

Programmanr. 1
29-11-2014

Heren, 200m vrije slag

12 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Thomas Kappe <i>handgeklokt</i>	ZPC Hoozeveen	199805141	2:01.97	2:00.65	+0,92			
	50m: 28.09	28.09	100m: 59.63	31.54	150m: 1:30.60	30.97	200m: 2:00.65	30.05	
2.	Lars Ruessink <i>handgeklokt</i>	Octopus	199800271	2:02.50	2:01.37	+0,87			
	50m: 27.79	27.79	100m: 59.06	31.27	150m: 1:30.58	31.52	200m: 2:01.37	30.79	
3.	Jari Hofsink <i>handgeklokt</i>	Deltasteur	199700535	2:04.25	2:01.42	+0,91			
	100m: 58.95	58.95	150m: 1:30.74	31.79	200m: 2:01.42	30.68			
4.	Stijn Buurman <i>handgeklokt</i>	Nova	199700337	2:02.78	2:01.85	+0,83			
	50m: 27.91	27.91	100m: 59.15	31.24	150m: 1:31.01	31.86	200m: 2:01.85	30.84	
5.	David Kuipers <i>handgeklokt</i>	Orca	200003633	2:05.53	2:02.48	+0,72			
	50m: 28.19	28.19	100m: 58.97	30.78	150m: 1:31.07	32.10	200m: 2:02.48	31.41	
6.	Bart Weiland <i>handgeklokt</i>	Orca	199700777	2:05.60	2:04.10				
	50m: 28.82	28.82	100m: 1:01.22	32.40	150m: 1:33.17	31.95	200m: 2:04.10	30.93	
7.	Darryl Lubbinge <i>handgeklokt</i>	ZPC Hoozeveen	199701045	2:08.17	2:04.79	+0,78			
	50m: 27.76	27.76	100m: 1:00.02	32.26	150m: 1:31.76	31.74	200m: 2:04.79	33.03	
8.	Bas Takken <i>handgeklokt</i>	Zwemvereniging Hoorn	199901643	2:09.28	2:06.14	+0,87			
	50m: 29.18	29.18	100m: 1:02.02	32.84	150m: 1:34.67	32.65	200m: 2:06.14	31.47	
9.	Niels Wiersema <i>handgeklokt</i>	Nova	199703221	2:03.11	2:08.02				
	50m: 28.30	28.30	100m: 1:00.73	32.43	150m: 1:34.02	33.29	200m: 2:08.02	34.00	
10.	Jildert Prins <i>handgeklokt</i>	F.Z.C.'54	198902509	2:06.07	2:08.50				
	50m: 27.21	27.21	100m: 58.78	31.57	150m: 1:33.23	34.45	200m: 2:08.50	35.27	
11.	Stan Ruessink <i>handgeklokt</i>	Octopus	199700829	2:08.98	2:09.71	+0,85			
	50m: 28.37	28.37	100m: 1:00.78	32.41	150m: 1:34.77	33.99	200m: 2:09.71	34.94	
12.	Koendert Kellner <i>handgeklokt</i>	DZ&PC	200000237	2:13.44	2:11.58	+0,77			
	50m: 30.42	30.42	100m: 1:04.13	33.71	150m: 1:38.47	34.34	200m: 2:11.58	33.11	
13.	Pieter Jelke Koops <i>handgeklokt</i>	Nova	199700339	2:12.10	2:11.88	+0,84			
	50m: 28.73	28.73	100m: 1:01.66	32.93	150m: 1:37.15	35.49	200m: 2:11.88	34.73	
14.	Arjan Dekker <i>handgeklokt</i>	TriVia	200000499	2:13.96	2:12.09	+0,75			
	50m: 29.47	29.47	100m: 1:03.31	33.84	150m: 1:38.33	35.02	200m: 2:12.09	33.76	

Programmanr. 1, Heren, 200m vrije slag, 12 jaar en ouder

Rang							In.tijd	Tijd	RT
15.	Junior de Bruin <i>handgeklokt</i>	ZPC Hoogeveen	200000839				2:13.76	2:12.35	+0,78
	50m: 30.09 30.09	100m: 1:03.67 33.58	150m: 1:38.02 34.35	200m: 2:12.35 34.33					
16.	Roy Potze <i>I handgeklokt</i>	GZVW	199702457				2:15.89	2:12.80	+0,83
	50m: 29.74 29.74	100m: 1:03.43 33.69	150m: 1:38.38 34.95	200m: 2:12.80 34.42					
	Bas Kost <i>II handgeklokt</i>	ZPC Hoogeveen	200000419				2:15.65	2:12.80	+0,79
	50m: 29.76 29.76	100m: 1:03.00 33.24	150m: 1:37.77 34.77	200m: 2:12.80 35.03					
18.	Jeroen Louwinger <i>handgeklokt</i>	Nova	199900583				2:13.35	2:14.90	+0,63
	50m: 29.38 29.38	100m: 1:03.60 34.22	150m: 1:39.49 35.89	200m: 2:14.90 35.41					
19.	Hugo Jan Bosscher <i>handgeklokt</i>	Orca	200000185				2:18.91	2:16.05	+0,75
	50m: 30.71 30.71	100m: 1:05.55 34.84	150m: 1:41.08 35.53	200m: 2:16.05 34.97					
20.	Owen Peeks <i>handgeklokt</i>	ZPC Hoogeveen	200100765				2:21.52	2:16.65	
	50m: 31.98 31.98	100m: 1:06.60 34.62	150m: 1:42.38 35.78	200m: 2:16.65 34.27					
21.	Lennard Dussel <i>handgeklokt</i>	DZ&PC	200100911				2:26.86	2:16.92	+0,82
	50m: 31.36 31.36	100m: 1:06.82 35.46	150m: 1:42.44 35.62	200m: 2:16.92 34.48					
22.	Coen de Lang <i>handgeklokt</i>	ZPC Hoogeveen	200100067				2:22.17	2:18.37	+0,89
	50m: 31.51 31.51	100m: 1:06.50 34.99	150m: 1:42.49 35.99	200m: 2:18.37 35.88					
23.	Werner Veltman <i>handgeklokt</i>	Avena	199803417				2:21.43	2:19.32	+0,87
	50m: 31.00 31.00	100m: 1:06.42 35.42	150m: 1:43.53 37.11	200m: 2:19.32 35.79					
24.	Jelle Opmeer <i>handgeklokt</i>	Octopus	200100269				2:27.24	2:22.48	+0,75
	50m: 31.52 31.52	100m: 1:07.50 35.98	150m: 1:45.38 37.88	200m: 2:22.48 37.10					
25.	Ruth Vahl <i>handgeklokt</i>	Deltasteur	200101087				2:36.95	2:26.11	
	50m: 32.72 32.72	100m: 1:10.17 37.45	150m: 1:48.14 37.97	200m: 2:26.11 37.97					
26.	Olaf Jan Bosscher <i>handgeklokt</i>	Orca	200200037				2:52.58	2:34.87	
	50m: 35.87 35.87	100m: 1:15.43 39.56	150m: 1:55.98 40.55	200m: 2:34.87 38.89					
27.	Allard Sieperda <i>handgeklokt</i>	SG. Bolsward-Workum	200101365				2:39.06	2:40.47	
	50m: 36.40 36.40	100m: 1:18.07 41.67	150m: 2:00.67 42.60	200m: 2:40.47 39.80					
28.	Lars Arends <i>handgeklokt</i>	TriVia	200204101				NT	2:40.76	
	50m: 34.67 34.67	100m: 1:16.17 41.50	150m: 1:59.44 43.27	200m: 2:40.76 41.32					
AFGEM	Bart Muselaers	Octopus	200100865				2:34.29		

Programmanr. 2
29-11-2014

Dames, 200m vrije slag

11 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Naomi Hofsink	Deltasteur	199402508	2:12.46	2:13.11	+0,91			
	50m: 29.76	29.76	100m: 1:03.12	33.36	150m: 1:38.05	34.93	200m: 2:13.11	35.06	
2.	Simone Krans	ZPC Hoogeveen	199900756	2:12.72	2:13.45	+0,83			
	50m: 31.36	31.36	100m: 1:05.22	33.86	150m: 1:39.63	34.41	200m: 2:13.45	33.82	
3.	Myrna van Duijven	DZ&PC	199900252	2:13.54	2:15.54	+0,61			
	50m: 31.27	31.27	100m: 1:05.95	34.68	150m: 1:41.46	35.51	200m: 2:15.54	34.08	
4.	Tialda Prins	Eemsrobber	199801310	2:15.46	2:16.00	+0,75			
	50m: 31.65	31.65	100m: 1:06.20	34.55	150m: 1:40.81	34.61	200m: 2:16.00	35.19	
5.	Jill Blide	ZPC Hoogeveen	200004734	2:20.48	2:16.17	+0,93			
	50m: 30.64	30.64	100m: 1:04.94	34.30	150m: 1:40.48	35.54	200m: 2:16.17	35.69	
6.	Eva Willebrands	Orca	200101510	2:16.94	2:17.24	+1,05			
	50m: 32.08	32.08	100m: 1:07.14	35.06	150m: 1:42.74	35.60	200m: 2:17.24	34.50	
7.	Tessa Kooi	Nova	200201386	2:19.96	2:17.78	+0,95			
	50m: 31.59	31.59	100m: 1:06.35	34.76	150m: 1:42.74	36.39	200m: 2:17.78	35.04	
8.	Daphne van het Ende	Octopus	199904164	2:18.18	2:17.96	+0,91			
	50m: 31.85	31.85	100m: 1:06.64	34.79	150m: 1:42.54	35.90	200m: 2:17.96	35.42	
9.	Carmen ter Weele	Octopus	199800384	2:15.45	2:17.97	+0,84			
	50m: 31.24	31.24	100m: 1:05.80	34.56	150m: 1:42.03	36.23	200m: 2:17.97	35.94	
10.	Anouschka Steenberg	ZPC Hoogeveen	200000280	2:20.53	2:17.99	+0,80			
	50m: 32.34	32.34	100m: 1:07.52	35.18	150m: 1:42.65	35.13	200m: 2:17.99	35.34	
11.	Floor Gerritsma	TriVia	200002464	2:19.30	2:18.10	+0,73			
	50m: 30.27	30.27	100m: 1:05.14	34.87	150m: 1:42.09	36.95	200m: 2:18.10	36.01	
12.	Esra Erer	TriVia	200002858	2:24.83	2:18.67	+0,77			
	50m: 31.75	31.75	100m: 1:07.15	35.40	150m: 1:42.97	35.82	200m: 2:18.67	35.70	
13.	Sigrit Aarten	Deltasteur	199302868	2:17.77	2:20.65	+1,04			
	50m: 31.31	31.31	100m: 1:06.07	34.76	150m: 1:42.75	36.68	200m: 2:20.65	37.90	
14.	Isaa Ebbinge	DZ&PC	200001314	2:19.69	2:22.03	+0,63			
	50m: 32.92	32.92	100m: 1:10.10	37.18	150m: 1:46.66	36.56	200m: 2:22.03	35.37	
15.	Janneke Weiland	Orca	200100128	2:24.44	2:22.25				
	50m: 32.34	32.34	100m: 1:08.03	35.69	150m: 1:45.02	36.99	200m: 2:22.25	37.23	
16.	Isabeau Essing	TriVia	200201284	2:25.19	2:22.43	+0,89			
	50m: 32.21	32.21	100m: 1:09.08	36.87	150m: 1:46.77	37.69	200m: 2:22.43	35.66	
17.	Janny Groos	DZ&PC	200000740	2:27.77	2:22.98	+0,78			
	50m: 32.95	32.95	100m: 1:09.14	36.19	150m: 1:46.22	37.08	200m: 2:22.98	36.76	
18.	Paulien Wesseling	ZPC Hoogeveen	200102038	2:24.57	2:23.28	+0,87			
	50m: 31.60	31.60	100m: 1:07.14	35.54	150m: 1:45.59	38.45	200m: 2:23.28	37.69	
19.	Kyra Wooldrik	ZPC Hoogeveen	200101042	2:26.53	2:25.25				
	50m: 32.06	32.06	100m: 1:09.05	36.99	150m: 1:47.86	38.81	200m: 2:25.25	37.39	
20.	Inge Dekker	TriVia	200200476	2:31.69	2:25.43	+0,85			
	50m: 34.00	34.00	100m: 1:12.06	38.06	150m: 1:49.94	37.88	200m: 2:25.43	35.49	

Programmanr. 2, Dames, 200m vrije slag, 11 jaar en ouder

Rang							In.tijd	Tijd	RT
21.	Fleur Vialle	Nova	200100554	2:27.19	2:25.44	+0,94			
	<i>handgeklokt</i>								
	50m: 31.59	31.59	100m: 1:08.79	37.20	150m: 1:48.37	39.58	200m: 2:25.44	37.07	
22.	Yara van Kalmthout	Nova	200200984	2:28.31	2:27.68	+0,96			
	50m: 33.14	33.14	100m: 1:11.11	37.97	150m: 1:50.05	38.94	200m: 2:27.68	37.63	
23.	Marije Sweering	Neptunia '24	200101228	2:26.84	2:27.98	+0,80			
	50m: 33.97	33.97	100m: 1:11.50	37.53	150m: 1:50.06	38.56	200m: 2:27.98	37.92	
24.	Elka Siesling	SG. Bolsward-Workum	200100566	2:38.05	2:29.15	+0,87			
	50m: 33.13	33.13	100m: 1:11.38	38.25	150m: 1:50.95	39.57	200m: 2:29.15	38.20	
25.	Froukje Osinga	Orca	200003090	2:31.03	2:29.27	+0,82			
	50m: 34.35	34.35	100m: 1:12.21	37.86	150m: 1:50.78	38.57	200m: 2:29.27	38.49	
26.	Myrthe Visser	Orca	200002340	2:37.55	2:31.98	+0,65			
	50m: 35.03	35.03	100m: 1:13.17	38.14	150m: 1:52.59	39.42	200m: 2:31.98	39.39	
27.	Nora Veenstra	SG. Bolsward-Workum	199901446	2:41.23	2:32.04	+0,85			
	50m: 33.66	33.66	100m: 1:11.23	37.57	150m: 1:51.54	40.31	200m: 2:32.04	40.50	
28.	Suze Kuipers	Orca	200301714	2:52.41	2:34.58				
	50m: 34.91	34.91	150m: 1:54.55	1:19.64	200m: 2:34.58	40.03			
29.	Christine Berenschot	SG. Bolsward-Workum	199901684	2:36.19	2:34.87	+0,89			
	50m: 34.86	34.86	100m: 1:13.59	38.73	150m: 1:54.14	40.55	200m: 2:34.87	40.73	
30.	Michelle Heddema	DZ&PC	200002530	2:38.08	2:36.28	+0,92			
	50m: 35.65	35.65	100m: 1:15.71	40.06	150m: 1:57.09	41.38	200m: 2:36.28	39.19	
31.	Corrien Tolsma	SG. Bolsward-Workum	200201904	2:40.43	2:37.43	+0,93			
	50m: 35.89	35.89	100m: 1:16.14	40.25	150m: 1:57.39	41.25	200m: 2:37.43	40.04	
32.	Lot Burgstra	TriVia	200103294	2:46.42	2:37.86	+0,49			
	50m: 37.11	37.11	100m: 1:17.74	40.63	150m: 1:57.98	40.24	200m: 2:37.86	39.88	
33.	Mirthe Schenkel	ZPC Hoogeveen	200300666	2:49.08	2:39.13	+0,83			
	50m: 35.33	35.33	100m: 1:15.12	39.79	150m: 1:56.88	41.76	200m: 2:39.13	42.25	
34.	Manon Swierts	ZPC Hoogeveen	200203034	2:58.03	2:40.05				
	<i>handgeklokt</i>								
	50m: 34.70	34.70	100m: 1:15.52	40.82	150m: 1:57.69	42.17	200m: 2:40.05	42.36	
35.	Masha Polushkina	TriVia	200203064	2:45.84	2:40.22				
	50m: 36.27	36.27	100m: 1:16.96	40.69	150m: 2:00.00	43.04	200m: 2:40.22	40.22	
36.	Sarissa Bakker	TriVia	199903918	2:44.57	2:41.81	+0,99			
	50m: 36.24	36.24	100m: 1:17.74	41.50	150m: 2:00.87	43.13	200m: 2:41.81	40.94	
37.	Olena Dijkstra	TriVia	200202624	2:45.45	2:44.71	+0,88			
	50m: 34.69	34.69	100m: 1:15.96	41.27	150m: 2:00.79	44.83	200m: 2:44.71	43.92	
38.	Ilana Striezenau	Bubble	200004732	2:39.39	2:44.86	+0,68			
	100m: 1:16.07	1:16.07	200m: 2:44.86	1:28.79					
39.	Sanne Noord	DZ&PC	200101872	2:57.09	2:46.59				
	<i>handgeklokt</i>								
	50m: 39.40	39.40	100m: 1:22.82	43.42	150m: 2:06.39	43.57	200m: 2:46.59	40.20	
40.	Tessa Maat	Deltasteur	200201826	3:17.13	2:50.47				
	<i>handgeklokt</i>								
	50m: 38.13	38.13	100m: 1:22.09	43.96	150m: 2:07.22	45.13	200m: 2:50.47	43.25	

Programmanr. 2, Dames, 200m vrije slag, 11 jaar en ouder

Rang							In.tijd	Tijd	RT
41.	Myrthe Idema	TriVia				200303240	NT	2:51.44	
	<i>handgeklokt</i>								
	50m: 38.46	38.46	100m: 1:22.27	43.81	150m: 2:07.90	45.63	200m: 2:51.44	43.54	
42.	Esmee van der Tweel	Deltasteur				200202870	3:01.70	2:52.98	
	<i>handgeklokt</i>								
	50m: 38.53	38.53	100m: 1:22.94	44.41	150m: 2:09.53	46.59	200m: 2:52.98	43.45	
43.	Chantal Tiesinga	TriVia				200302452	2:54.99	2:53.24	+0,62
	50m: 38.17	38.17	100m: 1:21.49	43.32	150m: 2:07.19	45.70	200m: 2:53.24	46.05	
44.	Rozemarijn van der Brugge	SG. Bolsward-Workum				200104320	2:59.43	2:54.17	
	<i>handgeklokt</i>								
	50m: 39.05	39.05	100m: 1:23.74	44.69	150m: 2:10.35	46.61	200m: 2:54.17	43.82	
AFGEM	Nynke Klokman	DZ&PC				199801424	2:13.68		
AFGEM	Monique van der Struik	DZ&PC				199502502	2:04.76		

Programmanr. 3
29-11-2014

Heren, 100m rugslag

12 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Erik Nijholt	DZ&PC				199401349	59.94	59.24	+0,75
	*								
	50m: 28.87	28.87	100m: 59.24	30.37					
2.	Jan Willem Veldman	ZPCA				199800277	1:02.94	1:02.21	+0,68
	50m: 29.85	29.85	100m: 1:02.21	32.36					
3.	Wouter de Lang	ZPC Hoogeveen				199801147	1:02.76	1:02.92	+0,76
	50m: 30.04	30.04	100m: 1:02.92	32.88					
4.	Beeke Beeksma	TriVia				199801537	1:04.81	1:05.47	+0,80
	50m: 30.77	30.77	100m: 1:05.47	34.70					
5.	Maik Huser	ZPC Hoogeveen				199900265	1:10.11	1:08.49	+0,75
	50m: 33.36	33.36	100m: 1:08.49	35.13					
6.	Sjoerd de Jong	Avena				199903907	1:14.92	1:12.47	+1,00
	50m: 35.91	35.91	100m: 1:12.47	36.56					
7.	Thomas Hamstra	Orca				200001693	1:11.16	1:12.89	+0,66
	50m: 35.71	35.71	100m: 1:12.89	37.18					
8.	Raoul Witten	ZPC Hoogeveen				200200231	1:13.66	1:13.03	
	50m: 35.96	35.96	100m: 1:13.03	37.07					
9.	Wesley Kuiper	Orca				200100889	1:15.53	1:14.84	
	50m: 37.21	37.21	100m: 1:14.84	37.63					
10.	Jasper Zuidema	SG. Bolsward-Workum				200004409	1:18.92	1:16.37	+0,91
	50m: 37.32	37.32	100m: 1:16.37	39.05					
11.	Jarno Ottens	Eemsrobber				200000273	1:15.80	1:18.37	+0,69
	50m: 38.55	38.55	100m: 1:18.37	39.82					
12.	Remco Witteveen	Orca				199902535	1:17.06	1:18.68	+0,71
13.	Mees Niemeijer	DZ&PC				200201275	1:22.59	1:20.07	+0,72
	50m: 38.71	38.71	100m: 1:20.07	41.36					

Programmanr. 3, Heren, 100m rugslag, 12 jaar en ouder

Rang				In.tijd	Tijd	RT
14.	Edwin Struyk	Bubble	200101159	1:24.53	1:20.99	+0,77
15.	Rik Stahlie	TriVia	200201915	1:26.07	1:24.48	+0,78
16.	Dirk Jan Smit	Orca	200201503	1:30.14	1:32.19	+0,85
	*					
	50m:	44.59	44.59	100m:	1:32.19	47.60

Programmanr. 4
29-11-2014

Dames, 100m rugslag

11 jaar en ouder
Resultaten

Rang				In.tijd	Tijd	RT
1.	Brigit van der Vegte	Octopus	200000714	1:06.93	1:06.12	
	50m:	32.12	32.12	100m:	1:06.12	34.00
2.	Alinda Dingshoff	ZPC Hoogeveen	200000928	1:11.01	1:08.34	+0,74
	50m:	33.26	33.26	100m:	1:08.34	35.08
3.	Melissa Nauta	Orca	199602388	1:08.28	1:08.44	+0,86
	50m:	33.11	33.11	100m:	1:08.44	35.33
4.	Gwen Sieswerda	F.Z.C.'54	199802342	1:08.78	1:09.14	+0,64
	50m:	33.14	33.14	100m:	1:09.14	36.00
5.	Anique Coelingh	ZPC Hoogeveen	200000638	1:09.40	1:09.97	+0,71
	50m:	33.70	33.70	100m:	1:09.97	36.27
6.	Chaira Brinks	Nova	200005556	1:09.00	1:10.00	+0,75
	50m:	33.80	33.80	100m:	1:10.00	36.20
7.	Tessa Kooi	Nova	200201386	1:16.06	1:11.65	+0,89
	50m:	34.84	34.84	100m:	1:11.65	36.81
	Hinke Groos	DZ&PC	199901768	1:12.26	1:11.65	+0,85
	*					
	50m:	34.63	34.63	100m:	1:11.65	37.02
9.	Hilde Dekker	TriVia	199901926	1:10.89	1:11.70	+0,81
	50m:	34.54	34.54	100m:	1:11.70	37.16
10.	Heline Koning	SG. Bolsward-Workum	200000422	1:17.27	1:11.85	+0,81
	50m:	34.60	34.60	100m:	1:11.85	37.25
11.	Marjolein Venema	Nova	200101506	1:13.19	1:12.19	+0,80
	50m:	35.13	35.13	100m:	1:12.19	37.06
12.	Annemarie Hoving	TriVia	200000248	1:13.84	1:12.29	+0,74
	50m:	35.63	35.63	100m:	1:12.29	36.66
13.	Esther Pot	Orca	199903462	1:15.26	1:15.05	+0,68
	50m:	36.08	36.08	100m:	1:15.05	38.97
14.	Marika de Jong	Avena	200101074	1:17.68	1:15.43	
	50m:	36.51	36.51	100m:	1:15.43	38.92
15.	Irene Dotinga	Neptunia '24	199603516	1:11.36	1:16.46	+0,79
	50m:	38.18	38.18	100m:	1:16.46	38.28
16.	Jola Noya	Deltasteur	200000880	1:18.08	1:17.76	+0,80
	50m:	37.95	37.95	100m:	1:17.76	39.81

Programmanr. 4, Dames, 100m rugslag, 11 jaar en ouder

Rang					In.tijd	Tijd	RT
17.	Denice Koolman	Octopus	200200132		1:21.50	1:20.27	+0,84
	50m: 39.96	39.96	100m: 1:20.27	40.31			
18.	Ylsa Dijkstra	SG. Bolsward-Workum	200200728		1:20.59	1:20.36	
	50m: 39.23	39.23	100m: 1:20.36	41.13			
19.	Anouk Bak	TriVia	200101854		1:23.13	1:21.54	+0,78
	50m: 39.39	39.39	100m: 1:21.54	42.15			
20.	Tanja Buwalda	SG. Bolsward-Workum	200000424		1:23.55	1:21.57	+0,76
	50m: 39.03	39.03	100m: 1:21.57	42.54			
21.	Mayke Veltman	Avena	200003662		1:28.43	1:22.47	
22.	Marijine van der Veen	Orca	200300960		1:27.58	1:24.88	+0,67
	50m: 40.69	40.69	100m: 1:24.88	44.19			
23.	Lotte Dijkstra	Orca	200201152		1:32.31	1:29.34	+0,71
	50m: 43.52	43.52	100m: 1:29.34	45.82			
24.	Tove Beltman	Orca	200301618		1:33.52	1:31.76	+0,86
	50m: 44.46	44.46	100m: 1:31.76	47.30			

Programmanr. 5
29-11-2014

Heren, 200m schoolslag

12 jaar en ouder
Resultaten

Rang						In.tijd	Tijd	RT
1.	Pieter Veenstra	Orca	199307231		2:42.24	2:36.83	+0,76	
	50m: 35.23	35.23	100m: 1:14.77	39.54	150m: 1:55.80	41.03	200m: 2:36.83	41.03
2.	Rico Vroom	TriVia	199802363		2:45.38	2:42.78	+0,83	
	50m: 36.42	36.42	100m: 1:17.51	41.09	150m: 1:59.47	41.96	200m: 2:42.78	43.31
3.	Coen de Lang	ZPC Hoogeveen	200100067		2:46.80	2:44.20	+0,89	
	50m: 37.08	37.08	100m: 1:18.64	41.56	150m: 2:01.23	42.59	200m: 2:44.20	42.97
4.	Hugo Jan Bosscher	Orca	200000185		2:54.98	2:50.31		
	50m: 37.69	37.69	100m: 1:20.87	43.18	150m: 2:05.65	44.78	200m: 2:50.31	44.66
5.	Kevin van Dijk	Deltasteur	200101089		3:00.50	2:55.67	+0,83	
	50m: 39.28	39.28	100m: 1:24.28	45.00	150m: 2:10.57	46.29	200m: 2:55.67	45.10
6.	Marnix van Bottenburg	Octopus	200100479		3:12.22	3:08.46	+0,77	
	50m: 40.47	40.47	100m: 1:29.12	48.65	150m: 2:19.52	50.40	200m: 3:08.46	48.94
7.	Edwin Kanis	Deltasteur	200200505		3:27.16	3:15.73	+0,88	
	50m: 43.63	43.63	100m: 1:34.61	50.98	150m: 2:25.41	50.80	200m: 3:15.73	50.32
8.	Olaf Jan Bosscher	Orca	200200037		NT	3:27.18	+0,78	
	50m: 47.12	47.12	100m: 1:39.61	52.49	150m: 2:33.87	54.26	200m: 3:27.18	53.31

Programmanr. 6
29-11-2014

Dames, 200m schoolslag

11 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT			
1.	Lonneke Graansma	TriVia				199900936	2:46.48	2:44.78	+0,81			
	*											
	50m:	37.00	37.00	100m:	1:18.70	41.70	150m:	2:01.18	42.48	200m:	2:44.78	43.60
2.	Marieke Wildeboer	TriVia				200100016	2:44.42	2:45.94	+0,82			
	*											
	50m:	35.60	35.60	100m:	1:17.60	42.00	150m:	2:00.53	42.93	200m:	2:45.94	45.41
3.	Anouk Dijkstra	Eemsrobben				199704378	2:50.48	2:50.03	+0,85			
	50m:	37.01	37.01	100m:	1:19.53	42.52	150m:	2:04.13	44.60	200m:	2:50.03	45.90
4.	Melissa Nauta	Orca				199602388	2:47.19	2:50.31	+0,92			
	50m:	37.42	37.42	100m:	1:19.13	41.71	150m:	2:03.95	44.82	200m:	2:50.31	46.36
5.	Elma Leusink	Deltasteur				200001394	3:05.87	3:06.50	+0,84			
	50m:	41.74	41.74	100m:	1:28.88	47.14	150m:	2:17.86	48.98	200m:	3:06.50	48.64
6.	Desanka Stoppels	Eemsrobben				200101362	3:05.58	3:07.26	+0,90			
	50m:	40.90	40.90	100m:	1:27.52	46.62	150m:	2:17.10	49.58	200m:	3:07.26	50.16
7.	Mirthe Schenkel	ZPC Hoozeveen				200300666	3:07.98	3:08.30	+0,89			
	50m:	41.85	41.85	100m:	1:29.80	47.95	150m:	2:19.29	49.49	200m:	3:08.30	49.01
8.	Milou ten Koppel	Deltasteur				200302572	3:42.26	3:09.96	+0,93			
	50m:	41.98	41.98	100m:	1:32.25	50.27	150m:	2:24.41	52.16	200m:	3:09.96	45.55
9.	Noël Iris Hettinga	Neptunia '24				200002536	3:05.84	3:10.76	+0,88			
	50m:	45.12	45.12	100m:	1:33.79	48.67	150m:	2:23.61	49.82	200m:	3:10.76	47.15
10.	Femke van de Geer	SG. Bolsward-Workum				200200400	3:22.50	3:13.34	+0,98			
	50m:	43.32	43.32	100m:	1:32.66	49.34	150m:	2:23.58	50.92	200m:	3:13.34	49.76
11.	Nynke Dijkhuis	ZPCA				199903362	3:09.29	3:13.36	+1,11			
	50m:	43.74	43.74	100m:	1:32.20	48.46	150m:	2:22.46	50.26	200m:	3:13.36	50.90
12.	Iza van Veen	SG. Bolsward-Workum				200002470	3:14.20	3:18.52	+0,86			
	50m:	42.07	42.07	100m:	1:32.00	49.93	150m:	2:25.01	53.01	200m:	3:18.52	53.51
13.	Evelien de Jong	Neptunia '24				199805316	3:25.76	3:20.04	+0,67			
	50m:	44.41	44.41	100m:	1:35.67	51.26	150m:	2:28.59	52.92	200m:	3:20.04	51.45
14.	Sanne van Dijk	Deltasteur				200301908	3:51.71	3:34.71				
	50m:	49.51	49.51	100m:	1:44.21	54.70	150m:	2:40.10	55.89	200m:	3:34.71	54.61
15.	Esmee Rienstra	Neptunia '24				200205008	3:42.84	3:35.48	+0,63			
	50m:	48.81	48.81	100m:	1:43.51	54.70	150m:	2:39.94	56.43	200m:	3:35.48	55.54
16.	Myrthe Winkels	TriVia				200300212	3:33.17	3:40.42				
	50m:	51.33	51.33	100m:	1:47.22	55.89	150m:	2:45.37	58.15	200m:	3:40.42	55.05

Programmanr. 7
29-11-2014

Heren, 100m vrije slag

12 jaar en ouder
Resultaten

Rang					In.tijd	Tijd	RT
1.	Gert van t Oever	Deltasteur	198702403		53.78	54.52	+0,84
	*						
	50m:	25.74	25.74	100m:	54.52	28.78	
2.	Ardi Knol	ZPC Hoogeveen	199603447		54.52	55.84	+0,76
	50m:	25.97	25.97	100m:	55.84	29.87	
3.	Beeke Beeksma	TriVia	199801537		56.70	56.44	+0,72
	50m:	26.62	26.62	100m:	56.44	29.82	
4.	Friso van der Meulen	TriVia	199800617		55.90	57.20	+0,75
	50m:	26.96	26.96	100m:	57.20	30.24	
5.	Hendrik Broekema	Bubble	200002205		59.84	58.34	+0,87
	50m:	27.50	27.50	100m:	58.34	30.84	
6.	Bas Takken	Zwemvereniging Hoon	199901643		58.81	58.58	+0,76
	50m:	28.60	28.60	100m:	58.58	29.98	
7.	Jeroen Louwinger	Nova	199900583		1:00.44	59.65	+0,78
	50m:	28.49	28.49	100m:	59.65	31.16	
8.	Juri Dijkstra	TriVia	200002119		1:00.24	59.93	+0,80
	*						
	50m:	28.79	28.79	100m:	59.93	31.14	
9.	Bas Kost	ZPC Hoogeveen	200000419		1:01.94	59.99	+0,78
	50m:	28.83	28.83	100m:	59.99	31.16	
10.	Pieter Jelke Koops	Nova	199700339		57.96	1:00.06	+0,81
	50m:	28.40	28.40	100m:	1:00.06	31.66	
11.	Remco Witteveen	Orca	199902535		1:04.07	1:00.46	+0,73
	50m:	28.70	28.70	100m:	1:00.46	31.76	
12.	Maurice Pater	TriVia	200200909		1:02.66	1:00.63	+0,78
	50m:	29.45	29.45	100m:	1:00.63	31.18	
13.	Pepijn Rottier	TriVia	199800263		1:01.14	1:00.89	+0,89
	50m:	29.26	29.26	100m:	1:00.89	31.63	
14.	Auke Jan Ytsma	Orca	199900905		1:02.10	1:01.67	+0,84
	50m:	29.78	29.78	100m:	1:01.67	31.89	
15.	Lars Meyer	Nova	200002225		1:02.26	1:03.50	+0,93
	50m:	29.74	29.74	100m:	1:03.50	33.76	
16.	Raoul Witten	ZPC Hoogeveen	200200231		1:08.70	1:06.98	+0,66
	50m:	32.71	32.71	100m:	1:06.98	34.27	
17.	Jason van der Sloot	Neptunia '24	200004803		1:13.19	1:07.78	+0,73
	50m:	32.27	32.27	100m:	1:07.78	35.51	
18.	Wesley Kuiper	Orca	200100889		1:07.32	1:08.71	+0,80
	50m:	33.72	33.72	100m:	1:08.71	34.99	
19.	Edwin Struyk	Bubble	200101159		1:08.27	1:09.63	+0,83
	50m:	34.91	34.91	100m:	1:09.63	34.72	
20.	Timo Wijma	Orca	200103423		1:14.10	1:09.69	+0,80
	50m:	33.18	33.18	100m:	1:09.69	36.51	

Programmanr. 7, Heren, 100m vrije slag, 12 jaar en ouder

Rang						In.tijd	Tijd	RT
21.	Mike Müller	Deltasteur	200102653			1:06.39	1:10.78	+0,92
	50m: 29.82	29.82	100m: 1:10.78	40.96				
AFGEM	Joshua Knoop	TriVia	199804105			58.08		

Programmanr. 8
29-11-2014

Dames, 100m vrije slag

11 jaar en ouder
Resultaten

Rang						In.tijd	Tijd	RT
1.	Naomi Hofsink	Deltasteur	199402508			59.97	59.84	+0,87
	50m: 28.51	28.51	100m: 59.84	31.33				
2.	Renée Vanderheyden	TriVia	199903130			1:00.06	1:00.77	+0,76
	50m: 29.00	29.00	100m: 1:00.77	31.77				
3.	Anne Fleur Willemsen	ZPCA	199901396			1:02.48	1:00.95	+0,69
	50m: 29.50	29.50	100m: 1:00.95	31.45				
4.	Chaira Brinks	Nova	200005556			1:02.78	1:01.43	+0,80
	50m: 29.71	29.71	100m: 1:01.43	31.72				
5.	Simone Krans	ZPC Hoogeveen	199900756			1:00.56	1:01.49	+0,87
	50m: 29.90	29.90	100m: 1:01.49	31.59				
6.	Marissa Lindemulder	Orca	199306392			1:01.59	1:01.53	+0,86
	50m: 29.94	29.94	100m: 1:01.53	31.59				
7.	Danieke van der Kooi	Orca	200000552			1:02.67	1:02.12	+0,79
	*							
	50m: 29.75	29.75	100m: 1:02.12	32.37				
8.	Luca Ebbinge	DZ&PC	199802406			1:02.49	1:02.61	+0,70
	50m: 30.80	30.80	100m: 1:02.61	31.81				
9.	Floor Gerritsma	TriVia	200002464			1:03.56	1:02.89	+0,69
	50m: 30.29	30.29	100m: 1:02.89	32.60				
10.	Annet van Stratum	Deltasteur	199003640			1:02.97	1:03.28	+0,87
	50m: 29.93	29.93	100m: 1:03.28	33.35				
11.	Carolien Baarda	Orca	199704060			1:03.77	1:03.87	+0,78
	50m: 30.30	30.30	100m: 1:03.87	33.57				
12.	Paulien Wesseling	ZPC Hoogeveen	200102038			1:05.09	1:03.98	+0,83
	50m: 30.96	30.96	100m: 1:03.98	33.02				
13.	Kirsten Opmeer	Octopus	199800014			1:04.89	1:04.73	+0,74
	50m: 30.96	30.96	100m: 1:04.73	33.77				
14.	Rixt-Nynke Baron	F.Z.C.'54	199601896			1:04.18	1:05.00	+0,78
	50m: 30.48	30.48	100m: 1:05.00	34.52				
15.	Fleur Vialle	Nova	200100554			1:06.54	1:05.13	+0,61
	50m: 31.00	31.00	100m: 1:05.13	34.13				
16.	Jolien Wind	Nova	200100510			1:07.57	1:05.57	+0,88
	50m: 30.50	30.50	100m: 1:05.57	35.07				
	Sabine van der Kolk	Deltasteur	200102750			1:08.29	1:05.57	+0,84
	<i>handgeklokt</i>							

Programmanr. 8, Dames, 100m vrije slag, 11 jaar en ouder

Rang						In.tijd	Tijd	RT
18.	Ilse van Rijssen	TriVia	199601600	1:05.13	1:05.62	+0,91		
	50m: 31.65	31.65	100m: 1:05.62	33.97				
19.	Linda Noord	DZ&PC	199800454	1:05.95	1:05.64	+0,78		
	50m: 31.93	31.93	100m: 1:05.64	33.71				
20.	Jasmijn Steenberg	ZPC Hoogeveen	200102098	1:06.91	1:06.75	+0,90		
	50m: 31.58	31.58	100m: 1:06.75	35.17				
21.	Kyra Wooldrik	ZPC Hoogeveen	200101042	1:07.11	1:06.83	+0,90		
	50m: 32.00	32.00	100m: 1:06.83	34.83				
22.	Joyce Kuipers	Orca	200103426	1:07.13	1:06.91	+0,83		
	50m: 31.70	31.70	100m: 1:06.91	35.21				
23.	Esra Erer	TriVia	200002858	1:04.12	1:07.28	+0,68		
	50m: 32.09	32.09	100m: 1:07.28	35.19				
24.	Mandy Slagter	Eemsrobber	199700116	1:06.66	1:07.46	+0,88		
	50m: 31.74	31.74	100m: 1:07.46	35.72				
25.	Brecht Buis	Neptunia '24	199803854	1:10.89	1:07.97	+0,95		
	50m: 33.36	33.36	100m: 1:07.97	34.61				
26.	Aldith Pasveer	Orca	199701398	1:06.29	1:08.30	+0,70		
	50m: 32.19	32.19	100m: 1:08.30	36.11				
27.	Inge Dekker	TriVia	200200476	1:07.19	1:08.43			
	50m: 32.96	32.96	100m: 1:08.43	35.47				
28.	Jola Noya	Deltasteur	200000880	1:09.74	1:08.96	+0,94		
	50m: 33.44	33.44	100m: 1:08.96	35.52				
29.	Inge Willemsen	ZPCA	199801958	1:09.52	1:08.98	+0,89		
	50m: 33.22	33.22	100m: 1:08.98	35.76				
30.	Amber Koning	ZPCA	200202842	1:07.86	1:09.35	+1,02		
	50m: 33.22	33.22	100m: 1:09.35	36.13				
31.	Yara van Kalmthout	Nova	200200984	1:06.48	1:10.35	+0,94		
	50m: 32.87	32.87	100m: 1:10.35	37.48				
32.	Zana Udo	DZ&PC	200202686	1:09.62	1:10.62	+0,78		
	50m: 33.84	33.84	100m: 1:10.62	36.78				
33.	Karlijn Schipper	TriVia	200201544	1:09.43	1:10.90	+1,01		
	50m: 33.96	33.96	100m: 1:10.90	36.94				
34.	Laura van der Velde	F.Z.C.'54	200300630	1:14.01	1:11.52	+0,83		
	50m: 34.27	34.27	100m: 1:11.52	37.25				
35.	Mayke Veltman	Avena	200003662	1:11.50	1:11.68	+0,95		
	50m: 35.24	35.24	100m: 1:11.68	36.44				
36.	Doreen Ott	TriVia	199901994	1:10.75	1:11.91	+0,85		
	50m: 33.83	33.83	100m: 1:11.91	38.08				
37.	Ilana Striezenau	Bubble	200004732	1:11.31	1:12.05	+0,78		
	50m: 33.67	33.67	100m: 1:12.05	38.38				
38.	Nina Houwerzijl	Orca	199905746	1:14.30	1:12.22	+0,57		
	50m: 35.04	35.04	100m: 1:12.22	37.18				

Programmanr. 8, Dames, 100m vrije slag, 11 jaar en ouder

Rang					In.tijd	Tijd	RT
39.	Daphne Outhuijse	De Vikings	200003582		1:11.72	1:13.09	+0,83
	*						
	50m: 34.71	34.71	100m: 1:13.09	38.38			
40.	Chantal Middelkamp	DZ&PC	200101010		1:14.97	1:13.96	+0,58
	50m: 35.50	35.50	100m: 1:13.96	38.46			
41.	Jolien Schipper	TriVia	200201832		1:13.53	1:14.12	+0,97
	50m: 35.09	35.09	100m: 1:14.12	39.03			
42.	Vera Vanderheyden	TriVia	200103416		1:14.72	1:14.29	+0,96
	50m: 35.98	35.98	100m: 1:14.29	38.31			
43.	Manon Swierts	ZPC Hoogeveen	200203034		1:14.23	1:14.59	+0,73
	50m: 36.14	36.14	100m: 1:14.59	38.45			
44.	Noa Bos	TriVia	200202546		1:15.69	1:15.61	+0,81
	50m: 36.59	36.59	100m: 1:15.61	39.02			
45.	Emma Sies	TriVia	200300732		1:16.17	1:16.90	+0,86
	50m: 36.57	36.57	100m: 1:16.90	40.33			
46.	Gerda Woldendorp	De Vikings	200300418		1:21.32	1:19.71	
	50m: 38.08	38.08	100m: 1:19.71	41.63			
47.	Danielle van Klaarbergen	DZ&PC	200203928		1:20.97	1:20.48	+0,99
	50m: 38.75	38.75	100m: 1:20.48	41.73			
48.	Alicia van der Gaast	TriVia	200205036		1:22.40	1:24.21	+0,77
	50m: 39.14	39.14	100m: 1:24.21	45.07			
49.	Sarah Berghuis	TriVia	200302626		1:28.85	1:25.39	
	NG.ZA Anne Dotinga	Neptunia '24	200005790		1:15.74		
	NG.ZA Alice Stilma	Neptunia '24	200302306		1:25.12		
	AFGEM Rianne Slagter	Eemsrobber	199304088		1:02.84		
	AFGEM Manon de Man	Deltasteur	200201458		1:09.34		
	AFGEM Karin Rijkelijkhuisen	DZ&PC	199403358		59.41		
	AFGEM Monique van der Struik	DZ&PC	199502502		57.73		

Programmanr. 9
29-11-2014

Heren, 400m wisselslag

12 jaar en ouder
Resultaten

Rang					In.tijd	Tijd	RT	
1.	Jari Groenhart	TriVia	200000271		4:59.39	4:46.19	+0,76	
	200m *							
	50m: 30.34	30.34	150m: 1:41.70	35.49	250m: 2:57.98	40.66	350m: 4:13.38	32.62
	100m: 1:06.21	35.87	200m: 2:17.32	35.62	300m: 3:40.76	42.78	400m: 4:46.19	32.81
2.	David Kuipers	Orca	200003633		4:59.94	4:55.21	+0,80	
	50m: 31.21	31.21	150m: 1:44.63	37.39	250m: 3:04.94	42.24	350m: 4:22.60	33.48
	100m: 1:07.24	36.03	200m: 2:22.70	38.07	300m: 3:49.12	44.18	400m: 4:55.21	32.61
3.	Marcel Delfstra	Orca	200100037		5:16.93	5:03.42	+0,70	
	50m: 33.13	33.13	150m: 1:49.78	38.50	250m: 3:09.83	42.23	350m: 4:28.26	36.33
	100m: 1:11.28	38.15	200m: 2:27.60	37.82	300m: 3:51.93	42.10	400m: 5:03.42	35.16
	AFGEM Freek-Jan Melse	DZ&PC	200000235		5:09.27			

Programmanr. 10
29-11-2014

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Brigit van der Vegte	Octopus	200000714	5:18.56	5:16.39	+0,89			
	50m: 33.78	33.78	150m: 1:53.70	39.38	250m: 3:16.45	43.57	350m: 4:40.77	38.17	
	100m: 1:14.32	40.54	200m: 2:32.88	39.18	300m: 4:02.60	46.15	400m: 5:16.39	35.62	
2.	Alinda Dingshoff	ZPC Hoogeveen	200000928	5:29.86	5:30.15	+0,81			
	50m: 34.24	34.24	150m: 1:57.46	41.62	250m: 3:25.80	49.55	350m: 4:53.83	38.89	
	100m: 1:15.84	41.60	200m: 2:36.25	38.79	300m: 4:14.94	49.14	400m: 5:30.15	36.32	
3.	Lize Janna de Vries	Orca	200101948	5:37.61	5:30.46	+0,85			
	50m: 35.24	35.24	150m: 2:01.03	42.18	250m: 3:29.83	47.42	350m: 4:55.17	37.76	
	100m: 1:18.85	43.61	200m: 2:42.41	41.38	300m: 4:17.41	47.58	400m: 5:30.46	35.29	
4.	Mariëlle Dolfijn	TriVia	200201640	6:24.97	5:39.81	+0,95			
	50m: 34.79	34.79	150m: 2:00.35	43.51	250m: 3:32.67	49.40	350m: 5:02.54	39.18	
	100m: 1:16.84	42.05	200m: 2:43.27	42.92	300m: 4:23.36	50.69	400m: 5:39.81	37.27	
5.	Rosalie Baarda	Orca	199903460	5:51.90	5:52.44	+0,81			
	50m: 37.18	37.18	150m: 2:05.02	43.70	250m: 3:39.66	52.06	350m: 5:13.36	40.74	
	100m: 1:21.32	44.14	200m: 2:47.60	42.58	300m: 4:32.62	52.96	400m: 5:52.44	39.08	

Programmanr. 11
29-11-2014

Heren, 200m rugslag

12 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Jan Willem Veldman	ZPCA	199800277	2:15.79	2:15.14	+0,70			
	50m: 31.25	31.25	100m: 1:05.57	34.32	150m: 1:40.80	35.23	200m: 2:15.14	34.34	
2.	Wouter de Lang	ZPC Hoogeveen	199801147	2:14.86	2:16.26	+0,83			
	50m: 31.67	31.67	100m: 1:05.73	34.06	150m: 1:40.60	34.87	200m: 2:16.26	35.66	
3.	Hendrik Broekema	Bubble	200002205	2:37.53	2:25.72	+0,70			
	50m: 33.72	33.72	100m: 1:11.77	38.05	150m: 1:50.56	38.79	200m: 2:25.72	35.16	
4.	Owen Peeks	ZPC Hoogeveen	200100765	2:35.36	2:30.67	+0,93			
	50m: 35.95	35.95	100m: 1:14.57	38.62	150m: 1:53.23	38.66	200m: 2:30.67	37.44	
5.	Sjoerd de Jong	Avena	199903907	2:35.11	2:35.37	+1,09			
	50m: 37.28	37.28	100m: 1:16.83	39.55	150m: 1:57.08	40.25	200m: 2:35.37	38.29	
6.	Jelle Opmeer	Octopus	200100269	2:39.08	2:39.30	+0,73			
	50m: 35.33	35.33	100m: 1:56.89	1:21.56	200m: 2:39.30	42.41			
AFGEM	Bart Muselaers	Octopus	200100865	2:42.95					
AFGEM	Jelle Betten	DZ&PC	200001535	2:09.18					

Programmanr. 12
29-11-2014

Dames, 200m rugslag

11 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Carmen ter Weele	Octopus	199800384	2:27.46	2:28.36	+0,79			
	50m: 35.42	35.42	100m: 1:12.42	37.00	150m: 1:50.56	38.14	200m: 2:28.36	37.80	
2.	Gwen Sieswerda	F.Z.C.'54	199802342	2:30.19	2:29.05	+0,69			
	50m: 34.92	34.92	100m: 1:13.33	38.41	150m: 1:51.68	38.35	200m: 2:29.05	37.37	
3.	Melissa Nauta	Orca	199602388	2:24.75	2:29.36	+0,90			
	50m: 34.89	34.89	100m: 1:12.92	38.03	150m: 1:51.74	38.82	200m: 2:29.36	37.62	
4.	Anouschka Steenberg	ZPC Hoozeveen	200000280	2:28.32	2:30.81	+0,82			
	50m: 35.64	35.64	100m: 1:13.52	37.88	150m: 1:52.59	39.07	200m: 2:30.81	38.22	
5.	Tialda Prins	Eemsrobber	199801310	2:27.73	2:31.78	+0,75			
	50m: 35.89	35.89	100m: 1:14.24	38.35	150m: 1:53.51	39.27	200m: 2:31.78	38.27	
6.	Daphne van het Ende	Octopus	199904164	2:31.26	2:32.72	+0,88			
	50m: 36.34	36.34	100m: 1:15.06	38.72	200m: 2:32.72	1:17.66			
7.	Annemarie Hoving	TriVia	200000248	2:40.68	2:35.55	+0,76			
	50m: 36.80	36.80	100m: 1:16.24	39.44	150m: 1:56.28	40.04	200m: 2:35.55	39.27	
8.	Danielle Bijsterbosch	Octopus	199900722	2:38.19	2:35.81	+0,70			
	50m: 36.51	36.51	100m: 1:15.86	39.35	150m: 1:56.72	40.86	200m: 2:35.81	39.09	
9.	Inge Dekker	TriVia	200200476	2:40.68	2:38.17	+0,79			
	50m: 37.27	37.27	100m: 1:17.72	40.45	150m: 1:59.32	41.60	200m: 2:38.17	38.85	
10.	Esther Pot	Orca	199903462	2:40.55	2:38.23	+0,67			
	50m: 36.94	36.94	100m: 1:16.89	39.95	150m: 1:57.57	40.68	200m: 2:38.23	40.66	
11.	Marjolein Venema	Nova	200101506	2:33.56	2:39.96	+0,79			
	50m: 36.66	36.66	100m: 1:17.32	40.66	150m: 1:59.27	41.95	200m: 2:39.96	40.69	
12.	Annet van Stratum	Deltasteur	199003640	2:42.37	2:42.67	+0,66			
13.	Jasmijn Steenberg	ZPC Hoozeveen	200102098	2:43.70	2:42.89	+0,79			
	50m: 37.73	37.73	100m: 1:18.58	40.85	150m: 2:00.62	42.04	200m: 2:42.89	42.27	
14.	Michelle Heddema	DZ&PC	200002530	2:49.12	2:47.59	+0,75			
15.	Laura van der Velde	F.Z.C.'54	200300630	2:58.03	2:51.68	+0,82			
	50m: 38.69	38.69	100m: 1:22.30	43.61	150m: 2:07.98	45.68	200m: 2:51.68	43.70	
16.	Aldith Pasveer	Orca	199701398	NT	2:51.83				
	50m: 39.11	39.11	100m: 1:21.85	42.74	150m: 2:06.99	45.14	200m: 2:51.83	44.84	
17.	Lot Burgstra	TriVia	200103294	3:04.96	3:02.57				
	50m: 44.51	44.51	100m: 1:30.87	46.36	150m: 2:17.39	46.52	200m: 3:02.57	45.18	
18.	Tessa Maat	Deltasteur	200201826	3:09.29	3:06.39	+0,74			
	50m: 44.98	44.98	200m: 3:06.39	2:21.41					
19.	Lotte Dijkstra	Orca	200201152	3:08.22	3:08.74	+0,76			
	50m: 44.96	44.96	100m: 1:32.42	47.46	150m: 2:21.13	48.71	200m: 3:08.74	47.61	
20.	Esmee van der Tweel	Deltasteur	200202870	3:34.10	3:12.85	+0,92			
	50m: 45.66	45.66	150m: 2:25.68	1:40.02	200m: 3:12.85	47.17			
21.	Danielle van Klaarbergen	DZ&PC	200203928	3:20.14	3:16.25	+0,90			
	*								
AFGEM	Nynke Klokman	DZ&PC	199801424	2:23.81					

Programmanr. 13
29-11-2014

Heren, 100m schoolslag

12 jaar en ouder
Resultaten

Rang					In.tijd	Tijd	RT
1.	Thomas Kappe	ZPC Hoogeveen	199805141	1:08.93	1:10.41	+0,79	
	50m: 33.41	33.41	100m: 1:10.41	37.00			
2.	Darryl Lubbinge	ZPC Hoogeveen	199701045	1:14.29	1:10.60	+0,76	
	50m: 32.55	32.55	100m: 1:10.60	38.05			
3.	Pieter Veenstra	Orca	199307231	1:11.94	1:11.20	+0,75	
	50m: 33.45	33.45	100m: 1:11.20	37.75			
4.	Stan Ruessink	Octopus	199700829	1:10.48	1:11.73	+0,81	
	50m: 33.48	33.48	100m: 1:11.73	38.25			
5.	Maik Huser	ZPC Hoogeveen	199900265	1:11.58	1:12.47	+0,89	
	50m: 34.53	34.53	100m: 1:12.47	37.94			
6.	Remco Witteveen	Orca	199902535	1:17.49	1:15.67	+0,67	
	50m: 35.84	35.84	100m: 1:15.67	39.83			
7.	Rico Vroom	TriVia	199802363	1:15.85	1:15.77	+0,79	
	50m: 35.48	35.48	100m: 1:15.77	40.29			
8.	Lennard Dussel	DZ&PC	200100911	1:22.11	1:18.33	+0,85	
	50m: 36.89	36.89	100m: 1:18.33	41.44			
9.	Kevin van Dijk	Deltasteur	200101089	1:21.99	1:19.03	+0,90	
	50m: 37.21	37.21	100m: 1:19.03	41.82			
10.	Thomas Hamstra	Orca	200001693	1:17.91	1:19.90	+0,78	
	50m: 37.03	37.03	100m: 1:19.90	42.87			
11.	Pepijn Rottier	TriVia	199800263	1:18.48	1:20.17	+0,99	
	50m: 37.78	37.78	100m: 1:20.17	42.39			
12.	Mike Müller	Deltasteur	200102653	1:24.36	1:25.07	+0,83	
	50m: 39.54	39.54	100m: 1:25.07	45.53			
13.	Timo Wijma	Orca	200103423	1:29.87	1:29.71	+0,79	
	50m: 42.28	42.28	100m: 1:29.71	47.43			
14.	Edwin Kanis	Deltasteur	200200505	1:32.92	1:33.21	+0,92	
	50m: 44.71	44.71	100m: 1:33.21	48.50			
15.	Edwin Struyk	Bubble	200101159	1:30.53	1:33.85	+0,86	
	50m: 44.40	44.40	100m: 1:33.85	49.45			
16.	Dirk Jan Smit	Orca	200201503	1:43.90	1:42.97	+0,93	
	50m: 48.67	48.67	100m: 1:42.97	54.30			

Programmanr. 14
29-11-2014

Dames, 100m schoolslag

11 jaar en ouder
Resultaten

Rang					In.tijd	Tijd	RT
1.	Anouk Dijkstra	Eemsrobben	199704378		1:16.03	1:17.70	+0,84
	50m: 36.21 36.21	100m: 1:17.70	41.49				
2.	Carolien Baarda	Orca	199704060		1:20.21	1:18.62	+0,76
	50m: 36.67 36.67	100m: 1:18.62	41.95				
3.	Joyce Kuipers	Orca	200103426		1:19.11	1:20.86	+0,88
	50m: 37.72 37.72	100m: 1:20.86	43.14				
4.	Lize Janna de Vries	Orca	200101948		1:22.21	1:21.35	+0,83
	* 50m: 38.74 38.74	100m: 1:21.35	42.61				
5.	Ilse van Rijssen	TriVia	199601600		1:22.10	1:22.15	+0,90
	50m: 39.03 39.03	100m: 1:22.15	43.12				
6.	Desanka Stoppels	Eemsrobben	200101362		1:25.39	1:24.82	+0,96
	50m: 40.06 40.06	100m: 1:24.82	44.76				
7.	Irene Dotinga	Neptunia '24	199603516		1:23.95	1:26.51	+0,74
	50m: 40.74 40.74	100m: 1:26.51	45.77				
8.	Janneke Weiland	Orca	200100128		1:27.41	1:26.90	+0,77
	50m: 40.93 40.93	100m: 1:26.90	45.97				
9.	Elma Leusink	Deltasteur	200001394		1:27.08	1:27.30	+0,86
	50m: 41.31 41.31	100m: 1:27.30	45.99				
10.	Linda Noord	DZ&PC	199800454		1:30.05	1:27.80	+0,79
	50m: 41.35 41.35	100m: 1:27.80	46.45				
11.	Sabine van der Kolk	Deltasteur	200102750		1:31.49	1:28.68	+0,90
	50m: 41.66 41.66	100m: 1:28.68	47.02				
12.	Nina Houwerzijl	Orca	199905746		1:33.10	1:28.83	+0,71
	50m: 42.58 42.58	100m: 1:28.83	46.25				
13.	Jolien Wind	Nova	200100510		1:23.90	1:31.46	+0,95
	50m: 41.07 41.07	100m: 1:31.46	50.39				
14.	Karlijn Schipper	TriVia	200201544		1:33.98	1:31.50	+0,98
	50m: 44.43 44.43	100m: 1:31.50	47.07				
15.	Denice Koolman	Octopus	200200132		1:32.61	1:31.59	+0,82
	50m: 43.58 43.58	100m: 1:31.59	48.01				
16.	Brecht Buis	Neptunia '24	199803854		1:31.75	1:33.08	+0,97
	50m: 44.13 44.13	100m: 1:33.08	48.95				
17.	Sarissa Bakker	TriVia	199903918		1:33.80	1:34.84	+0,95
	50m: 44.25 44.25	100m: 1:34.84	50.59				
18.	Corrien Tolsma	SG. Bolsward-Workum	200201904		1:48.75	1:35.18	+0,82
	50m: 45.39 45.39	100m: 1:35.18	49.79				
19.	Renee Stuit	TriVia	199904664		1:35.92	1:35.30	+0,85
	50m: 44.58 44.58	100m: 1:35.30	50.72				
20.	Marijine van der Veen	Orca	200300960		1:39.51	1:36.08	+0,85
	50m: 45.39 45.39	100m: 1:36.08	50.69				

Programmanr. 14, Dames, 100m schoolslag, 11 jaar en ouder

Rang						In.tijd	Tijd	RT
21.	Noa Bos		TriVia		200202546	1:37.63	1:36.38	+0,76
	50m: 45.88	45.88	100m: 1:36.38	50.50				
22.	Masha Polushkina		TriVia		200203064	1:34.42	1:37.53	+0,94
	50m: 46.34	46.34	100m: 1:37.53	51.19				
23.	Jolien Schipper		TriVia		200201832	1:36.64	1:38.97	+0,99
	50m: 45.95	45.95	100m: 1:38.97	53.02				
24.	Olena Dijkstra		TriVia		200202624	1:39.76	1:39.06	+0,92
	50m: 44.73	44.73	100m: 1:39.06	54.33				
25.	Christine Berenschot		SG. Bolsward-Workum		199901684	1:46.42	1:40.73	+0,87
	50m: 46.61	46.61	100m: 1:40.73	54.12				
26.	Myrthe Winkels		TriVia		200300212	1:39.76	1:41.22	
27.	Gerda Woldendorp		De Vikings		200300418	1:47.40	1:42.70	+0,84
	50m: 49.01	49.01	100m: 1:42.70	53.69				
28.	Esmee Rienstra		Neptunia '24		200205008	1:44.30	1:43.03	+0,75
	50m: 49.81	49.81	100m: 1:43.03	53.22				
29.	Tove Beltman		Orca		200301618	1:41.77	1:43.49	+0,82
	50m: 49.44	49.44	100m: 1:43.49	54.05				
30.	Alice Stilma		Neptunia '24		200302306	1:44.75	1:44.63	+0,79
	50m: 49.81	49.81	100m: 1:44.63	54.82				
31.	Myrthe Idema		TriVia		200303240	1:45.89	1:46.67	
	50m: 50.18	50.18	100m: 1:46.67	56.49				

Programmanr. 15
29-11-2014

Heren, 100m vlinderslag

12 jaar en ouder
Resultaten

Rang						In.tijd	Tijd	RT
1.	Jari Hofsink		Deltasteur		199700535	59.81	1:00.21	+0,81
	50m: 27.37	27.37	100m: 1:00.21	32.84				
2.	Ardi Knol		ZPC Hoogeveen		199603447	59.67	1:00.96	+0,79
	50m: 28.25	28.25	100m: 1:00.96	32.71				
3.	Gert van t Oever		Deltasteur		198702403	1:03.02	1:01.21	+0,85
	50m: 28.43	28.43	100m: 1:01.21	32.78				
4.	Lars Ruessink		Octopus		199800271	1:02.17	1:02.59	+0,69
	50m: 28.74	28.74	100m: 1:02.59	33.85				
5.	Friso van der Meulen		TriVia		199800617	1:04.78	1:04.00	+0,78
	50m: 28.99	28.99	100m: 1:04.00	35.01				
6.	Bart Weiland		Orca		199700777	1:04.79	1:04.47	+0,75
	50m: 29.77	29.77	100m: 1:04.47	34.70				
7.	Junior de Bruin		ZPC Hoogeveen		200000839	1:06.41	1:04.64	+0,87
	50m: 30.09	30.09	100m: 1:04.64	34.55				
8.	Wouter de Lang		ZPC Hoogeveen		199801147	1:07.73	1:05.63	+0,82
	50m: 30.04	30.04	100m: 1:05.63	35.59				

Programmanr. 15, Heren, 100m vlinderslag, 12 jaar en ouder

Rang					In.tijd	Tijd	RT
9.	Maurice Pater	TriVia	200200909		1:08.20	1:06.60	+0,88
	<i>NR jongens 12 jaar</i>						
	50m: 30.24	30.24	100m: 1:06.60	36.36			
10.	Beeke Beeksmas	TriVia	199801537		1:06.11	1:08.80	+0,73
	50m: 30.36	30.36	100m: 1:08.80	38.44			
11.	Auke Jan Ytsma	Orca	199900905		1:12.15	1:11.10	+0,66
	50m: 33.16	33.16	100m: 1:11.10	37.94			
12.	Lars Meyer	Nova	200002225		1:14.29	1:14.23	+0,93
	50m: 33.22	33.22	100m: 1:14.23	41.01			
13.	Coen de Lang	ZPC Hoogeveen	200100067		1:14.15	1:15.44	+0,89
	50m: 33.22	33.22	100m: 1:15.44	42.22			
14.	Thomas Hamstra	Orca	200001693		1:22.86	1:17.28	+0,81
	50m: 35.87	35.87	100m: 1:17.28	41.41			
15.	Wesley Kuiper	Orca	200100889		1:20.78	1:20.42	+0,84
	50m: 36.97	36.97	100m: 1:20.42	43.45			
16.	Jarno Ottens	Eemsrobber	200000273		1:16.24	1:21.13	+0,57
	50m: 36.73	36.73	100m: 1:21.13	44.40			
17.	Ruth Vahl	Deltasteur	200101087		1:23.12	1:21.39	+0,92
	50m: 36.48	36.48	100m: 1:21.39	44.91			
18.	Jasper Zuidema	SG. Bolsward-Workum	200004409		1:24.07	1:21.62	
	50m: 37.95	37.95	100m: 1:21.62	43.67			
19.	Marnix van Bottenburg	Octopus	200100479		1:23.72	1:24.28	+0,76
	50m: 37.50	37.50	100m: 1:24.28	46.78			
AFGEM	Joshua Knoop	TriVia	199804105		1:06.50		

Programmanr. 16
29-11-2014

Dames, 100m vlinderslag

11 jaar en ouder
Resultaten

Rang					In.tijd	Tijd	RT
1.	Anne Fleur Willemsen	ZPCA	199901396		1:10.34	1:07.96	+0,94
	50m: 31.97	31.97	100m: 1:07.96	35.99			
2.	Marissa Lindemulder	Orca	199306392		1:09.68	1:09.98	+0,83
	<i>handgeklokt</i>						
	50m: 33.33	33.33	100m: 1:09.98	36.65			
3.	Luca Ebginge	DZ&PC	199802406		1:14.79	1:11.29	+0,67
	50m: 32.05	32.05	100m: 1:11.29	39.24			
4.	Myrna van Duijven	DZ&PC	199900252		1:11.44	1:12.97	+0,78
	50m: 33.18	33.18	100m: 1:12.97	39.79			
5.	Marike de Jong	Avena	200101074		1:14.84	1:14.05	+0,96
	50m: 34.29	34.29	100m: 1:14.05	39.76			
6.	Rixt-Nynke Baron	F.Z.C.'54	199601896		1:15.08	1:14.63	+0,67
	50m: 34.22	34.22	100m: 1:14.63	40.41			
7.	Mariëlle Dolfijn	TriVia	200201640		1:14.89	1:16.67	+0,83
	50m: 34.60	34.60	100m: 1:16.67	42.07			

Programmanr. 16, Dames, 100m vlinderslag, 11 jaar en ouder

Rang					In.tijd	Tijd	RT
8.	Janny Groos	DZ&PC	200000740		1:18.91	1:17.34	+0,88
	50m: 35.50 35.50	100m: 1:17.34 41.84					
9.	Nora Veenstra	SG. Bolsward-Workum	199901446		1:19.60	1:20.53	+0,86
	50m: 37.02 37.02	100m: 1:20.53 43.51					
10.	Mandy Slagter	Eemsrobben	199700116		1:17.40	1:20.57	+0,85
	50m: 35.59 35.59	100m: 1:20.57 44.98					
11.	Heline Koning	SG. Bolsward-Workum	200000422		1:30.50	1:21.08	+0,91
	50m: 36.33 36.33	100m: 1:21.08 44.75					
12.	Zana Udo	DZ&PC	200202686		1:26.31	1:23.19	+0,79
	50m: 38.39 38.39	100m: 1:23.19 44.80					
13.	Milou ten Koppel	Deltasteur	200302572		1:31.49	1:25.50	+0,92
	* 50m: 38.77 38.77	100m: 1:25.50 46.73					
14.	Jola Noya	Deltasteur	200000880		1:23.50	1:25.91	+0,98
	50m: 35.60 35.60	100m: 1:25.91 50.31					
15.	Elka Siesling	SG. Bolsward-Workum	200100566		1:28.69	1:27.57	+0,96
	50m: 38.75 38.75	100m: 1:27.57 48.82					
16.	Ylsa Dijkstra	SG. Bolsward-Workum	200200728		1:35.11	1:28.80	+0,87
	50m: 39.08 39.08	100m: 1:28.80 49.72					
17.	Chantal Middelkamp	DZ&PC	200101010		1:35.04	1:34.88	+0,81
	50m: 41.47 41.47	100m: 1:34.88 53.41					
18.	Daphne Outhuijse	De Vikings	200003582		2:17.72	1:35.63	+0,91
	50m: 42.54 42.54	100m: 1:35.63 53.09					
19.	Sanne Noord	DZ&PC	200101872		1:44.51	1:42.36	+0,94
20.	Sanne van Dijk	Deltasteur	200301908		1:58.92	1:46.63	+1,01
	50m: 48.50 48.50	100m: 1:46.63 58.13					
DIS	Luna van den Ende	De Vikings	200201518		1:49.84		
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>						
AFGEM	Rianne Slagter	Eemsrobben	199304088		1:11.72		

Programmanr. 17
29-11-2014

Heren, 400m vrije slag

12 jaar en ouder
Resultaten

Rang					In.tijd	Tijd	RT
1.	Niels Wiersema	Nova	199703221		4:21.73	4:28.87	+0,96
	50m: 30.49 30.49	150m: 1:38.87 34.23	300m: 3:21.33 34.36	400m: 4:28.87 33.69			
	100m: 1:04.64 34.15	250m: 2:46.97 1:08.10	350m: 3:55.18 33.85				
2.	Stijn Buurman	Nova	199700337		4:24.74	4:31.76	+0,76
	50m: 30.46 30.46	150m: 1:40.15 35.41	250m: 2:50.06 34.95	350m: 3:58.68 34.05			
	100m: 1:04.74 34.28	200m: 2:15.11 34.96	300m: 3:24.63 34.57	400m: 4:31.76 33.08			
3.	Bas Takken	Zwemvereniging Hoorn	199901643		4:31.45	4:32.98	+0,78
	100m: 1:04.31 1:04.31	250m: 2:49.10 1:09.92	350m: 3:59.66 35.30				
	150m: 1:39.18 34.87	300m: 3:24.36 35.26	400m: 4:32.98 33.32				

Programmanr. 17, Heren, 400m vrije slag, 12 jaar en ouder

Rang							In.tijd	Tijd	RT
4.	Arjan Dekker	TriVia				200000499	4:41.04	4:33.14	+0,77
	50m: 30.38	30.38	150m: 1:39.19	34.93	250m: 2:49.69	35.53	350m: 4:00.48	35.60	
	100m: 1:04.26	33.88	200m: 2:14.16	34.97	300m: 3:24.88	35.19	400m: 4:33.14	32.66	
5.	Koendert Kellner	DZ&PC				200000237	4:45.71	4:37.11	+0,68
	50m: 30.99	30.99	200m: 2:16.70	1:11.14	300m: 3:27.44	35.46	400m: 4:37.11	34.26	
	100m: 1:05.56	34.57	250m: 2:51.98	35.28	350m: 4:02.85	35.41			
6.	Jildert Prins	F.Z.C.'54				198902509	4:45.23	4:38.15	+0,78
	50m: 28.94	28.94	150m: 1:39.88	36.38	250m: 2:51.74	35.99	350m: 4:03.61	35.86	
	100m: 1:03.50	34.56	200m: 2:15.75	35.87	300m: 3:27.75	36.01	400m: 4:38.15	34.54	
7.	Pieter Jelke Koops	Nova				199700339	4:40.56	4:45.72	+0,94
	50m: 30.16	30.16	150m: 1:40.16	36.05	250m: 2:53.49	36.88	350m: 4:08.53	37.60	
	100m: 1:04.11	33.95	200m: 2:16.61	36.45	300m: 3:30.93	37.44	400m: 4:45.72	37.19	
8.	Hugo Jan Bosscher	Orca				200000185	5:01.35	4:55.75	+0,91
	50m: 32.07	32.07	150m: 1:46.46	37.81	250m: 3:01.76	37.91	350m: 4:18.47	38.46	
	100m: 1:08.65	36.58	200m: 2:23.85	37.39	300m: 3:40.01	38.25	400m: 4:55.75	37.28	

Programmanr. 18
29-11-2014

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Hinke Groos	DZ&PC				199901768	4:44.29	4:35.70	+0,78
	50m: 30.91	30.91	150m: 1:40.00	35.05	250m: 2:50.85	35.39	350m: 4:01.93	35.39	
	100m: 1:04.95	34.04	200m: 2:15.46	35.46	300m: 3:26.54	35.69	400m: 4:35.70	33.77	
2.	Hilde Dekker	TriVia				199901926	4:47.66	4:38.42	+1,00
	50m: 31.35	31.35	150m: 1:41.49	35.43	250m: 2:52.63	35.70	350m: 4:04.33	35.69	
	100m: 1:06.06	34.71	200m: 2:16.93	35.44	300m: 3:28.64	36.01	400m: 4:38.42	34.09	
3.	Danieke van der Kooi	Orca				200000552	4:48.63	4:39.33	+0,79
	50m: 32.33	32.33	150m: 1:42.44	35.28	250m: 2:53.70	35.69	350m: 4:05.38	35.59	
	100m: 1:07.16	34.83	200m: 2:18.01	35.57	300m: 3:29.79	36.09	400m: 4:39.33	33.95	
4.	Eva Willebrands	Orca				200101510	4:52.27	4:52.90	+1,15
	50m: 33.03	33.03	150m: 1:47.56	37.52	250m: 3:02.25	37.45	350m: 4:17.65	37.79	
	100m: 1:10.04	37.01	200m: 2:24.80	37.24	300m: 3:39.86	37.61	400m: 4:52.90	35.25	
5.	Renée Vanderheyden	TriVia				199903130	4:46.78	4:54.13	+0,81
	50m: 31.34	31.34	150m: 1:42.26	36.22	250m: 2:57.77	38.10	350m: 4:15.66	39.04	
	100m: 1:06.04	34.70	200m: 2:19.67	37.41	300m: 3:36.62	38.85	400m: 4:54.13	38.47	
6.	Sigrit Aarten	Deltasteur				199302868	4:52.48	4:54.20	+1,05
	50m: 33.28	33.28	150m: 1:47.53	37.74	250m: 3:02.14	36.78	350m: 4:17.88	37.84	
	100m: 1:09.79	36.51	200m: 2:25.36	37.83	300m: 3:40.04	37.90	400m: 4:54.20	36.32	
7.	Isaa Ebbinge	DZ&PC				200001314	4:57.89	4:54.96	+0,62
	50m: 34.07	34.07	150m: 1:49.15	37.65	250m: 3:04.24	37.45	350m: 4:19.53	37.22	
	100m: 1:11.50	37.43	200m: 2:26.79	37.64	300m: 3:42.31	38.07	400m: 4:54.96	35.43	
AFGEM	Naomi Hofsink	Deltasteur				199402508	4:45.85		

Programmanr. 19
29-11-2014

Heren, 200m wisselslag

12 jaar en ouder
Resultaten

Rang				In.tijd	Tijd	RT
1.	Erik Nijholt	DZ&PC	199401349	2:09.67	2:09.95	+0,81
	50m: 27.80	27.80	100m: 1:02.78	34.98	150m: 1:40.66	37.88
					200m: 2:09.95	29.29
2.	Jari Groenhart	TriVia	200000271	2:23.13	2:16.38	+0,76
	50m: 29.74	29.74	100m: 1:04.22	34.48	150m: 1:44.84	40.62
					200m: 2:16.38	31.54
3.	Ardi Knol	ZPC Hoogeveen	199603447	2:14.49	2:18.40	+0,76
	50m: 28.83	28.83	100m: 1:04.89	36.06	150m: 1:44.74	39.85
					200m: 2:18.40	33.66
4.	Thomas Kappe	ZPC Hoogeveen	199805141	2:22.47	2:19.98	+0,75
	50m: 29.76	29.76	100m: 1:07.24	37.48	150m: 1:47.88	40.64
					200m: 2:19.98	32.10
5.	David Kuipers	Orca	200003633	2:24.96	2:20.04	+0,75
	50m: 30.83	30.83	100m: 1:08.11	37.28	150m: 1:48.38	40.27
					200m: 2:20.04	31.66
6.	Juri Dijkstra	TriVia	200002119	2:25.68	2:21.13	+0,78
	50m: 30.99	30.99	100m: 1:08.73	37.74	150m: 1:47.72	38.99
					200m: 2:21.13	33.41
7.	Darryl Lubbinge	ZPC Hoogeveen	199701045	2:22.27	2:21.94	+0,80
	50m: 30.66	30.66	100m: 1:07.37	36.71	150m: 1:48.92	41.55
					200m: 2:21.94	33.02
8.	Marcel Delfstra	Orca	200100037	2:29.34	2:25.55	+0,69
	50m: 33.75	33.75	100m: 1:09.75	36.00	150m: 1:51.43	41.68
					200m: 2:25.55	34.12
9.	Junior de Bruin	ZPC Hoogeveen	200000839	2:32.18	2:29.01	+0,91
	50m: 30.88	30.88	100m: 1:08.89	38.01	150m: 1:55.35	46.46
					200m: 2:29.01	33.66
10.	Jeroen Louwinger	Nova	199900583	2:32.44	2:29.29	+0,76
	50m: 32.26	32.26	100m: 1:11.47	39.21	150m: 1:57.56	46.09
					200m: 2:29.29	31.73
11.	Maik Huser	ZPC Hoogeveen	199900265	2:32.28	2:31.35	+0,85
	50m: 32.91	32.91	100m: 1:11.86	38.95	150m: 1:54.74	42.88
					200m: 2:31.35	36.61
12.	Roy Potze	GZVW	199702457	2:38.06	2:35.29	+0,85
	50m: 33.23	33.23	100m: 1:11.87	38.64	150m: 1:59.03	47.16
					200m: 2:35.29	36.26
13.	Bas Kost	ZPC Hoogeveen	200000419	2:37.46	2:36.84	+0,77
	50m: 33.74	33.74	100m: 1:14.99	41.25	150m: 2:00.21	45.22
					200m: 2:36.84	36.63
14.	Lars Meyer	Nova	200002225	2:42.38	2:39.74	+0,88
	50m: 1:15.10	1:15.10	150m: 2:03.12	48.02	200m: 2:39.74	36.62
15.	Werner Veltman	Avena	199803417	2:42.86	2:42.32	+0,87
	50m: 35.76	35.76	100m: 1:18.93	43.17	150m: 2:04.85	45.92
					200m: 2:42.32	37.47
16.	Raoul Witten	ZPC Hoogeveen	200200231	2:46.73	2:44.96	+0,79
	50m: 37.96	37.96	100m: 1:18.52	40.56	150m: 2:08.61	50.09
					200m: 2:44.96	36.35
17.	Rik Stahlie	TriVia	200201915	3:08.18	3:01.02	
	50m: 42.71	42.71	100m: 1:28.06	45.35	150m: 2:22.57	54.51
					200m: 3:01.02	38.45
18.	Mees Niemeijer	DZ&PC	200201275	3:06.76	3:01.32	+0,78
	50m: 42.75	42.75	100m: 1:27.54	44.79	150m: 2:20.02	52.48
					200m: 3:01.32	41.30
19.	Allard Sieperda	SG. Bolsward-Workum	200101365	3:03.91	3:04.46	+0,81
	50m: 45.08	45.08	100m: 1:32.82	47.74	150m: 2:26.03	53.21
					200m: 3:04.46	38.43
20.	Lars Arends	TriVia	200204101	NT	3:05.30	+0,77
	50m: 41.36	41.36	100m: 1:26.66	45.30	150m: 2:23.92	57.26
					200m: 3:05.30	41.38

Programmanr. 19, Heren, 200m wisselslag, 12 jaar en ouder

Rang							In.tijd	Tijd	RT
21.	Dirk Jan Smit	Orca	200201503				3:17.69	3:14.52	+0,86
	50m: 45.62	45.62	100m: 1:35.32	49.70	150m: 2:31.15	55.83	200m: 3:14.52	43.37	
AFGEM	Jelle Betten	DZ&PC	200001535				2:17.59		

Programmanr. 20
29-11-2014

Dames, 200m wisselslag

11 jaar en ouder
Resultaten

Rang							In.tijd	Tijd	RT
1.	Simone Krans	ZPC Hoogeveen	199900756				2:33.45	2:32.19	
	50m: 31.86	31.86	200m: 2:32.19	2:00.33					
2.	Alinda Dingshoff	ZPC Hoogeveen	200000928				2:35.61	2:35.51	
	50m: 33.36	33.36	200m: 2:35.51	2:02.15					
3.	Jill Blide	ZPC Hoogeveen	200004734				2:42.50	2:35.65	+0,90
	50m: 34.48	34.48	100m: 1:13.80	39.32	150m: 2:00.31	46.51	200m: 2:35.65	35.34	
4.	Marieke Wildeboer	TriVia	200100016				2:41.36	2:37.07	
	50m: 34.55	34.55	200m: 2:37.07	2:02.52					
5.	Anique Coelingh	ZPC Hoogeveen	200000638				2:38.21	2:37.54	
	50m: 34.85	34.85	200m: 2:37.54	2:02.69					
6.	Lonneke Graansma <i>handgeklokt</i>	TriVia	199900936				2:38.67	2:38.15	
	50m: 34.05	34.05	100m: 1:15.85	41.80	150m: 2:00.44	44.59	200m: 2:38.15	37.71	
7.	Anouschka Steenbergen	ZPC Hoogeveen	200000280				2:38.64	2:41.19	
	50m: 36.25	36.25	200m: 2:41.19	2:04.94					
8.	Danielle Bijsterbosch	Octopus	199900722				2:41.51	2:43.27	+0,72
	50m: 35.22	35.22	100m: 1:17.54	42.32	150m: 2:04.87	47.33	200m: 2:43.27	38.40	
9.	Isabeau Essing	TriVia	200201284				2:47.51	2:46.16	+0,81
	50m: 37.86	37.86	100m: 1:19.41	41.55	150m: 2:10.25	50.84	200m: 2:46.16	35.91	
10.	Marije Sweering	Neptunia '24	200101228				2:45.25	2:47.20	+0,80
	50m: 35.57	35.57	100m: 1:18.60	43.03	150m: 2:09.64	51.04	200m: 2:47.20	37.56	
11.	Kirsten Opmeer	Octopus	199800014				2:53.13	2:47.43	+0,75
	50m: 38.16	38.16	100m: 1:21.29	43.13	150m: 2:11.06	49.77	200m: 2:47.43	36.37	
12.	Fleur Vialle	Nova	200100554				2:53.57	2:48.40	+0,84
	50m: 37.75	37.75	100m: 1:19.91	42.16	150m: 2:12.18	52.27	200m: 2:48.40	36.22	
13.	Nynke Dijkhuis	ZPCA	199903362				2:47.99	2:49.76	+1,01
	50m: 39.06	39.06	100m: 1:22.44	43.38	150m: 2:11.68	49.24	200m: 2:49.76	38.08	
14.	Jasmijn Steenbergen	ZPC Hoogeveen	200102098				2:52.77	2:49.91	+0,94
	50m: 39.75	39.75	100m: 1:21.88	42.13	150m: 2:12.83	50.95	200m: 2:49.91	37.08	
15.	Myrthe Visser <i>handgeklokt</i>	Orca	200002340				2:48.35	2:50.65	+0,70
	50m: 37.51	37.51	100m: 1:19.38	41.87	150m: 2:11.35	51.97	200m: 2:50.65	39.30	
16.	Kyra Wooldrik	ZPC Hoogeveen	200101042				2:53.33	2:51.51	+0,93
	50m: 39.09	39.09	100m: 1:21.78	42.69	150m: 2:14.19	52.41	200m: 2:51.51	37.32	
17.	Evelien de Jong	Neptunia '24	199805316				2:53.49	2:53.17	+0,76
	50m: 35.13	35.13	100m: 1:23.05	47.92	150m: 2:13.29	50.24	200m: 2:53.17	39.88	

Programmanr. 20, Dames, 200m wisselslag, 11 jaar en ouder

Rang							In.tijd	Tijd	RT
18.	Suze Kuipers	Orca	200301714	3:06.93	2:53.20				
	50m: 38.46	38.46	100m: 1:22.52	44.06	150m: 2:13.10	50.58	200m: 2:53.20	40.10	
19.	Amber Koning	ZPCA	200202842	2:54.35	2:58.28	+0,85			
	50m: 37.69	37.69	100m: 1:24.32	46.63	150m: 2:15.53	51.21	200m: 2:58.28	42.75	
20.	Noël Iris Hettinga	Neptunia '24	200002536	2:53.73	2:59.04	+0,89			
	50m: 41.03	41.03	100m: 1:28.46	47.43	150m: 2:16.30	47.84	200m: 2:59.04	42.74	
21.	Inge Willemsen	ZPCA	199801958	2:46.00	2:59.12	+0,86			
	50m: 35.60	35.60	100m: 1:23.09	47.49	150m: 2:16.74	53.65	200m: 2:59.12	42.38	
22.	Manon Swierts	ZPC Hoogeveen	200203034	3:10.10	3:00.34	+0,92			
	50m: 39.63	39.63	100m: 1:24.05	44.42	150m: 2:18.56	54.51	200m: 3:00.34	41.78	
23.	Doreen Ott	TriVia	199901994	2:52.03	3:00.81				
	50m: 40.80	40.80	100m: 1:27.56	46.76	150m: 2:18.71	51.15	200m: 3:00.81	42.10	
24.	Tanja Buwalda	SG. Bolsward-Workum	200000424	3:08.85	3:01.05	+0,64			
	50m: 42.18	42.18	100m: 1:25.98	43.80	150m: 2:20.59	54.61	200m: 3:01.05	40.46	
25.	Mirthe Schenkel	ZPC Hoogeveen	200300666	3:03.57	3:02.10	+0,92			
	50m: 47.46	47.46	100m: 1:32.58	45.12	150m: 2:20.50	47.92	200m: 3:02.10	41.60	
26.	Iza van Veen	SG. Bolsward-Workum	200002470	3:08.96	3:02.42	+0,79			
	50m: 41.43	41.43	100m: 1:28.06	46.63	150m: 2:18.46	50.40	200m: 3:02.42	43.96	
27.	Femke van de Geer	SG. Bolsward-Workum	200200400	3:14.11	3:02.92	+0,87			
	50m: 44.13	44.13	100m: 1:29.44	45.31	150m: 2:20.54	51.10	200m: 3:02.92	42.38	
28.	Marijine van der Veen	Orca	200300960	3:22.98	3:06.30	+0,89			
	50m: 42.91	42.91	100m: 1:29.88	46.97	150m: 2:23.86	53.98	200m: 3:06.30	42.44	
29.	Emma Sies	TriVia	200300732	3:13.17	3:06.49	+0,93			
	50m: 44.47	44.47	100m: 1:31.16	46.69	150m: 2:25.02	53.86	200m: 3:06.49	41.47	
30.	Anouk Bak	TriVia	200101854	3:07.61	3:08.56	+0,90			
	50m: 39.21	39.21	100m: 1:24.79	45.58	150m: 2:20.50	55.71	200m: 3:08.56	48.06	
31.	Renee Stuit	TriVia	199904664	3:03.03	3:09.35	+0,79			
	50m: 42.76	42.76	100m: 1:31.70	48.94	150m: 2:25.65	53.95	200m: 3:09.35	43.70	
32.	Anne Dotinga	Neptunia '24	200005790	3:12.25	3:10.83	+0,79			
	50m: 43.34	43.34	100m: 1:27.84	44.50	150m: 2:27.05	59.21	200m: 3:10.83	43.78	
33.	Vera Vanderheyden <i>handgeklokt</i>	TriVia	200103416	3:12.04	3:13.10	+0,71			
	50m: 42.23	42.23	100m: 1:33.54	51.31	150m: 2:28.03	54.49	200m: 3:13.10	45.07	
34.	Ilana Striezenau	Bubble	200004732	3:13.71	3:13.63	+0,89			
	50m: 40.85	40.85	100m: 1:29.80	48.95	150m: 2:27.82	58.02	200m: 3:13.63	45.81	
35.	Lotte Dijkstra	Orca	200201152	3:21.91	3:17.07	+0,77			
	50m: 44.16	44.16	100m: 1:33.37	49.21	150m: 2:31.97	58.60	200m: 3:17.07	45.10	
36.	Chantal Tiesinga	TriVia	200302452	3:28.37	3:17.61	+0,45			
	100m: 1:33.46	1:33.46	150m: 2:33.57	1:00.11	200m: 3:17.61	44.04			
37.	Rozemarijn van der Brugge	SG. Bolsward-Workum	200104320	3:14.85	3:18.39	+0,80			
	50m: 45.18	45.18	100m: 1:37.11	51.93	150m: 2:33.84	56.73	200m: 3:18.39	44.55	
38.	Sarah Berghuis	TriVia	200302626	3:38.65	3:29.02				
	50m: 51.30	51.30	100m: 1:44.24	52.94	150m: 2:42.58	58.34	200m: 3:29.02	46.44	
AFGEM	Karin Rijkelijhuizen	DZ&PC	199403358	2:25.57					



Limietwedstrijd korte baan (e.t.)
Drachten, 29 november 2014



Programmanr. 20, Dames, 200m wisselslag, 11 jaar en ouder

Rang				In.tijd	Tijd	RT
AFGEM	Monique van der Struik	DZ&PC	199502502	2:21.72		

