 20. | Jeroen Dijkhuis | ZCM '86 | 1:12.75 | 9500909 | 1:15.23 |
| 21. | Dennis Rauwerda | zv Orca | 1:21.99 | 9603517 | 1:20.60 |
| 22. | Jeroen Louwinger | ZCM '86 | 1:27.93 | 9900583 | 1:26.04 |
| 23. | Jurriën Wermink | ZCNF '34 | 1:28.26 | 9700041 | 1:26.89 |
| DIS | Allard Veenstra | ZCNF '34 | 1:08.16 | 9703453 | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | |

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Programmanr. 5
13-02-2010 - 18:10

Dames, 200m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|---------------------------------------|-----------------|-------|---------|---------|---------|
| 1. | Lisa Rozema F.Z.C.'54 | 2:47.29 9600860 | 37.25 | 1:19.87 | 2:03.06 | 2:44.63 |
| 2. | Thea Baas PWC Buitenpost | 2:53.97 9501388 | 39.30 | 1:21.87 | 2:04.41 | 2:46.63 |
| 3. | Esmee Verhoef zv Orca | 3:05.59 9603802 | 41.80 | 1:25.66 | 2:09.41 | 2:51.30 |
| 4. | Carolien Baarda zv Orca | 3:09.93 9704060 | 41.54 | 1:26.23 | 2:11.88 | 2:55.03 |
| 5. | Willeke Willems ZCNF '34 | 2:56.79 9600232 | 42.01 | 1:26.94 | 2:13.95 | 2:59.82 |
| 6. | Rixt de Vos zv Orca | 3:03.94 9108302 | 43.15 | 1:29.58 | 2:16.26 | 3:00.95 |
| 7. | Lisanne Hassing De Forel | 3:12.39 9702584 | 43.21 | 1:29.98 | 2:16.72 | 3:01.97 |
| 8. | Jennifer ter Beke SG. Bolsward-Workum | NT 9500284 | 42.25 | 1:29.07 | 2:18.57 | 3:02.15 |
| 9. | Wendy van Cleef zv Orca | 3:18.44 9802760 | 45.49 | 1:34.09 | | 3:09.34 |
| 10. | Winnie de Vries ZCNF '34 | 3:15.83 9601456 | 43.43 | 1:31.90 | 2:23.02 | 3:10.77 |
| 11. | Caroline Nauta De Vikings | NT 9803148 | | 1:38.41 | 2:29.01 | 3:17.64 |

Programmanr. 6
13-02-2010 - 18:15

Heren, 200m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|-------------------------------|-----------------|-------|---------|---------|---------|
| 1. | Arjan Francken Dedemsvaart-AC | 2:37.82 9402503 | 35.95 | 1:16.12 | 1:55.97 | 2:34.27 |

Programmanr. 7
13-02-2010 - 18:20

Dames, 100m vlinderslag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | Tijd |
|------|-----------------------------|-----------------|----------------|
| 1. | Johanna de Boer ZPD | 1:17.22 9403944 | 1:16.97 |
| 2. | Kim Heerdink Dedemsvaart-AC | 1:17.71 9001386 | 1:20.12 |
| 3. | Marloes Wiekens ZCM '86 | 1:18.65 9302970 | 1:25.62 |
| 4. | Saskia Kruijer ZCM '86 | 1:19.45 9204274 | 1:26.29 |
| 5. | Yolanda de Vegt ZCNF '34 | 1:25.15 9500328 | 1:28.44 |
| 6. | Evabeth de Jong De Vikings | 1:35.84 9506240 | 1:31.40 |
| 7. | Annemiek Halma De Vikings | 1:29.64 9702884 | 1:34.07 |

Programmanr. 8
13-02-2010 - 18:25

Heren, 100m vlinderslag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | Tijd |
|------|-------------------------------|-----------------|----------------|
| 1. | Bram Romkes Dedemsvaart-AC | 1:05.95 8602595 | 1:05.30 |
| 2. | Alex Odinga SG Middelse-Skelp | 1:05.08 9205557 | 1:08.74 |
| 3. | Pim Teunis Dedemsvaart-AC | 1:15.86 9504457 | 1:16.55 |
| 4. | Lars Roelofs De Forel | 1:17.17 9602667 | 1:16.82 |
| 5. | Mike Kroneman Dedemsvaart-AC | 1:14.98 9405063 | 1:17.84 |
| 6. | Jeroen Tijisma PWC Buitenpost | 1:54.07 9503655 | 1:28.09 |
| 7. | Niels Koopman De Forel | 1:31.23 9701867 | 1:31.56 |

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Programmanr. 9 Dames, 200m schoolslag alg. leeftijdsgroep
13-02-2010 - 18:30 Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|-----------------------------------|-----------------|-------|---------|---------|---------|
| 1. | Amber Bosch F.Z.C.'54 | 3:13.72 9703368 | 44.50 | 1:35.49 | 2:26.20 | 3:12.88 |
| 2. | Femke Hemstra SG Middelse-Skelp | 3:12.84 9305466 | 43.61 | 1:32.25 | 2:23.48 | 3:14.88 |
| 3. | Sieta Ludema PWC Buitenpost | 3:24.92 9500436 | 43.18 | 1:34.27 | 2:26.22 | 3:16.70 |
| 4. | Ita Visser SG. Bolsward-Workum | 3:14.82 9601444 | 45.02 | 1:37.47 | 2:31.81 | 3:19.87 |
| 5. | G. van Berge Henegouwe De Vikings | NT 9400858 | 47.13 | 1:39.94 | 2:36.23 | 3:31.87 |
| 6. | Nienke Postma zv Orca | 3:42.93 9801096 | 48.01 | 1:43.44 | 2:38.85 | 3:33.01 |
| 7. | Rianne Weggemans ZCNF '34 | 3:28.11 9703306 | 47.37 | 1:42.19 | 2:39.10 | 3:33.36 |
| DIS | Pien Dijkhuis ZCM '86 | 3:33.57 9800862 | 47.38 | 1:43.88 | 2:42.02 | 3:37.40 |

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

Programmanr. 10 Heren, 200m schoolslag alg. leeftijdsgroep
13-02-2010 - 18:35 Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|-------------------------------------|-----------------|-------|---------|---------|---------|
| 1. | Kelvin Bergsma Dedemsvaart-AC | 2:42.29 8602133 | 34.34 | 1:15.40 | 1:59.36 | 2:44.63 |
| 2. | Marcel de Groot SG. Bolsward-Workum | 3:05.61 9601523 | 38.73 | 1:24.91 | 2:14.77 | 3:02.66 |
| 3. | Jonne Westenberg De Forel | 3:28.78 9601695 | 48.93 | 1:44.62 | 2:44.69 | 3:46.97 |

Programmanr. 11 Heren, 400m vrije slag alg. leeftijdsgroep
13-02-2010 - 18:55 Resultaten

| Rang | | In.tijd | Tijd |
|------|----------------------------|-----------------------------|-----------------------------|
| 1. | Hendrik Ben v/d Boon ZPD | 4:38.33 | 8804761 4:41.52 |
| | 50m: 1:05.04 100m: 1:05.04 | 150m: 2:17.14 200m: 2:17.14 | 250m: 3:30.15 300m: 3:30.15 |
| | | | 350m: 4:41.52 400m: 4:41.52 |
| 2. | Jelmer Postma zv Orca | 5:42.48 | 9701631 5:22.36 |
| | 50m: 1:17.14 100m: 1:17.14 | 150m: 2:40.11 200m: 2:40.11 | 250m: 4:03.94 300m: 4:03.94 |
| | | | 350m: 5:22.36 400m: 5:22.36 |

Programmanr. 12 Dames, 400m vrije slag alg. leeftijdsgroep
13-02-2010 - 19:00 Resultaten

| Rang | | In.tijd | Tijd |
|------|--------------------------------------|---|---|
| 1. | Annemiek Halma De Vikings | 7:23.08 | 9702884 5:26.91 |
| | 50m: 36.61 36.61 100m: 1:18.43 41.82 | 150m: 2:00.37 41.94 200m: 2:41.89 41.52 | 250m: 3:23.90 42.01 300m: 4:06.20 42.30 |
| | | | 350m: 4:48.10 41.90 400m: 5:26.91 38.81 |
| 2. | Joyce Bakker De Forel | 5:28.51 | 9600522 5:28.44 |
| | 50m: 35.18 35.18 100m: 1:15.41 40.23 | 150m: 1:57.26 41.85 200m: 2:39.76 42.50 | 250m: 3:22.54 42.78 300m: 4:05.70 43.16 |
| | | | 350m: 4:48.52 42.82 400m: 5:28.44 39.92 |
| 3. | Aldith Pasveer zv Orca | 6:17.54 | 9701398 5:32.70 |
| | 50m: 36.94 36.94 100m: 1:18.81 41.87 | 150m: 2:00.82 42.01 200m: 2:43.34 42.52 | 250m: 3:25.06 41.72 300m: 4:08.98 43.92 |
| | | | 350m: 4:52.13 43.15 400m: 5:32.70 40.57 |
| 4. | Thea Baas PWC Buitenpost | 5:33.76 | 9501388 5:40.92 |
| | 50m: 35.96 35.96 100m: 1:17.83 41.87 | 150m: 2:00.63 42.80 200m: 2:43.59 42.96 | 250m: 3:27.87 44.28 300m: 4:12.66 44.79 |
| | | | 350m: 4:58.74 46.08 400m: 5:40.92 42.18 |
| 5. | Hanny van Dijk zv Orca | 6:30.41 | 9804514 5:45.31 |
| | 50m: 39.86 39.86 100m: 1:24.34 44.48 | 150m: 2:09.12 44.78 200m: 2:53.93 44.81 | 250m: 3:39.27 45.34 300m: 4:23.00 43.73 |
| | | | 350m: 5:08.12 45.12 400m: 5:45.31 37.19 |

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Programmanr. 12, Dames, 400m vrije slag, alg. leeftijdsgroep

| Rang | | | | | | | | | In.tijd | | Tijd | |
|------|--|---------|----------|-------|---------|-------|---------|---------|---------|----------------|---------|-------|
| 6. | Elsje de Vries | | ZCNF '34 | | | | 5:43.75 | | 9302676 | 5:50.21 | | |
| | 50m: | 38.74 | 38.74 | 150m: | 2:06.53 | 44.31 | 250m: | 3:37.27 | 45.74 | 350m: | 5:08.46 | 45.21 |
| | 100m: | 1:22.22 | 43.48 | 200m: | 2:51.53 | 45.00 | 300m: | 4:23.25 | 45.98 | 400m: | 5:50.21 | 41.75 |
| 7. | Danielle Trippenzee | | zv Orca | | | | 6:28.71 | | 9802146 | 6:06.80 | | |
| | 50m: | 40.86 | 40.86 | 150m: | 2:15.51 | 47.39 | 250m: | 3:51.51 | 48.62 | 350m: | 5:24.70 | 46.83 |
| | 100m: | 1:28.12 | 47.26 | 200m: | 3:02.89 | 47.38 | 300m: | 4:37.87 | 46.36 | 400m: | 6:06.80 | 42.10 |
| DIS | Kira Savannah Stavorinus | | ZPD | | | | NT | | 9704122 | | | |
| | <i>AA - Te vroeg weg of bewogen bij start.</i> | | | | | | | | | | | |
| | 50m: | 40.35 | 40.35 | 150m: | 2:10.22 | 45.21 | 250m: | 3:43.05 | 47.11 | 350m: | 5:18.43 | 47.94 |
| | 100m: | 1:25.01 | 44.66 | 200m: | 2:55.94 | 45.72 | 300m: | 4:30.49 | 47.44 | 400m: | | |

Programmanr. 13
13-02-2010 - 19:15

Heren, 200m vlinderslag

alg. leeftijdsgroep
Resultaten

| Rang | | | | | | | | | In.tijd | 50m | 100m | 150m | 200m | |
|---------------------------------------|--|--|--|--|--|--|--|--|---------|-----|------|------|------|--|
| Programmanr. 14 13-02-2010 - 19:15 | | | | | | | | | | | | | | |
| Dames, 200m vlinderslag | | | | | | | | | | | | | | |
| alg. leeftijdsgroep Resultaten | | | | | | | | | | | | | | |

| Rang | | | | | | | | | In.tijd | 50m | 100m | 150m | 200m |
|------|-------------|--|----------------|--|--|--|---------|--|---------|-------|---------|---------|---------|
| 1. | Ellen Jager | | PWC Buitenpost | | | | 3:17.86 | | 9801384 | 43.03 | 1:32.71 | 2:23.48 | 3:09.98 |

Programmanr. 15
13-02-2010 - 19:20

Heren, 100m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | | | | | | | | In.tijd | Tijd | | |
|------|------------------|--|----------------|--|--|--|---------|--|---------|----------------|--|--|
| 1. | Sander Zoer | | Dedemsvaart-AC | | | | 1:10.07 | | 8302447 | 1:03.24 | | |
| 2. | Bram Romkes | | Dedemsvaart-AC | | | | 1:05.06 | | 8602595 | 1:05.84 | | |
| 3. | Myrdin Willemse | | zv Orca | | | | 1:17.52 | | 9500951 | 1:11.50 | | |
| 4. | Raoul Bergsma | | Dedemsvaart-AC | | | | 1:12.95 | | 9400603 | 1:14.11 | | |
| 5. | Joey Nijboer | | Dedemsvaart-AC | | | | 1:21.29 | | 9504659 | 1:15.37 | | |
| 6. | Stuart Vis | | zv Orca | | | | 1:22.42 | | 9702991 | 1:18.49 | | |
| 7. | Rick Halma | | De Vikings | | | | 1:24.22 | | 9505121 | 1:19.73 | | |
| 8. | Axl Akkermans | | ZCNF '34 | | | | 1:18.25 | | 9301885 | 1:21.39 | | |
| 9. | Andrei Vonk | | De Forel | | | | 1:20.96 | | 9303455 | 1:22.68 | | |
| 10. | Niels Koopman | | De Forel | | | | 1:27.15 | | 9701867 | 1:24.08 | | |
| 11. | Jos Smit | | Dedemsvaart-AC | | | | 1:30.20 | | 9502693 | 1:24.37 | | |
| 12. | Jeroen Tijisma | | PWC Buitenpost | | | | 1:26.51 | | 9503655 | 1:25.08 | | |
| 13. | Jeroen Dijkhuis | | ZCM '86 | | | | 1:20.04 | | 9500909 | 1:26.26 | | |
| 14. | Harry Westers | | De Vikings | | | | 1:27.51 | | 9504869 | 1:27.67 | | |
| 15. | Dennis Rauwerda | | zv Orca | | | | 1:32.20 | | 9603517 | 1:29.89 | | |
| 16. | Jeroen Louwinger | | ZCM '86 | | | | 1:31.02 | | 9900583 | 1:31.44 | | |
| 17. | Elmo Doorn | | De Forel | | | | 1:34.22 | | 9601995 | 1:35.54 | | |

Limietwedstrijd
Leeuwarden, 13.2.2010

Programmanr. 16
13-02-2010 - 19:30

Dames, 100m rugslag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | | Tijd |
|--|-------------------|----------------|-----------------|----------------|
| 1. | Inge Menzo | Dedemsvaart-AC | 1:08.16 8802994 | 1:09.44 |
| 2. | Janine Kosse | Dedemsvaart-AC | 1:10.20 8702326 | 1:11.11 |
| 3. | Laura Boessenkool | Dedemsvaart-AC | 1:15.10 9402604 | 1:13.86 |
| 4. | Mariëtte Kosse | Dedemsvaart-AC | 1:17.23 8602066 | 1:15.82 |
| 5. | Lisa Rozema | F.Z.C.'54 | 1:15.32 9600860 | 1:16.88 |
| 6. | Joyce Mennink | Dedemsvaart-AC | 1:12.36 9601180 | 1:16.91 |
| 7. | Susan Voortman | Dedemsvaart-AC | 1:22.63 9404066 | 1:17.58 |
| 8. | Saskia Zwiers | Dedemsvaart-AC | 1:20.48 9404064 | 1:17.78 |
| 9. | Ilse van Dijk | ZCM '86 | 1:15.18 9301902 | 1:18.46 |
| 10. | Indyra Hummel | ZCNF '34 | 1:18.29 9600624 | 1:19.87 |
| 11. | Gwen Sieswerda | F.Z.C.'54 | 1:22.65 9802342 | 1:21.79 |
| 12. | Carolien Baarda | zv Orca | 1:27.16 9704060 | 1:25.38 |
| 13. | Marloes Wiekens | ZCM '86 | 1:26.07 9302970 | 1:27.03 |
| 14. | Lisanne Hassing | De Forel | 1:28.10 9702584 | 1:27.12 |
| 15. | Yolanda de Vegt | ZCNF '34 | 1:28.39 9500328 | 1:27.17 |
| 16. | Nienke Postma | zv Orca | 1:32.09 9801096 | 1:32.23 |
| 17. | Evabeth de Jong | De Vikings | 1:29.39 9506240 | 1:32.91 |
| 18. | Lieke van Dam | De Forel | 1:24.82 9500686 | 1:34.96 |
| 19. | Caroline Nauta | De Vikings | 1:35.52 9803148 | 1:36.40 |
| 20. | Laura Staal | ZCNF '34 | 1:45.18 9705388 | 1:41.87 |
| DIS | Marit Brink | ZCNF '34 | 1:28.71 9503940 | 1:29.12 |
| <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | |
| DIS | Pien Dijkhuis | ZCM '86 | 1:42.31 9800862 | 1:44.04 |
| <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | |

Programmanr. 17
13-02-2010 - 19:35

Heren, 200m vrije slag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m | |
|------|-----------------|---------------------|-----------------|-------|---------|---------|---------|
| 1. | Jesper Kloek | Dedemsvaart-AC | 2:07.30 9001585 | 29.84 | 1:03.91 | 1:38.93 | 2:13.30 |
| 2. | Pim Teunis | Dedemsvaart-AC | 2:27.70 9504457 | 33.01 | 1:09.67 | 1:46.93 | 2:22.67 |
| 3. | Cor Sytsma | SG. Bolsward-Workum | 2:21.98 9503385 | 31.77 | 1:07.97 | 1:46.84 | 2:22.91 |
| 4. | Mathijs Mulder | De Forel | 2:27.98 9700071 | 33.84 | 1:11.15 | 1:49.84 | 2:26.45 |
| 5. | Sven Doldersum | Dedemsvaart-AC | 2:31.63 9500457 | 33.45 | 1:11.64 | 1:51.23 | 2:26.76 |
| 6. | Marcel de Groot | SG. Bolsward-Workum | 2:47.03 9601523 | 33.97 | 1:12.36 | 1:52.44 | 2:32.21 |
| 7. | Jens Kuitert | zv Orca | 2:25.21 9603891 | 35.45 | 1:14.94 | 1:55.89 | 2:35.18 |
| 8. | Lars Roelofs | De Forel | 2:35.52 9602667 | 34.29 | 1:13.63 | 1:55.57 | 2:35.52 |
| 9. | Patrick de Roos | ZPD | 2:51.62 9702671 | 37.41 | 1:20.75 | 2:05.20 | 2:49.40 |
| 10. | Danny Damhuis | De Forel | 3:03.34 9600623 | 41.12 | 1:30.40 | 2:22.13 | 3:11.43 |

Programmanr. 18
13-02-2010 - 19:45

Dames, 200m vrije slag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m | |
|------|-------------------|----------------|-----------------|-------|---------|---------|---------|
| 1. | Kim Heerdink | Dedemsvaart-AC | 2:15.80 9001386 | 32.49 | 1:07.55 | 1:43.18 | 2:16.95 |
| 2. | Saskia Bergsma | ZCNF '34 | 2:14.44 9301686 | 31.94 | 1:06.78 | 1:42.40 | 2:19.09 |
| 3. | Maike van Veen | Dedemsvaart-AC | 2:32.06 9700292 | 32.66 | 1:08.85 | 1:45.97 | 2:21.68 |
| 4. | Stéphanie Bergsma | Dedemsvaart-AC | 2:20.55 9203374 | 32.81 | 1:09.44 | 1:47.35 | 2:25.29 |
| 5. | Lynde Hans | Dedemsvaart-AC | 2:25.16 9402606 | 34.08 | 1:12.33 | 1:51.56 | 2:29.23 |
| 6. | Rixt-Nynke Baron | F.Z.C.'54 | 2:31.57 9601896 | 34.12 | 1:13.74 | 1:54.11 | 2:31.31 |

Limietwedstrijd
Leeuwarden, 13.2.2010

Programmanr. 18, Dames, 200m vrije slag, alg. leeftijdsgroep

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|-------------------------------------|-----------------|-------|---------|---------|---------|
| 7. | Beau de Bruijn Dedemsvaart-AC | 2:35.25 9400608 | 34.63 | 1:12.12 | 1:52.08 | 2:31.36 |
| 8. | Amber IJzebrink Dedemsvaart-AC | 2:52.16 9602258 | 34.57 | 1:13.71 | 1:53.90 | 2:31.96 |
| 9. | Rixt de Vos zv Orca | 2:36.08 9108302 | 35.56 | 1:15.28 | 1:57.22 | 2:36.72 |
| 10. | Saskia Kruijer ZCM '86 | 2:27.65 9204274 | 35.98 | 1:16.52 | 1:57.18 | 2:37.45 |
| 11. | Nikki Jepkema zv Orca | 2:46.78 9505956 | 37.86 | 1:20.60 | 2:02.76 | 2:41.43 |
| 12. | Joyce Postma SG. Bolsward-Workum | 2:41.09 9402098 | 36.45 | 1:17.22 | 2:00.65 | 2:43.48 |
| 13. | Wendy van Cleef zv Orca | 3:02.18 9802760 | 39.53 | 1:26.63 | 2:15.92 | 2:59.82 |

Programmanr. 19
13-02-2010 - 19:55

Heren, 100m schoolslag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | Tijd |
|------|--|-----------------|----------------|
| 1. | Kelvin Bergsma Dedemsvaart-AC | 1:14.36 8602133 | 1:13.56 |
| 2. | Harm Lemstra De Vikings | 1:17.50 9305009 | 1:17.45 |
| 3. | Mike Kroneman Dedemsvaart-AC | 1:25.45 9405063 | 1:25.39 |
| 4. | Jouke Minze Benedictus PWC Buitenpost | 1:27.51 9401149 | 1:28.24 |
| 5. | Allard Veenstra ZCNF '34 | 1:24.46 9703453 | 1:28.55 |
| 6. | Davey Hoving ZCM '86 | 1:30.14 9400967 | 1:31.13 |
| 7. | Hielke Twijnstra De Vikings | 1:31.64 9505291 | 1:32.41 |
| 8. | Arjan Francken Dedemsvaart-AC | 1:33.82 9402503 | 1:34.74 |
| 9. | Daniel Borghardt zv Orca | 1:38.08 9700973 | 1:38.41 |
| 10. | Jurriën Wermink ZCNF '34 | 1:49.83 9700041 | 1:47.03 |
| DIS | Ingmar Kloek Dedemsvaart-AC | 1:18.39 9305409 | |

AA - Te vroeg weg of bewogen bij start.

Programmanr. 20
13-02-2010 - 20:00

Dames, 100m schoolslag

alg. leeftijdsgroep
Resultaten

| Rang | | In.tijd | Tijd |
|------|---|-----------------|----------------|
| 1. | Joyce Duurken zv Orca | 1:16.23 9205938 | 1:21.73 |
| 2. | Johanna de Boer ZPD | 1:24.02 9403944 | 1:24.08 |
| 3. | Willeke Jonkman ZCNF '34 | 1:28.07 9604304 | 1:26.76 |
| 4. | Sieta Ludema PWC Buitenpost | 1:28.45 9500436 | 1:27.86 |
| 5. | Juliët Aalderink Dedemsvaart-AC | 1:30.08 9505586 | 1:31.83 |
| 6. | Winnie de Vries ZCNF '34 | 1:34.94 9601456 | 1:32.01 |
| 7. | José Snoek SG Middelse-Skelp | 1:36.02 9606050 | 1:32.56 |
| 8. | Marije Dankelman Dedemsvaart-AC | 1:35.34 9701502 | 1:35.61 |
| 9. | Merel Weysenfeld De Vikings | 1:34.26 9404110 | 1:36.81 |
| 10. | Guyonne van Berge Henegouwe De Vikings | 1:34.73 9400858 | 1:36.90 |
| 11. | Willeke Willems ZCNF '34 | 1:39.04 9600232 | 1:38.50 |
| 12. | Rianne Weggemans ZCNF '34 | 1:39.47 9703306 | 1:38.74 |
| 13. | Esmee Verhoef zv Orca | 1:41.97 9603802 | 1:40.26 |
| 14. | Nadine Smits zv Orca | 1:44.50 9801098 | 1:43.55 |
| 15. | Arianne Jonkman ZCNF '34 | 1:34.32 9801590 | 1:48.86 |
| 16. | Lara de Zeeuw zv Orca | 1:45.94 9802144 | 1:51.20 |