## 1 - Spring Swim sessie 1: Series

28-2-2025 - 16:45

Programmanr. 1 | Dames, 400m wisselslag | Junioren 2 en ouder
28-2-2025 - 16:45 | Spring Swim Record: Djanilla Brink: 4:54.28 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|
| 1. | Sam De Bont | Zwemfed VZF/20001/08 | 5:02.33 | **5:04.65** | 664 | | Q |
| | 50m: 31.81 | 150m: 1:50.19 | 250m: 3:12.90 | 350m: 4:30.67 | | | |
| | 100m: 1:09.11 | 200m: 2:30.04 | 300m: 3:56.85 | 400m: 5:04.65 | | | |
| 2. | Mare Schallenberg | Blue Marlins 200600078 | 5:05.41 | **5:05.97** | 656 | | Q |
| | 50m: 34.21 | 150m: 1:54.29 | 250m: 3:15.32 | 350m: 4:32.47 | | | |
| | 100m: 1:14.41 | 200m: 2:33.34 | 300m: 3:57.08 | 400m: 5:05.97 | | | |
| 3. | Frouke Ludwig | DZ&PC 200800112 | 4:59.99 | **5:06.23** | 654 | +0,82 | Q |
| | 50m: 32.00 | 150m: 1:47.77 | 250m: 3:11.13 | 350m: 4:32.13 | | | |
| | 100m: 1:08.08 | 200m: 2:25.69 | 300m: 3:57.00 | 400m: 5:06.23 | | | |
| 4. | Ismay Lichtendonk | Dedemsvaart-AC 200400622 | 5:10.05 | **5:09.82** | 631 | +0,75 | Q |
| | 50m: 31.56 | 150m: 1:49.51 | 250m: 3:13.53 | 350m: 4:35.33 | | | |
| | 100m: 1:09.52 | 200m: 2:28.76 | 300m: 3:59.05 | 400m: 5:09.82 | | | |
| 5. | Rhodee van den Ham | De Duinkikkers 200700090 | 5:06.74 | **5:10.55** | 627 | +0,82 | Q |
| | 50m: 31.64 | 150m: 1:50.28 | 250m: 3:15.02 | 350m: 4:36.41 | | | |
| | 100m: 1:08.17 | 200m: 2:31.36 | 300m: 3:59.73 | 400m: 5:10.55 | | | |
| 6. | Megan Jonkman | Blue Marlins 200600508 | 5:09.00 | **5:13.65** | 609 | +0,85 | Q |
| | 50m: 32.31 | 150m: 1:51.58 | 250m: 3:18.60 | 350m: 4:39.15 | | | |
| | 100m: 1:08.72 | 200m: 2:33.16 | 300m: 4:03.87 | 400m: 5:13.65 | | | |
| 7. | Nova Nijziel | De Dolfijn 200804416 | 5:14.02 | **5:16.00** | 595 | +0,76 | Q |
| | 50m: 31.89 | 150m: 1:49.10 | 250m: 3:15.59 | 350m: 4:40.19 | | | |
| | 100m: 1:08.85 | 200m: 2:28.95 | 300m: 4:03.16 | 400m: 5:16.00 | | | |
| 8. | Yill van Bezouw | Hieronymus 201100704 | 5:21.80 | **5:20.67** | 569 | +0,82 | Q |
| | 50m: 31.56 | 150m: 1:52.48 | 250m: 3:20.46 | 350m: 4:45.15 | | | |
| | 100m: 1:08.85 | 200m: 2:34.43 | 300m: 4:06.99 | 400m: 5:20.67 | | | |
| 9. | Luus Gielens | Psv 200900138 | 5:13.70 | **5:23.61** | 554 | +0,81 | Q |
| | 50m: 34.42 | 150m: 1:55.49 | 250m: 3:23.75 | 350m: 4:48.01 | | | |
| | 100m: 1:14.08 | 200m: 2:36.15 | 300m: 4:11.14 | 400m: 5:23.61 | | | |
| 10. | Marlies Dijsselhof | Dedemsvaart-AC 200601046 | 5:35.34 | **5:31.61** | 515 | +0,85 | R |
| | 50m: 33.47 | 150m: 1:58.94 | 250m: 3:26.56 | 350m: 4:54.62 | | | |
| | 100m: 1:16.72 | 200m: 2:40.33 | 300m: 4:15.21 | 400m: 5:31.61 | | | |
| 11. | Rixt Rothschaid | ZPC Hoogeveen 200900026 | 5:44.37 | **5:32.10** | 513 | +0,85 | R |
| | 50m: 35.19 | 150m: 2:01.52 | 250m: 3:30.30 | 350m: 4:55.83 | | | |
| | 100m: 1:17.31 | 200m: 2:45.00 | 300m: 4:18.11 | 400m: 5:32.10 | | | |
| 12. | Anna Lepoutre | Psv 201100534 | 5:50.65 | **5:33.47** | 506 | +0,77 | |
| | 50m: 33.20 | 150m: 1:56.44 | 250m: 3:28.39 | 350m: 4:57.62 | | | |
| | 100m: 1:11.81 | 200m: 2:38.57 | 300m: 4:19.24 | 400m: 5:33.47 | | | |
| 13. | Tess Vonk | De Geul 200900024 | 5:31.07 | **5:34.11** | 503 | +0,69 | |
| | 50m: 33.31 | 150m: 1:57.35 | 250m: 3:27.40 | 350m: 4:55.52 | | | |
| | 100m: 1:13.18 | 200m: 2:41.59 | 300m: 4:15.07 | 400m: 5:34.11 | | | |
| 14. | Noa van Zalk | Zpc Amersfoort 201102534 | 5:39.21 | **5:35.10** | 499 | +0,48 | |
| | 50m: 32.59 | 150m: 1:57.54 | 250m: 3:29.17 | 350m: 4:58.09 | | | |
| | 100m: 1:12.55 | 200m: 2:40.80 | 300m: 4:19.31 | 400m: 5:35.10 | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 1, Dames, 400m wisselslag, Voorronde, Junioren 2 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 15. | Milou Filemon | Blue Marlins | 201100078 | | 5:34.15 | **5:35.99** | 495 | +0,55 |
| | 50m: 34.95 | 150m: 1:59.17 | 250m: 3:31.39 | 350m: 4:59.99 | | | | |
| | 100m: 1:16.89 | 200m: 2:40.23 | 300m: 4:22.16 | 400m: 5:35.99 | | | | |
| 16. | Manou Longayroux | Blue Marlins | 201000580 | | 5:45.27 | **5:38.87** | 482 | +0,70 |
| | 50m: 34.29 | 150m: 2:01.46 | 250m: 3:35.86 | 350m: 5:03.59 | | | | |
| | 100m: 1:15.18 | 200m: 2:44.40 | 300m: 4:23.58 | 400m: 5:38.87 | | | | |
| 17. | Elin Reinstra | TriVia | 201100842 | | 5:43.05 | **5:40.82** | 474 | +0,87 |
| | 50m: 37.11 | 150m: 2:04.40 | 250m: 3:35.50 | 350m: 5:04.28 | | | | |
| | 100m: 1:22.75 | 200m: 2:45.22 | 300m: 4:26.44 | 400m: 5:40.82 | | | | |
| 18. | Raegan Belmar | Blue Marlins | 201004070 | | 5:25.67 | **5:40.83** | 474 | +0,83 |
| | 50m: 34.00 | 150m: 2:00.36 | 250m: 3:34.07 | 350m: 5:03.68 | | | | |
| | 100m: 1:15.31 | 200m: 2:44.17 | 300m: 4:25.22 | 400m: 5:40.83 | | | | |
| 19. | Kinley Cole | Psv | 200903696 | | 5:34.96 | **5:41.29** | 472 | +0,47 |
| | 50m: 32.90 | 150m: 1:58.56 | 250m: 3:32.07 | 350m: 5:04.67 | | | | |
| | 100m: 1:14.28 | 200m: 2:42.94 | 300m: 4:24.55 | 400m: 5:41.29 | | | | |
| 20. | Femke ter Horst | ZPC Hoogeveen | 201000108 | | 5:52.01 | **5:42.08** | 469 | +0,76 |
| | 50m: 35.45 | 150m: 2:01.70 | 250m: 3:35.75 | 350m: 5:05.02 | | | | |
| | 100m: 1:17.06 | 200m: 2:44.37 | 300m: 4:27.31 | 400m: 5:42.08 | | | | |
| 21. | Frédérique Nijziel | De Dolfijn | 201103114 | | 5:46.03 | **5:42.09** | 469 | +0,73 |
| | 50m: 32.15 | 150m: 1:54.89 | 250m: 3:32.47 | 350m: 5:04.40 | | | | |
| | 100m: 1:10.76 | 200m: 2:37.77 | 300m: 4:27.12 | 400m: 5:42.09 | | | | |
| 22. | Odenza Soselisa | Blue Marlins | 201101780 | | 5:34.80 | **5:45.12** | 457 | +0,63 |
| | 50m: 34.21 | 150m: 1:59.85 | 250m: 3:34.45 | 350m: 5:06.30 | | | | |
| | 100m: 1:13.67 | 200m: 2:45.43 | 300m: 4:23.98 | 400m: 5:45.12 | | | | |
| 23. | Sofie Vos | ZPC Hoogeveen | 200800804 | | 5:45.30 | **5:47.86** | 446 | |
| | 50m: 37.69 | 150m: 2:07.12 | 250m: 3:39.43 | 350m: 5:10.05 | | | | |
| | 100m: 1:23.14 | 200m: 2:49.37 | 300m: 4:30.52 | 400m: 5:47.86 | | | | |
| 24. | Breanna Belmar | Blue Marlins | 201004068 | | 5:48.63 | **5:47.93** | 446 | +0,80 |
| | 50m: 35.20 | 150m: 2:06.32 | 250m: 3:41.48 | 350m: 5:10.10 | | | | |
| | 100m: 1:18.35 | 200m: 2:52.32 | 300m: 4:31.84 | 400m: 5:47.93 | | | | |
| 25. | Elke Kriesels | Hieronymus | 201100898 | | 5:53.16 | **5:48.64** | 443 | +0,80 |
| | 50m: 34.09 | 150m: 2:04.99 | 250m: 3:40.31 | 350m: 5:10.42 | | | | |
| | 100m: 1:18.44 | 200m: 2:49.80 | 300m: 4:30.77 | 400m: 5:48.64 | | | | |
| 26. | Simone Brobbel | SG Hoeksche Waard | 201200058 | | 6:06.76 | **5:50.14** | 437 | +0,84 |
| | 50m: 34.27 | 150m: 2:00.74 | 250m: 3:36.86 | 350m: 5:12.43 | | | | |
| | 100m: 1:16.79 | 200m: 2:42.63 | 300m: 4:31.49 | 400m: 5:50.14 | | | | |
| 27. | Wieke Dekker | De Dolfijn | 201002020 | | 5:48.41 | **5:53.40** | 425 | +0,62 |
| | 50m: 38.44 | 150m: 2:12.12 | 250m: 3:45.34 | 350m: 5:14.28 | | | | |
| | 100m: 1:26.25 | 200m: 2:57.48 | 300m: 4:34.25 | 400m: 5:53.40 | | | | |
| 28. | Evita Hoornweg | TriVia | 201002046 | | 6:10.51 | **5:54.51** | 421 | +0,83 |
| | 50m: 35.37 | 150m: 2:06.45 | 250m: 3:41.61 | 350m: 5:16.55 | | | | |
| | 100m: 1:18.69 | 200m: 2:52.53 | 300m: 4:34.47 | 400m: 5:54.51 | | | | |
| 29. | Hanna Heller | Zpc Amersfoort | 201102730 | | 6:05.86 | **5:54.81** | 420 | |
| | 50m: 35.06 | 150m: 2:06.08 | 250m: 3:41.52 | 350m: 5:16.30 | | | | |
| | 100m: 1:19.36 | 200m: 2:50.90 | 300m: 4:34.46 | 400m: 5:54.81 | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 1, Dames, 400m wisselslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 30. | Isa Segenhout | Orca Leeuwarden | 201000128 | 6:05.71 | **5:55.39** | 418 | +0,83 |
| | 50m: 35.59 | 150m: 2:08.35 | 250m: 3:44.27 | 350m: 5:16.97 | | | |
| | 100m: 1:21.30 | 200m: 2:53.14 | 300m: 4:37.07 | 400m: 5:55.39 | | | |
| 31. | Lois Waterham | Dedemsvaart-AC | 200803726 | 5:41.45 | **5:57.92** | 409 | +0,52 |
| | 50m: 35.61 | 150m: 2:05.83 | 250m: 3:43.66 | 350m: 5:18.28 | | | |
| | 100m: 1:19.16 | 200m: 2:50.96 | 300m: 4:36.79 | 400m: 5:57.92 | | | |
| 32. | Anique Polinder | Dedemsvaart-AC | 200800008 | 6:13.71 | **5:59.78** | 403 | +0,92 |
| | 50m: 37.33 | 150m: 2:11.88 | 250m: 3:48.40 | 350m: 5:21.20 | | | |
| | 100m: 1:24.39 | 200m: 2:58.03 | 300m: 4:41.12 | 400m: 5:59.78 | | | |
| 33. | Noortje Bisperink | Zpc Amersfoort | 201100486 | 6:01.39 | **6:00.57** | 400 | +0,81 |
| | 50m: 38.11 | 150m: 2:08.17 | 250m: 3:45.84 | 350m: 5:22.06 | | | |
| | 100m: 1:25.99 | 200m: 2:50.72 | 300m: 4:41.99 | 400m: 6:00.57 | | | |
| 34. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 6:01.91 | **6:07.87** | 377 | +0,98 |
| | 50m: 36.39 | 150m: 2:12.08 | 250m: 3:48.68 | 350m: 5:27.02 | | | |
| | 100m: 1:23.23 | 200m: 2:58.43 | 300m: 4:41.79 | 400m: 6:07.87 | | | |
| 35. | Querine Schminnes | ZC Borger | 201200624 | 6:08.82 | **6:23.51** | 333 | |
| | 50m: 41.40 | 150m: 2:25.37 | 250m: 4:07.09 | 350m: 5:41.93 | | | |
| | 100m: 1:33.48 | 200m: 3:14.90 | 300m: 4:58.36 | 400m: 6:23.51 | | | |
| 36. | Charlie Klaver | De Dolfijn | 201102094 | 6:13.90 | **6:29.97** | 316 | +0,63 |
| | 50m: 40.07 | 150m: 2:25.29 | 250m: 4:06.92 | 350m: 5:46.76 | | | |
| | 100m: 1:29.34 | 200m: 3:17.26 | 300m: 4:58.76 | 400m: 6:29.97 | | | |
| 37. | Femke Griemink | Ksn (Sg) | 200802376 | 6:48.99 | **6:40.29** | 293 | +0,52 |
| | 50m: 40.91 | 150m: 2:24.61 | 250m: 4:11.24 | 350m: 5:55.10 | | | |
| | 100m: 1:32.78 | 200m: 3:15.98 | 300m: 5:09.33 | 400m: 6:40.29 | | | |
| 38. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 6:59.43 | **6:46.90** | 278 | +0,73 |
| | 50m: 43.53 | 150m: 2:32.76 | 250m: 4:17.58 | 350m: 5:58.60 | | | |
| | 100m: 1:39.56 | 200m: 3:25.79 | 300m: 5:10.88 | 400m: 6:46.90 | | | |
| DIS | Evy Anna Nijdam | Orca Leeuwarden | 201100834 | 6:33.93 | | | |
| | *AA - De start ingezet voor het startsignaal (en wel gezwommen).* | | | | | | |
| AFGEM | Nikita van den Ouden | Psv | 199900622 | 4:58.81 | | | |

Programmanr. 2 — Heren, 1500m vrije slag — Junioren 1 en ouder
28-2-2025 - 17:11 — Spring Swim record: Tiago Fonseca Gomes: 16:00.88 — Resultaten

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Tieme Wiersma | DZ&PC | 200701031 | 16:11.55 | **15:58.98** | 749 | |
| | 50m: 29.55 | 100m: 1:00.83 | 200m: 2:04.82 | 400m: 4:12.76 | 800m: 8:30.54 | 1500m: 15:58.98 | |
| 2. | Bram Loots | Kzc | 200700197 | 15:47.73 | **16:10.32** | 723 | +0,74 |
| | 50m: 29.01 | 100m: 1:00.03 | 200m: 2:04.80 | 400m: 4:13.84 | 800m: 8:32.01 | 1500m: 16:10.32 | |
| 3. | Martijn Nies | Psv | 200902095 | 16:50.88 | **16:26.78** | 687 | +0,81 |
| | 50m: 29.45 | 100m: 1:01.69 | 200m: 2:07.07 | 400m: 4:16.55 | 800m: 8:38.53 | 1500m: 16:26.78 | |
| 4. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | 16:42.74 | **16:37.11** | 666 | +0,76 |
| | 50m: 30.96 | 100m: 1:04.30 | 200m: 2:10.79 | 400m: 4:25.04 | 800m: 8:52.33 | 1500m: 16:37.11 | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 2, Heren, 1500m vrije slag, Junioren 1 en ouder

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 5. | Jasper Van Remoortere | Zwemfed | VZF/10015/09 | 16:32.59 | **16:51.99** | 637 | +0,79 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 29.70 | 100m: | 1:02.32 | 200m: | 2:08.63 | 400m: | 4:22.85 | 800m: | 8:54.54 | 1500m: | 16:51.99 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 6. | Bas Blanker | Acz | 200601497 | 17:02.59 | **16:57.33** | 627 | +0,62 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 29.77 | 100m: | 1:02.46 | 200m: | 2:09.08 | 400m: | 4:23.79 | 800m: | 8:56.36 | 1500m: | 16:57.33 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 7. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | 18:22.64 | **17:38.52** | 557 | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.97 | 250m: | 2:52.64 | 450m: | 5:15.93 | 650m: | 7:38.76 | 850m: | 10:02.12 | 1200m: | 14:12.26 |
| 100m: | 1:06.81 | 300m: | 3:28.39 | 500m: | 5:51.33 | 700m: | 8:14.39 | 900m: | 10:37.56 | 1300m: | 15:22.38 |
| 150m: | 1:42.06 | 350m: | 4:04.10 | 550m: | 6:27.17 | 750m: | 8:50.47 | 1000m: | 11:49.50 | 1400m: | 16:32.15 |
| 200m: | 2:17.18 | 400m: | 4:39.83 | 600m: | 7:02.89 | 800m: | 9:26.35 | 1100m: | 13:00.86 | 1500m: | 17:38.52 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 8. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 18:42.30 | **17:38.86** | 556 | +0,78 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 30.33 | 250m: | 2:49.62 | 450m: | 5:12.84 | 650m: | 7:37.03 | 850m: | 10:00.24 | 1200m: | 14:10.14 |
| 100m: | 1:04.47 | 300m: | 3:24.96 | 500m: | 5:48.82 | 700m: | 8:12.71 | 900m: | 10:35.60 | 1300m: | 15:21.23 |
| 150m: | 1:39.31 | 350m: | 4:00.68 | 550m: | 6:25.24 | 750m: | 8:48.67 | 1000m: | 11:47.31 | 1400m: | 16:31.90 |
| 200m: | 2:14.41 | 400m: | 4:36.63 | 600m: | 7:01.07 | 800m: | 9:24.41 | 1100m: | 12:58.91 | 1500m: | 17:38.86 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 9. | Milan Veelders | O Z & P C | 200800279 | 17:12.37 | **17:39.69** | 555 | +0,77 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 29.52 | 100m: | 1:03.81 | 200m: | 2:12.94 | 400m: | 4:32.83 | 800m: | 9:17.75 | 1500m: | 17:39.69 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 10. | Sverre van der Zwaan | Wvz | 200900737 | 17:16.93 | **17:44.24** | 548 | +0,47 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 30.57 | 100m: | 1:04.82 | 200m: | 2:14.71 | 400m: | 4:35.55 | 800m: | 9:21.66 | 1500m: | 17:44.24 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 11. | Tim Zuurman | Dedemsvaart-AC | 200700131 | 17:47.15 | **17:55.46** | 531 | +0,98 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.43 | 100m: | 1:06.41 | 200m: | 2:17.16 | 400m: | 4:39.89 | 800m: | 9:28.80 | 1500m: | 17:55.46 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 12. | Denzel Barthen | Wvz | 200700147 | 17:01.51 | **17:57.73** | 527 | +0,79 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 28.44 | 100m: | 1:01.03 | 200m: | 2:08.88 | 400m: | 4:34.74 | 800m: | 9:24.45 | 1500m: | 17:57.73 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 13. | Dax van den Nouland | Blue Marlins | 201000071 | 18:44.86 | **18:01.70** | 522 | +0,79 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.68 | 250m: | 2:55.08 | 450m: | 5:19.39 | 650m: | 7:44.77 | 850m: | 10:10.73 | 1200m: | 14:26.07 |
| 100m: | 1:06.90 | 300m: | 3:31.00 | 500m: | 5:55.67 | 700m: | 8:21.26 | 900m: | 10:47.04 | 1300m: | 15:38.95 |
| 150m: | 1:42.86 | 350m: | 4:07.09 | 550m: | 6:32.07 | 750m: | 8:58.09 | 1000m: | 11:59.95 | 1400m: | 16:51.39 |
| 200m: | 2:18.97 | 400m: | 4:43.17 | 600m: | 7:08.37 | 800m: | 9:34.34 | 1100m: | 13:12.96 | 1500m: | 18:01.70 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 14. | Baris Tomu | Zpch | 201000869 | 18:49.27 | **18:10.75** | 509 | +0,70 |

** Eindtijd back up tijd*

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.65 | 250m: | 2:55.99 | 450m: | 5:21.56 | 650m: | 7:46.62 | 850m: | 10:12.06 | 1200m: | 14:29.26 |
| 100m: | 1:07.87 | 300m: | 3:32.43 | 500m: | 5:58.35 | 700m: | 8:23.16 | 900m: | 10:49.05 | 1300m: | 15:43.86 |
| 150m: | 1:43.30 | 350m: | 4:08.41 | 550m: | 6:33.96 | 750m: | 8:59.26 | 1000m: | 12:01.95 | 1400m: | 16:59.46 |
| 200m: | 2:19.80 | 400m: | 4:45.08 | 600m: | 7:10.33 | 800m: | 9:35.76 | 1100m: | 13:16.16 | 1500m: | 18:10.75 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 15. | Tycho Wienbelt | De Vikings | 201001397 | 18:50.46 | **18:13.78** | 505 | +0,59 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.71 | 250m: | 2:54.44 | 450m: | 5:20.26 | 650m: | 7:47.61 | 850m: | 10:15.35 | 1200m: | 14:35.13 |
| 100m: | 1:06.72 | 300m: | 3:30.80 | 500m: | 5:57.24 | 700m: | 8:24.57 | 900m: | 10:52.14 | 1300m: | 15:49.09 |
| 150m: | 1:42.29 | 350m: | 4:06.99 | 550m: | 6:34.01 | 750m: | 9:01.32 | 1000m: | 12:06.73 | 1400m: | 17:03.09 |
| 200m: | 2:18.56 | 400m: | 4:43.87 | 600m: | 7:10.98 | 800m: | 9:38.36 | 1100m: | 13:20.82 | 1500m: | 18:13.78 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 16. | Stan Tibben | Dedemsvaart-AC | 200503591 | 18:44.16 | **18:23.56** | 491 | +0,72 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.86 | 250m: | 2:55.23 | 450m: | 5:21.87 | 650m: | 7:48.63 | 850m: | 10:17.74 | 1200m: | 14:39.44 |
| 100m: | 1:07.25 | 300m: | 3:31.49 | 500m: | 5:58.69 | 700m: | 8:25.52 | 900m: | 10:55.46 | 1300m: | 15:55.08 |
| 150m: | 1:42.82 | 350m: | 4:08.31 | 550m: | 6:34.99 | 750m: | 9:02.28 | 1000m: | 12:09.92 | 1400m: | 17:10.49 |
| 200m: | 2:19.40 | 400m: | 4:44.98 | 600m: | 7:12.01 | 800m: | 9:40.04 | 1100m: | 13:24.44 | 1500m: | 18:23.56 |

| Rang | Naam | Club | Reg.nr. | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 17. | Figo van Duuren | Zpch | 200800391 | 19:12.03 | **18:26.20** | 488 | +0,76 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.45 | 250m: | 2:55.83 | 450m: | 5:23.54 | 650m: | 7:53.36 | 850m: | 10:22.97 | 1200m: | 14:45.66 |
| 100m: | 1:06.93 | 300m: | 3:32.81 | 500m: | 6:01.13 | 700m: | 8:31.13 | 900m: | 11:00.52 | 1300m: | 16:00.01 |
| 150m: | 1:42.66 | 350m: | 4:09.37 | 550m: | 6:38.04 | 750m: | 9:08.51 | 1000m: | 12:15.64 | 1400m: | 17:14.92 |
| 200m: | 2:19.03 | 400m: | 4:46.66 | 600m: | 7:15.94 | 800m: | 9:45.89 | 1100m: | 13:30.44 | 1500m: | 18:26.20 |

Programmanr. 2, Heren, 1500m vrije slag, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 18. | Twan Wielage | Ksn (Sg) | 200902671 | | 19:22.19 | **18:41.67** | 468 | +0,44 |
| 19. | Donny van den Bosch | Wiekslag | 199502001 | | 18:00.56 | **18:44.96** | 464 | +0,85 |
| 20. | Dyon Scholten | Steenwijk 1934 | 200900095 | | 19:25.51 | **19:11.02** | 433 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.16 | 250m: | 3:00.44 | 450m: | 5:31.67 | 650m: | 8:03.08 | 850m: | 10:35.36 | 1200m: | 14:59.60 | |
| 100m: | 1:09.17 | 300m: | 3:38.24 | 500m: | 6:09.60 | 700m: | 8:41.21 | 900m: | 11:13.62 | 1300m: | 16:14.58 | |
| 150m: | 1:45.99 | 350m: | 4:16.01 | 550m: | 6:47.23 | 750m: | 9:19.23 | 1000m: | 12:29.41 | 1400m: | 17:29.66 | |
| 200m: | 2:23.20 | 400m: | 4:54.03 | 600m: | 7:25.58 | 800m: | 9:57.95 | 1100m: | 13:44.86 | 1500m: | 18:41.67 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.71 | 250m: | 2:58.03 | 450m: | 5:29.42 | 650m: | 8:01.62 | 850m: | 10:33.74 | 1200m: | 15:00.96 | |
| 100m: | 1:06.98 | 300m: | 3:35.82 | 500m: | 6:07.05 | 700m: | 8:39.72 | 900m: | 11:11.52 | 1300m: | 16:17.84 | |
| 150m: | 1:43.65 | 350m: | 4:13.90 | 550m: | 6:45.32 | 750m: | 9:17.93 | 1000m: | 12:28.09 | 1400m: | 17:34.71 | |
| 200m: | 2:20.52 | 400m: | 4:51.62 | 600m: | 7:23.42 | 800m: | 9:55.76 | 1100m: | 13:44.57 | 1500m: | 18:44.96 | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.86 | 250m: | 3:01.03 | 450m: | 5:34.03 | 650m: | 8:06.05 | 900m: | 11:19.86 | 1300m: | 16:38.51 | |
| 100m: | 1:09.53 | 300m: | 3:40.02 | 500m: | 6:12.66 | 700m: | 8:45.04 | 1000m: | 12:39.18 | 1400m: | 17:55.05 | |
| 150m: | 1:46.42 | 350m: | 4:17.78 | 550m: | 6:50.45 | 750m: | 9:22.80 | 1100m: | 13:57.75 | 1500m: | 19:11.02 | |
| 200m: | 2:24.06 | 400m: | 4:56.61 | 600m: | 7:28.45 | 800m: | 10:01.87 | 1200m: | 15:17.42 | | | |

Programmanr. 3 — Dames, 800m vrije slag — Junioren 2 en ouder
28-2-2025 - 18:00 — Spring Swim record: Serena Stel: 8:53.94 — Resultaten

Punten: AQUA 2024

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 1. | Jade van der Schrier | Azc 1 | 200800692 | | 9:10.66 | **8:59.49** | 725 | |
| 2. | Bregje Dekkers | Psv | 200900746 | | 9:19.53 | **9:12.85** | 674 | +0,50 |
| 3. | Fenne Metten | Zpc Amersfoort | 201000102 | | 9:33.13 | **9:19.88** | 649 | +0,61 |
| 4. | Julie van Nispen | Z&PV Nuenen | 200800290 | | 9:14.86 | **9:21.75** | 642 | +0,77 |
| 5. | Frouke Ludwig | DZ&PC | 200800112 | | 9:09.31 | **9:22.12** | 641 | +0,83 |
| 6. | Nina van der Schrier | Azc 1 | 201000444 | | 9:46.07 | **9:39.48** | 585 | +0,93 |
| 7. | Amé Hulleman | DZ&PC | 200202794 | | 9:24.95 | **9:46.63** | 564 | +0,91 |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.22 | 200m: | 2:11.31 | 350m: | 3:53.55 | 500m: | 5:35.82 | 650m: | 7:18.98 | 800m: | 8:59.49 | |
| 100m: | 1:04.12 | 250m: | 2:45.48 | 400m: | 4:27.57 | 550m: | 6:10.30 | 700m: | 7:53.19 | | | |
| 150m: | 1:37.60 | 300m: | 3:19.02 | 450m: | 5:01.95 | 600m: | 6:44.49 | 750m: | 8:27.53 | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.65 | 200m: | 2:15.97 | 350m: | 4:01.95 | 500m: | 5:47.24 | 650m: | 7:31.08 | 800m: | 9:12.85 | |
| 100m: | 1:05.79 | 250m: | 2:51.42 | 400m: | 4:37.16 | 550m: | 6:21.96 | 700m: | 8:05.56 | | | |
| 150m: | 1:40.92 | 300m: | 3:26.97 | 450m: | 5:12.11 | 600m: | 6:56.56 | 750m: | 8:39.66 | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 30.78 | 200m: | 2:15.50 | 350m: | 4:01.92 | 500m: | 5:49.43 | 650m: | 7:36.98 | 800m: | 9:19.88 | |
| 100m: | 1:04.98 | 250m: | 2:50.87 | 400m: | 4:37.86 | 550m: | 6:25.21 | 700m: | 8:12.38 | | | |
| 150m: | 1:40.02 | 300m: | 3:26.27 | 450m: | 5:13.45 | 600m: | 7:01.17 | 750m: | 8:47.59 | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.46 | 200m: | 2:17.19 | 350m: | 4:04.28 | 500m: | 5:50.85 | 650m: | 7:38.31 | 800m: | 9:21.75 | |
| 100m: | 1:06.26 | 250m: | 2:52.92 | 400m: | 4:39.67 | 550m: | 6:26.71 | 700m: | 8:13.73 | | | |
| 150m: | 1:41.84 | 300m: | 3:28.34 | 450m: | 5:15.57 | 600m: | 7:02.11 | 750m: | 8:49.01 | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.78 | 200m: | 2:16.91 | 350m: | 4:04.19 | 500m: | 5:50.46 | 650m: | 7:38.18 | 800m: | 9:22.12 | |
| 100m: | 1:06.25 | 250m: | 2:52.93 | 400m: | 4:39.62 | 550m: | 6:26.30 | 700m: | 8:13.77 | | | |
| 150m: | 1:41.36 | 300m: | 3:28.19 | 450m: | 5:15.18 | 600m: | 7:01.98 | 750m: | 8:49.18 | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 31.46 | 200m: | 2:19.23 | 350m: | 4:09.21 | 500m: | 6:00.88 | 650m: | 7:52.19 | 800m: | 9:39.48 | |
| 100m: | 1:06.67 | 250m: | 2:55.57 | 400m: | 4:46.75 | 550m: | 6:38.17 | 700m: | 8:28.82 | | | |
| 150m: | 1:42.37 | 300m: | 3:32.41 | 450m: | 5:23.52 | 600m: | 7:15.58 | 750m: | 9:04.88 | | | |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 32.56 | 200m: | 2:21.55 | 350m: | 4:12.53 | 500m: | 6:04.09 | 650m: | 7:55.35 | 800m: | 9:46.63 | |
| 100m: | 1:08.38 | 250m: | 2:58.35 | 400m: | 4:49.88 | 550m: | 6:41.23 | 700m: | 8:32.72 | | | |
| 150m: | 1:44.59 | 300m: | 3:35.67 | 450m: | 5:26.73 | 600m: | 7:18.47 | 750m: | 9:09.92 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 3, Dames, 800m vrije slag, Junioren 2 en ouder

| Rang | | | | | | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 8. | Fenna Westerneng | | DZ&PC | | 200900070 | | | | | 9:48.00 | **9:47.34** | 562 | +0,76 |
| | 50m: | 33.34 | 200m: | 2:24.18 | 350m: | 4:16.03 | 500m: | 6:07.82 | 650m: | 7:58.50 | 800m: | 9:47.34 | |
| | 100m: | 1:09.31 | 250m: | 3:01.46 | 400m: | 4:53.08 | 550m: | 6:44.78 | 700m: | 8:35.27 | | | |
| | 150m: | 1:46.98 | 300m: | 3:38.39 | 450m: | 5:31.24 | 600m: | 7:20.98 | 750m: | 9:11.91 | | | |
| 9. | Ismay Lichtendonk | | Dedemsvaart-AC | | 200400622 | | | | | 9:24.37 | **9:48.07** | 560 | +0,81 |
| | 50m: | 32.31 | 200m: | 2:18.20 | 350m: | 4:05.99 | 500m: | 5:57.40 | 650m: | 7:53.15 | 800m: | 9:48.07 | |
| | 100m: | 1:07.15 | 250m: | 2:53.97 | 400m: | 4:42.47 | 550m: | 6:35.79 | 700m: | 8:31.94 | | | |
| | 150m: | 1:42.58 | 300m: | 3:29.60 | 450m: | 5:19.27 | 600m: | 7:14.58 | 750m: | 9:10.78 | | | |
| 10. | Imre Bouwland | | ZPC Hoogeveen | | 200700388 | | | | | 9:42.15 | **9:49.73** | 555 | +0,45 |
| | 50m: | 32.67 | 200m: | 2:23.83 | 350m: | 4:14.43 | 500m: | 6:07.14 | 650m: | 7:59.56 | 800m: | 9:49.73 | |
| | 100m: | 1:09.14 | 250m: | 3:00.90 | 400m: | 4:52.17 | 550m: | 6:44.48 | 700m: | 8:37.02 | | | |
| | 150m: | 1:46.46 | 300m: | 3:37.77 | 450m: | 5:29.50 | 600m: | 7:22.63 | 750m: | 9:13.96 | | | |
| 11. | Vera Wassink | | DZ&PC | | 200604976 | | | | | 9:52.26 | **9:54.49** | 542 | |
| | 50m: | 33.23 | 200m: | 2:25.65 | 350m: | 4:18.62 | 500m: | 6:12.27 | 650m: | 8:05.76 | 800m: | 9:54.49 | |
| | 100m: | 1:10.38 | 250m: | 3:03.19 | 400m: | 4:56.76 | 550m: | 6:50.57 | 700m: | 8:42.91 | | | |
| | 150m: | 1:48.24 | 300m: | 3:40.79 | 450m: | 5:34.54 | 600m: | 7:27.95 | 750m: | 9:19.98 | | | |
| 12. | Djelaysa Buunk | | Z & PC De Zeeuwse Kı | | 200900536 | | | | | 9:53.90 | **9:58.51** | 531 | +0,77 |
| | 50m: | 33.37 | 200m: | 2:24.12 | 350m: | 4:16.51 | 500m: | 6:10.01 | 650m: | 8:05.93 | 800m: | 9:58.51 | |
| | 100m: | 1:09.57 | 250m: | 3:01.80 | 400m: | 4:54.15 | 550m: | 6:48.47 | 700m: | 8:44.28 | | | |
| | 150m: | 1:46.84 | 300m: | 3:39.12 | 450m: | 5:32.21 | 600m: | 7:27.06 | 750m: | 9:22.40 | | | |
| 13. | Ylène Zondervan | | Zpc Amersfoort | | 201200016 | | | | | 10:06.27 | **9:59.79** | 528 | +0,81 |
| | 50m: | 33.39 | 200m: | 2:25.04 | 350m: | 4:18.92 | 500m: | 6:13.03 | 650m: | 8:07.83 | 800m: | 9:59.79 | |
| | 100m: | 1:10.15 | 250m: | 3:03.30 | 400m: | 4:56.94 | 550m: | 6:50.95 | 700m: | 8:45.31 | | | |
| | 150m: | 1:47.48 | 300m: | 3:40.89 | 450m: | 5:34.97 | 600m: | 7:29.46 | 750m: | 9:23.33 | | | |
| 14. | Myrthe Natzijl | | DZ&PC | | 200400076 | | | | | 9:36.30 | **10:02.12** | 521 | +0,90 |
| | 50m: | 32.80 | 200m: | 2:23.36 | 350m: | 4:16.75 | 500m: | 6:11.77 | 650m: | 8:06.77 | 800m: | 10:02.12 | |
| | 100m: | 1:09.21 | 250m: | 3:00.70 | 400m: | 4:55.26 | 550m: | 6:49.87 | 700m: | 8:45.79 | | | |
| | 150m: | 1:45.88 | 300m: | 3:38.93 | 450m: | 5:33.22 | 600m: | 7:28.63 | 750m: | 9:23.94 | | | |
| 15. | Marijke Drent | | Bubble | | 199906232 | | | | | 9:55.64 | **10:02.99** | 519 | +0,85 |
| | 50m: | 33.50 | 200m: | 2:27.77 | 350m: | 4:23.51 | 500m: | 6:18.11 | 650m: | 8:12.31 | 800m: | 10:02.99 | |
| | 100m: | 1:10.86 | 250m: | 3:06.52 | 400m: | 5:02.28 | 550m: | 6:56.21 | 700m: | 8:50.24 | | | |
| | 150m: | 1:49.00 | 300m: | 3:45.01 | 450m: | 5:37.61 | 600m: | 7:34.36 | 750m: | 9:27.02 | | | |
| 16. | Ilse Jongepier | | TriVia | | 201000006 | | | | | 10:12.76 | **10:04.19** | 516 | |
| | 50m: | 32.60 | 200m: | 2:25.30 | 350m: | 4:19.86 | 500m: | 6:16.19 | 650m: | 8:12.23 | 800m: | 10:04.19 | |
| | 100m: | 1:09.70 | 250m: | 3:02.93 | 400m: | 4:58.75 | 550m: | 6:54.78 | 700m: | 8:50.70 | | | |
| | 150m: | 1:47.42 | 300m: | 3:41.86 | 450m: | 5:37.14 | 600m: | 7:33.54 | 750m: | 9:28.04 | | | |
| 17. | Yanique Bax | | Zpc Amersfoort | | 201001428 | | | | | 10:09.03 | **10:05.51** | 513 | +0,75 |
| | 50m: | 33.72 | 200m: | 2:27.20 | 350m: | 4:22.81 | 500m: | 6:18.09 | 650m: | 8:12.73 | 800m: | 10:05.51 | |
| | 100m: | 1:11.11 | 250m: | 3:05.40 | 400m: | 5:01.84 | 550m: | 6:56.42 | 700m: | 8:50.99 | | | |
| | 150m: | 1:49.01 | 300m: | 3:44.20 | 450m: | 5:39.19 | 600m: | 7:34.70 | 750m: | 9:28.72 | | | |
| 18. | Brechtje Slootweg | | Zpc Amersfoort | | 201101744 | | | | | 10:13.79 | **10:07.71** | 507 | |
| | 50m: | 33.79 | 200m: | 2:26.88 | 350m: | 4:20.71 | 500m: | 6:15.95 | 650m: | 8:13.08 | 800m: | 10:07.71 | |
| | 100m: | 1:11.03 | 250m: | 3:04.67 | 400m: | 4:59.15 | 550m: | 6:55.09 | 700m: | 8:51.85 | | | |
| | 150m: | 1:48.92 | 300m: | 3:42.84 | 450m: | 5:37.61 | 600m: | 7:34.17 | 750m: | 9:30.39 | | | |
| 19. | Leyona Lichtendonk | | Dedemsvaart-AC | | 200700010 | | | | | 10:15.38 | **10:23.27** | 470 | +0,80 |
| | 50m: | 33.63 | 200m: | 2:26.84 | 350m: | 4:23.51 | 500m: | 6:24.48 | 650m: | 8:24.10 | 800m: | 10:23.27 | |
| | 100m: | 1:10.87 | 250m: | 3:05.35 | 400m: | 5:03.64 | 550m: | 7:03.80 | 700m: | 9:04.61 | | | |
| | 150m: | 1:48.24 | 300m: | 3:44.70 | 450m: | 5:43.38 | 600m: | 7:44.64 | 750m: | 9:43.78 | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 3, Dames, 800m vrije slag, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 20. | Raegan Belmar | Blue Marlins | 201004070 | 10:12.26 | **10:23.73** | 469 | +0,81 |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 50m: | 33.82 | 200m: | 2:27.98 | 350m: | 4:26.13 | 500m: | 6:26.23 | 650m: | 8:26.83 | 800m: | 10:23.73 |
| 100m: | 1:11.39 | 250m: | 3:07.02 | 400m: | 5:06.06 | 550m: | 7:06.39 | 700m: | 9:06.85 | | |
| 150m: | 1:44.27 | 300m: | 3:46.57 | 450m: | 5:45.72 | 600m: | 7:47.12 | 750m: | 9:45.46 | | |

Programmanr. 4 — Heren, 400m wisselslag — Junioren 1 en ouder

28-2-2025 - 18:21 — Spring Swim record: Thomas Jansen: 4:20.54 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Sven Klink | Swol 1894 | 200500349 | 4:27.56 | **4:32.38** | 705 | +0,75 | Q |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 50m: | 27.96 | 150m: | 1:36.13 | 250m: | 2:50.38 | 350m: | 4:02.21 | |
| 100m: | 1:00.44 | 200m: | 2:11.24 | 300m: | 3:29.88 | 400m: | 4:32.38 | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 2. | Wouter Zijlstra | HZ&PC Heerenveen | 200401545 | 4:37.21 | **4:40.15** | 648 | | Q |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 50m: | 29.13 | 150m: | 1:41.26 | 250m: | 2:57.48 | 350m: | 4:09.61 | |
| 100m: | 1:02.95 | 200m: | 2:18.17 | 300m: | 3:37.92 | 400m: | 4:40.15 | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 3. | Bas Claerhout | Zwemfed | VZF/10003/08 | 4:36.51 | **4:40.95** | 643 | | Q |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 50m: | 29.21 | 150m: | 1:39.10 | 250m: | 2:55.67 | 350m: | 4:08.63 | |
| 100m: | 1:02.02 | 200m: | 2:15.28 | 300m: | 3:36.37 | 400m: | 4:40.95 | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 4. | Tiede Groener | Psv | 200700155 | 4:35.11 | **4:42.24** | 634 | +0,76 | Q |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 50m: | 28.82 | 150m: | 1:41.00 | 250m: | 2:58.05 | 350m: | 4:11.67 | |
| 100m: | 1:02.89 | 200m: | 2:17.75 | 300m: | 3:38.49 | 400m: | 4:42.24 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 5. | Yarno van Dam | Acz | 200800115 | 4:39.79 | **4:43.55** | 625 | +0,76 | Q |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 28.61 | 150m: | 1:37.22 | 250m: | 2:55.02 | 350m: | 4:11.28 | |
| 100m: | 1:01.38 | 200m: | 2:13.48 | 300m: | 3:37.65 | 400m: | 4:43.55 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 6. | Alexander Van Hoey Billie | Zwemfed | VZF/10014/09 | 4:50.11 | **4:45.74** | 611 | +0,54 | Q |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 27.95 | 150m: | 1:40.84 | 250m: | 2:55.80 | 350m: | 4:11.62 | |
| 100m: | 1:03.49 | 200m: | 2:17.22 | 300m: | 3:36.55 | 400m: | 4:45.74 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 7. | Nikodim Markovic | Blue Marlins | 200700255 | 4:45.55 | **4:46.20** | 608 | +0,75 | Q |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 28.58 | 150m: | 1:39.67 | 250m: | 2:56.53 | 350m: | 4:13.35 | |
| 100m: | 1:03.04 | 200m: | 2:15.66 | 300m: | 3:38.28 | 400m: | 4:46.20 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 8. | Joseph Van Wellen | Zwemfed | VZF/10016/08 | 4:48.61 | **4:49.91** | 585 | +0,75 | Q |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 28.23 | 150m: | 1:42.54 | 250m: | 3:02.57 | 350m: | 4:17.52 | |
| 100m: | 1:03.51 | 200m: | 2:19.81 | 300m: | 3:44.49 | 400m: | 4:49.91 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 9. | Storm Boxum | DZ&PC | 200700421 | 4:55.93 | **4:50.75** | 580 | +0,78 | Q |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 28.72 | 150m: | 1:42.81 | 250m: | 3:00.51 | 350m: | 4:16.53 | |
| 100m: | 1:03.26 | 200m: | 2:20.95 | 300m: | 3:41.36 | 400m: | 4:50.75 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 10. | Karsten van Groenigen | Zwemfed | VZF/10013/08 | 5:03.17 | **4:51.62** | 575 | +0,70 | R |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 31.18 | 150m: | 1:49.32 | 250m: | 3:06.32 | 350m: | 4:19.74 | |
| 100m: | 1:09.21 | 200m: | 2:29.12 | 300m: | 3:46.34 | 400m: | 4:51.62 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 11. | Jisse Lousma | Wvz | 200701493 | 5:02.11 | **4:58.59** | 535 | +0,51 | R |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 28.52 | 150m: | 1:41.32 | 250m: | 3:02.06 | 350m: | 4:25.26 | |
| 100m: | 1:02.35 | 200m: | 2:19.00 | 300m: | 3:47.10 | 400m: | 4:58.59 | |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 12. | Tim van Erven | DZ&PC | 200700175 | 4:58.39 | **4:58.89** | 534 | +0,84 | |

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|---|---|---|---|---|---|---|---|---|
| 50m: | 31.00 | 150m: | 1:47.25 | 250m: | 3:09.37 | 350m: | 4:26.96 | |
| 100m: | 1:08.57 | 200m: | 2:25.47 | 300m: | 3:53.73 | 400m: | 4:58.89 | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 4, Heren, 400m wisselslag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 13. | Storm Tolsma | DZ&PC | 200600277 | | 5:00.04 | **4:59.64** | 530 | +0,83 |
| | 50m: 30.54 | 150m: 1:47.65 | 250m: 3:08.25 | 350m: 4:25.66 | | | | |
| | 100m: 1:07.54 | 200m: 2:26.79 | 300m: 3:50.32 | 400m: 4:59.64 | | | | |
| 14. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | | 5:03.22 | **5:00.05** | 527 | +0,77 |
| | 50m: 29.30 | 150m: 1:48.29 | 250m: 3:09.87 | 350m: 4:27.45 | | | | |
| | 100m: 1:04.78 | 200m: 2:29.93 | 300m: 3:52.33 | 400m: 5:00.05 | | | | |
| 15. | Jelte de Jong | Zpch | 200900975 | | 4:56.81 | **5:02.21** | 516 | +0,80 |
| | 50m: 30.18 | 150m: 1:44.42 | 250m: 3:08.08 | 350m: 4:28.31 | | | | |
| | 100m: 1:05.43 | 200m: 2:23.07 | 300m: 3:53.16 | 400m: 5:02.21 | | | | |
| 16. | Jelte de Boer | De Vikings | 200700345 | | 5:28.47 | **5:02.65** | 514 | |
| | 50m: 30.07 | 150m: 1:46.72 | 250m: 3:08.43 | 350m: 4:28.62 | | | | |
| | 100m: 1:06.40 | 200m: 2:25.72 | 300m: 3:52.73 | 400m: 5:02.65 | | | | |
| 17. | Jesse van der Meij | De Dolfijn | 200600841 | | 5:11.05 | **5:04.12** | 506 | +0,81 |
| | 50m: 32.33 | 150m: 1:52.48 | 250m: 3:13.46 | 350m: 4:30.94 | | | | |
| | 100m: 1:10.37 | 200m: 2:32.27 | 300m: 3:54.51 | 400m: 5:04.12 | | | | |
| 18. | Adriaan Coppelmans | Azc 1 | 200903243 | | 5:01.03 | **5:04.21** | 506 | +0,65 |
| | 50m: 31.42 | 150m: 1:47.14 | 250m: 3:08.22 | 350m: 4:29.68 | | | | |
| | 100m: 1:09.63 | 200m: 2:24.40 | 300m: 3:53.40 | 400m: 5:04.21 | | | | |
| 19. | Stan Tibben | Dedemsvaart-AC | 200503591 | | 5:23.04 | **5:08.84** | 484 | +0,50 |
| | 50m: 30.82 | 150m: 1:50.31 | 250m: 3:14.43 | 350m: 4:35.13 | | | | |
| | 100m: 1:08.87 | 200m: 2:30.86 | 300m: 3:59.62 | 400m: 5:08.84 | | | | |
| 20. | Aidan van der Stelt | Blue Marlins | 200900901 | | 5:17.81 | **5:09.22** | 482 | +0,73 |
| | 50m: 31.19 | 150m: 1:50.04 | 250m: 3:14.90 | 350m: 4:35.94 | | | | |
| | 100m: 1:08.63 | 200m: 2:31.43 | 300m: 4:00.52 | 400m: 5:09.22 | | | | |
| 21. | Jere Wiersma | DZ&PC | 200701037 | | 5:07.37 | **5:10.78** | 475 | |
| | 50m: 31.75 | 150m: 1:50.79 | 250m: 3:15.44 | 350m: 4:36.93 | | | | |
| | 100m: 1:09.92 | 200m: 2:29.61 | 300m: 4:01.73 | 400m: 5:10.78 | | | | |
| 22. | Kasper Lubbers | Orca Leeuwarden | 201100025 | | 5:36.96 | **5:10.88** | 474 | +0,63 |
| | 50m: 33.66 | 150m: 1:53.86 | 250m: 3:16.00 | 350m: 4:36.22 | | | | |
| | 100m: 1:13.83 | 200m: 2:32.67 | 300m: 4:00.11 | 400m: 5:10.88 | | | | |
| 23. | Jaydey Schonewille | Steenwijk 1934 | 200800025 | | 5:06.58 | **5:13.12** | 464 | |
| | 50m: 31.64 | 150m: 1:52.32 | 250m: 3:14.40 | 350m: 4:36.93 | | | | |
| | 100m: 1:10.69 | 200m: 2:31.25 | 300m: 3:59.94 | 400m: 5:13.12 | | | | |
| 24. | Lucas Bemer | De Duinkikkers | 200700219 | | 5:15.09 | **5:15.92** | 452 | +0,85 |
| | 50m: 30.04 | 150m: 1:48.09 | 250m: 3:14.21 | 350m: 4:37.51 | | | | |
| | 100m: 1:06.54 | 200m: 2:29.30 | 300m: 3:59.15 | 400m: 5:15.92 | | | | |
| 25. | Thijmen Pruijssers | Hieronymus | 201000129 | | 5:20.32 | **5:17.41** | 445 | +0,73 |
| | 50m: 32.61 | 150m: 1:53.78 | 250m: 3:19.94 | 350m: 4:43.30 | | | | |
| | 100m: 1:13.11 | 200m: 2:33.35 | 300m: 4:06.76 | 400m: 5:17.41 | | | | |
| 26. | Evren Ege Orcunus | De Dolfijn | 201003253 | | 5:18.05 | **5:17.85** | 444 | +0,56 |
| | 50m: 32.17 | 150m: 1:51.45 | 250m: 3:17.39 | 350m: 4:41.73 | | | | |
| | 100m: 1:10.18 | 200m: 2:32.86 | 300m: 4:04.62 | 400m: 5:17.85 | | | | |
| 27. | Sven Mulder | Wvz | 200901655 | | 5:34.68 | **5:18.98** | 439 | +0,72 |
| | 50m: 33.11 | 150m: 1:54.78 | 250m: 3:21.70 | 350m: 4:46.15 | | | | |
| | 100m: 1:15.04 | 200m: 2:34.67 | 300m: 4:09.75 | 400m: 5:18.98 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 4, Heren, 400m wisselslag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 28. | Abel op den Velde | De Duinkikkers | 201000079 | | 5:20.93 | **5:20.27** | 434 | +0,79 |
| | 50m: 31.09 | 150m: 1:51.33 | 250m: 3:19.86 | 350m: 4:45.59 | | | | |
| | 100m: 1:10.46 | 200m: 2:30.97 | 300m: 4:09.58 | 400m: 5:20.27 | | | | |
| 29. | Ruben Nooter | Dedemsvaart-AC | 200901577 | | 5:50.28 | **5:23.55** | 421 | +0,67 |
| | 50m: 32.61 | 150m: 1:56.42 | 250m: 3:23.13 | 350m: 4:47.98 | | | | |
| | 100m: 1:14.93 | 200m: 2:37.99 | 300m: 4:09.60 | 400m: 5:23.55 | | | | |
| 30. | Niek Sonneveld | Wvz | 200802631 | | 5:09.50 | **5:24.10** | 418 | +0,89 |
| | 50m: 33.44 | 150m: 1:54.59 | 250m: 3:22.03 | 350m: 4:48.43 | | | | |
| | 100m: 1:15.28 | 200m: 2:33.58 | 300m: 4:10.26 | 400m: 5:24.10 | | | | |
| 31. | Floris van der Valk | Wiekslag | 200801891 | | 5:32.25 | **5:24.81** | 416 | +0,66 |
| | 50m: 30.39 | 150m: 1:51.11 | 250m: 3:20.40 | 350m: 4:46.73 | | | | |
| | 100m: 1:07.48 | 200m: 2:34.21 | 300m: 4:06.86 | 400m: 5:24.81 | | | | |
| 32. | Milan Schuilenburg | Zpc Amersfoort | 201000935 | | 5:23.75 | **5:25.68** | 412 | |
| | 50m: 33.98 | 150m: 2:01.81 | 250m: 3:28.32 | 350m: 4:48.62 | | | | |
| | 100m: 1:16.43 | 200m: 2:46.68 | 300m: 4:11.35 | 400m: 5:25.68 | | | | |
| 33. | Dani Yefimov | O Z & P C | 200901305 | | 5:35.00 | **5:26.46** | 409 | +0,80 |
| | 50m: 33.82 | 150m: 1:58.37 | 250m: 3:26.03 | 350m: 4:49.54 | | | | |
| | 100m: 1:14.78 | 200m: 2:40.85 | 300m: 4:11.82 | 400m: 5:26.46 | | | | |
| 34. | Henry Watson | De Dolfijn | 201001703 | | 5:38.33 | **5:26.52** | 409 | +0,60 |
| | 50m: 31.80 | 150m: 1:53.95 | 250m: 3:22.02 | 350m: 4:49.49 | | | | |
| | 100m: 1:11.50 | 200m: 2:35.24 | 300m: 4:10.29 | 400m: 5:26.52 | | | | |
| 35. | Brian Arturo Bloemsma | De Dolfijn | 200901155 | | 5:10.29 | **5:29.92** | 397 | +0,96 |
| | 50m: 31.04 | 150m: 1:54.46 | 250m: 3:22.86 | 350m: 4:48.16 | | | | |
| | 100m: 1:09.66 | 200m: 2:39.84 | 300m: 4:08.83 | 400m: 5:29.92 | | | | |
| 36. | Joey Snabel | Zpc Amersfoort | 201002847 | | 5:31.84 | **5:31.08** | 392 | +0,69 |
| | 50m: 32.25 | 150m: 1:58.45 | 250m: 3:27.20 | 350m: 4:54.35 | | | | |
| | 100m: 1:13.68 | 200m: 2:40.17 | 300m: 4:15.42 | 400m: 5:31.08 | | | | |
| 37. | Cayden Malone | De Dolfijn | 201002195 | | 5:39.05 | **5:35.31** | 378 | +0,70 |
| | 50m: 32.99 | 150m: 1:59.44 | 250m: 3:28.64 | 350m: 4:56.61 | | | | |
| | 100m: 1:14.41 | 200m: 2:42.56 | 300m: 4:17.74 | 400m: 5:35.31 | | | | |
| 38. | Stan Rothschaid | ZPC Hoogeveen | 201000353 | | 5:56.04 | **5:38.79** | 366 | +0,75 |
| | 50m: 35.93 | 150m: 2:05.51 | 250m: 3:34.69 | 350m: 5:02.82 | | | | |
| | 100m: 1:20.78 | 200m: 2:47.92 | 300m: 4:22.42 | 400m: 5:38.79 | | | | |
| 39. | Mathijs Boersma<br>** Eindtijd backup tijd* | ZPC Hoogeveen | 201000313 | | 5:28.73 | **5:40.87** | 360 | +0,98 |
| | 50m: 36.72 | 150m: 2:08.31 | 250m: 3:37.60 | 350m: 5:03.02 | | | | |
| | 100m: 1:24.72 | 200m: 2:51.87 | 300m: 4:25.62 | 400m: 5:40.87 | | | | |
| 40. | Luca Monster | SG Hoeksche Waard | 201100343 | | 5:45.63 | **5:42.38** | 355 | +0,75 |
| | 50m: 32.59 | 150m: 1:59.81 | 250m: 3:31.43 | 350m: 5:02.25 | | | | |
| | 100m: 1:12.88 | 200m: 2:44.54 | 300m: 4:19.57 | 400m: 5:42.38 | | | | |
| 41. | Nathan Magava | De Dolfijn | 201003067 | | 5:42.17 | **5:42.91** | 353 | +0,60 |
| | 50m: 32.80 | 150m: 1:59.71 | 250m: 3:32.75 | 350m: 5:02.29 | | | | |
| | 100m: 1:12.72 | 200m: 2:45.18 | 300m: 4:20.34 | 400m: 5:42.91 | | | | |
| 42. | David van der Valk | Wiekslag | 201100519 | | 5:52.99 | **5:43.94** | 350 | +0,75 |
| | 50m: 34.79 | 150m: 2:02.52 | 250m: 3:36.27 | 350m: 5:06.79 | | | | |
| | 100m: 1:15.87 | 200m: 2:47.58 | 300m: 4:26.39 | 400m: 5:43.94 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 4, Heren, 400m wisselslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 43. | Daan Mulder | Ksn (Sg) | 201100267 | 5:32.38 | **5:47.23** | 340 | +0,80 |
| | 50m: 36.19 | 150m: 2:06.95 | 250m: 3:40.61 | 350m: 5:10.20 | | | |
| | 100m: 1:21.50 | 200m: 2:51.21 | 300m: 4:30.33 | 400m: 5:47.23 | | | |
| 44. | Abe Pasop | Dedemsvaart-AC | 201000501 | 6:03.33 | **5:49.96** | 332 | +0,74 |
| | 50m: 36.58 | 150m: 2:10.17 | 250m: 3:42.33 | 350m: 5:11.53 | | | |
| | 100m: 1:24.11 | 200m: 2:56.26 | 300m: 4:31.15 | 400m: 5:49.96 | | | |
| 45. | Izayah Castillo | Blue Marlins | 201100311 | 6:15.21 | **5:51.60** | 328 | +0,91 |
| | 50m: 32.08 | 150m: 2:02.58 | 250m: 3:37.01 | 350m: 5:09.86 | | | |
| | 100m: 1:15.56 | 200m: 2:48.36 | 300m: 4:27.57 | 400m: 5:51.60 | | | |
| 46. | Gijs Nooter | Dedemsvaart-AC | 201000725 | 6:40.30 | **5:57.71** | 311 | +0,29 |
| | 50m: 37.94 | 150m: 2:14.30 | 250m: 3:49.16 | 350m: 5:18.69 | | | |
| | 100m: 1:29.83 | 200m: 2:58.31 | 300m: 4:39.38 | 400m: 5:57.71 | | | |
| 47. | Luca Karsten Schüler | HZ&PC Heerenveen | 201101451 | 5:47.10 | **6:00.61** | 304 | |
| | 50m: 38.86 | 150m: 2:15.30 | 250m: 3:50.94 | 350m: 5:21.33 | | | |
| | 100m: 1:28.18 | 200m: 3:01.22 | 300m: 4:41.15 | 400m: 6:00.61 | | | |
| 48. | Milan van den Berg | Swol 1894 | 201100253 | 6:12.88 | **6:07.28** | 287 | +0,70 |
| | 50m: 40.47 | 150m: 2:13.62 | 250m: 3:50.96 | 350m: 5:26.82 | | | |
| | 100m: 1:28.71 | 200m: 2:57.32 | 300m: 4:45.16 | 400m: 6:07.28 | | | |
| 49. | Lars Thül | Swol 1894 | 201200119 | 5:44.90 | **6:16.21** | 267 | +0,97 |
| | 50m: 38.20 | 150m: 2:15.46 | 250m: 3:56.34 | 350m: 5:34.47 | | | |
| | 100m: 1:28.05 | 200m: 3:00.68 | 300m: 4:52.25 | 400m: 6:16.21 | | | |
| AFGEM | Thomas Nauta | Arethusa | 200900339 | 5:15.47 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

## 2 - Spring Swim sessie 2: Series

1-3-2025 - 9:00

Programmanr. 5 | Heren, 400m vrije slag | Junioren 1 en ouder

1-3-2025 - 9:00 | SpringSwimRecord: S. de Freitas Steverink: 3:58.65 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Lucas Peters | Zpc Amersfoort | 200301325 | | 3:52.75 | **4:00.55** | 765 | +0,68 | Q |
| | 50m: 27.24 | 150m: 1:27.40 | 250m: 2:28.72 | 350m: 3:30.74 | | | | | |
| | 100m: 56.94 | 200m: 1:57.94 | 300m: 2:59.52 | 400m: 4:00.55 | | | | | |
| 2. | Tieme Wiersma | DZ&PC | 200701031 | | 4:09.37 | **4:05.37** | 721 | +0,73 | Q |
| | 50m: 28.12 | 150m: 1:29.58 | 250m: 2:32.26 | 350m: 3:35.22 | | | | | |
| | 100m: 58.41 | 200m: 2:00.86 | 300m: 3:03.86 | 400m: 4:05.37 | | | | | |
| 3. | Bas Claerhout | Zwemfed | VZF/10003/08 | | 4:02.10 | **4:06.82** | 708 | | Q |
| | 50m: 27.76 | 150m: 1:29.37 | 250m: 2:32.13 | 350m: 3:35.87 | | | | | |
| | 100m: 58.33 | 200m: 2:00.76 | 300m: 3:04.17 | 400m: 4:06.82 | | | | | |
| 4. | Bere Waerniers | Zwemfed | VZF/10018/08 | | 4:10.98 | **4:06.91** | 708 | +0,75 | Q |
| | 50m: 27.93 | 150m: 1:30.62 | 250m: 2:34.03 | 350m: 3:36.73 | | | | | |
| | 100m: 58.71 | 200m: 2:03.10 | 300m: 3:05.70 | 400m: 4:06.91 | | | | | |
| 5. | Austin Namesnik | Zpc Amersfoort | 200101817 | | 4:01.70 | **4:08.18** | 697 | | Q |
| | 50m: 27.08 | 150m: 1:28.91 | 250m: 2:33.41 | 350m: 3:40.54 | | | | | |
| | 100m: 57.42 | 200m: 2:00.46 | 300m: 3:06.72 | 400m: 4:08.18 | | | | | |
| 6. | Martijn Nies | Psv | 200902095 | | 4:07.35 | **4:08.28** | 696 | +0,59 | Q |
| | 50m: 27.70 | 150m: 1:29.46 | 250m: 2:32.75 | 350m: 3:37.11 | | | | | |
| | 100m: 58.31 | 200m: 2:01.03 | 300m: 3:04.82 | 400m: 4:08.28 | | | | | |
| 7. | Seppe Lammens | Zwemfed | VZF/10009/07 | | 4:04.35 | **4:08.76** | 692 | +0,77 | Q |
| | 50m: 27.68 | 150m: 1:29.16 | 250m: 2:32.59 | 350m: 3:37.54 | | | | | |
| | 100m: 58.08 | 200m: 2:00.76 | 300m: 3:04.94 | 400m: 4:08.76 | | | | | |
| 8. | Levi Kindt | Zwemfed | VZF/10007/07 | | 4:06.92 | **4:09.63** | 685 | +0,67 | Q |
| | 50m: 27.30 | 150m: 1:30.46 | 250m: 2:34.18 | 350m: 3:38.48 | | | | | |
| | 100m: 58.33 | 200m: 2:02.61 | 300m: 3:06.41 | 400m: 4:09.63 | | | | | |
| 9. | Wouter Zijlstra | HZ&PC Heerenveen | 200401545 | | 4:09.77 | **4:09.80** | 683 | +0,65 | Q |
| | 50m: 28.15 | 150m: 1:30.79 | 250m: 2:34.67 | 350m: 3:39.22 | | | | | |
| | 100m: 59.18 | 200m: 2:02.62 | 300m: 3:06.88 | 400m: 4:09.80 | | | | | |
| 10. | Jasper Van Remoortere | Zwemfed | VZF/10015/09 | | 4:06.51 | **4:10.02** | 681 | +0,74 | R |
| | 50m: 28.60 | 150m: 1:30.84 | 250m: 2:35.05 | 350m: 3:39.92 | | | | | |
| | 100m: 59.26 | 200m: 2:02.77 | 300m: 3:07.34 | 400m: 4:10.02 | | | | | |
| 11. | Bram Loots | Kzc | 200700197 | | 4:00.22 | **4:11.48** | 670 | +0,70 | R |
| | 50m: 28.34 | 150m: 1:31.68 | 250m: 2:37.25 | 350m: 3:41.09 | | | | | |
| | 100m: 59.35 | 200m: 2:04.23 | 300m: 3:09.37 | 400m: 4:11.48 | | | | | |
| 12. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | | 4:11.95 | **4:12.64** | 660 | +0,77 | |
| | 50m: 29.47 | 150m: 1:33.06 | 250m: 2:37.83 | 350m: 3:42.15 | | | | | |
| | 100m: 1:01.50 | 200m: 2:05.57 | 300m: 3:10.49 | 400m: 4:12.64 | | | | | |
| 13. | Yarno van Dam | Acz | 200800115 | | 4:17.61 | **4:14.23** | 648 | +0,76 | |
| | 50m: 27.88 | 150m: 1:31.85 | 250m: 2:37.21 | 350m: 3:42.36 | | | | | |
| | 100m: 59.81 | 200m: 2:04.62 | 300m: 3:10.28 | 400m: 4:14.23 | | | | | |
| 14. | Tiede Groener | Psv | 200700155 | | 4:12.55 | **4:15.97** | 635 | +0,59 | |
| | 50m: 28.65 | 150m: 1:33.07 | 250m: 2:38.54 | 350m: 3:44.48 | | | | | |
| | 100m: 1:00.35 | 200m: 2:06.17 | 300m: 3:12.08 | 400m: 4:15.97 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 5, Heren, 400m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 15. | Denzel Barthen | Wvz | 200700147 | | 4:15.45 | **4:19.08** | 612 | +0,75 |
| | 50m: 28.20 | 150m: 1:32.67 | 250m: 2:40.32 | 350m: 3:49.23 | | | | |
| | 100m: 1:00.35 | 200m: 2:06.70 | 300m: 3:14.84 | 400m: 4:19.08 | | | | |
| 16. | Milan Veelders | O Z & P C | 200800279 | | 4:14.56 | **4:20.29** | 604 | +0,64 |
| | 50m: 28.67 | 150m: 1:33.01 | 250m: 2:38.76 | 350m: 3:46.32 | | | | |
| | 100m: 1:00.84 | 200m: 2:05.73 | 300m: 3:12.14 | 400m: 4:20.29 | | | | |
| 17. | Storm Boxum | DZ&PC | 200700421 | | 4:20.69 | **4:20.34** | 604 | +0,84 |
| | 50m: 28.20 | 150m: 1:33.30 | 250m: 2:39.85 | 350m: 3:47.15 | | | | |
| | 100m: 1:00.40 | 200m: 2:06.57 | 300m: 3:13.63 | 400m: 4:20.34 | | | | |
| 18. | Ronis van Everdingen | Dwk | 200300043 | | 4:25.62 | **4:20.39** | 603 | |
| | 50m: 28.43 | 150m: 1:33.44 | 250m: 2:40.61 | 350m: 3:47.46 | | | | |
| | 100m: 1:00.15 | 200m: 2:07.11 | 300m: 3:14.19 | 400m: 4:20.39 | | | | |
| 19. | Tim Boerefijn | Wvz | 200802815 | | 4:23.00 | **4:22.42** | 589 | +0,75 |
| | 50m: 28.72 | 150m: 1:35.48 | 250m: 2:43.18 | 350m: 3:50.40 | | | | |
| | 100m: 1:02.02 | 200m: 2:09.46 | 300m: 3:17.22 | 400m: 4:22.42 | | | | |
| 20. | Tim van Erven | DZ&PC | 200700175 | | 4:18.39 | **4:23.18** | 584 | |
| | 50m: 29.40 | 150m: 1:35.88 | 250m: 2:43.21 | 350m: 3:50.01 | | | | |
| | 100m: 1:02.37 | 200m: 2:09.81 | 300m: 3:16.74 | 400m: 4:23.18 | | | | |
| 21. | Storm Tolsma | DZ&PC | 200600277 | | 4:27.88 | **4:24.52** | 575 | +0,77 |
| | 50m: 29.52 | 150m: 1:35.46 | 250m: 2:43.41 | 350m: 3:51.45 | | | | |
| | 100m: 1:02.04 | 200m: 2:09.45 | 300m: 3:17.16 | 400m: 4:24.52 | | | | |
| 22. | Bas Blanker | Acz | 200601497 | | 4:18.49 | **4:26.00** | 566 | |
| | 50m: 29.61 | 150m: 1:36.40 | 250m: 2:43.67 | 350m: 3:52.33 | | | | |
| | 100m: 1:02.71 | 200m: 2:09.98 | 300m: 3:17.74 | 400m: 4:26.00 | | | | |
| 23. | Jelte de Jong | Zpch | 200900975 | | 4:22.93 | **4:26.31** | 564 | +0,85 |
| | 50m: 29.48 | 150m: 1:36.59 | 250m: 2:44.67 | 350m: 3:52.82 | | | | |
| | 100m: 1:02.89 | 200m: 2:11.19 | 300m: 3:19.11 | 400m: 4:26.31 | | | | |
| 24. | Lou van Leeuwen | De Dolfijn | 200702779 | | 4:38.99 | **4:29.17** | 546 | |
| | 50m: 30.51 | 150m: 1:37.52 | 250m: 2:45.92 | 350m: 3:55.35 | | | | |
| | 100m: 1:03.67 | 200m: 2:11.27 | 300m: 3:20.70 | 400m: 4:29.17 | | | | |
| 25. | Jere Wiersma | DZ&PC | 200701037 | | 4:30.68 | **4:29.51** | 544 | +0,81 |
| | 50m: 30.04 | 150m: 1:37.88 | 250m: 2:46.83 | 350m: 3:55.51 | | | | |
| | 100m: 1:03.61 | 200m: 2:12.43 | 300m: 3:21.31 | 400m: 4:29.51 | | | | |
| 26. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | | 4:32.06 | **4:31.66** | 531 | +0,57 |
| | 50m: 30.44 | 150m: 1:39.14 | 250m: 2:49.18 | 350m: 3:59.39 | | | | |
| | 100m: 1:03.98 | 200m: 2:14.18 | 300m: 3:24.23 | 400m: 4:31.66 | | | | |
| 27. | Ramon Vos | ZPC Hoogeveen | 201100051 | | 4:33.73 | **4:31.80** | 530 | |
| | 50m: 30.38 | 150m: 1:39.44 | 250m: 2:49.95 | 350m: 3:59.07 | | | | |
| | 100m: 1:04.41 | 200m: 2:14.62 | 300m: 3:24.49 | 400m: 4:31.80 | | | | |
| 28. | Baris Tomu | Zpch | 201000869 | | 4:40.71 | **4:32.73** | 525 | +0,68 |
| | 50m: 30.97 | 150m: 1:39.08 | 250m: 2:48.43 | 350m: 3:58.73 | | | | |
| | 100m: 1:04.41 | 200m: 2:13.33 | 300m: 3:23.19 | 400m: 4:32.73 | | | | |
| 29. | Tim Zuurman | Dedemsvaart-AC | 200700131 | | 4:28.22 | **4:33.27** | 522 | +0,63 |
| | 50m: 30.09 | 150m: 1:38.36 | 250m: 2:48.88 | 350m: 3:59.55 | | | | |
| | 100m: 1:03.89 | 200m: 2:13.59 | 300m: 3:24.27 | 400m: 4:33.27 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 5, Heren, 400m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 30. | Abel op den Velde | De Duinkikkers | 201000079 | | 4:36.99 | **4:34.13** | 517 | +0,79 |
| | 50m: 30.56 | 150m: 1:39.67 | 250m: 2:50.22 | 350m: 4:00.84 | | | | |
| | 100m: 1:04.12 | 200m: 2:14.36 | 300m: 3:25.20 | 400m: 4:34.13 | | | | |
| 31. | Aidan van der Stelt | Blue Marlins | 200900901 | | 4:36.92 | **4:34.55** | 515 | +0,79 |
| | 50m: 29.90 | 150m: 1:39.16 | 250m: 2:50.62 | 350m: 4:02.85 | | | | |
| | 100m: 1:03.96 | 200m: 2:15.07 | 300m: 3:26.98 | 400m: 4:34.55 | | | | |
| 32. | Juan Cruz Slappendel | Orca Leeuwarden | 200903053 | | 4:32.24 | **4:35.25** | 511 | +0,81 |
| | 50m: 28.71 | 150m: 1:37.44 | 250m: 2:49.41 | 350m: 4:02.09 | | | | |
| | 100m: 1:02.24 | 200m: 2:13.33 | 300m: 3:26.04 | 400m: 4:35.25 | | | | |
| 33. | Dax van den Nouland | Blue Marlins | 201000071 | | 4:45.86 | **4:36.20** | 505 | |
| | 50m: 31.17 | 150m: 1:41.21 | 250m: 2:52.36 | 350m: 4:02.47 | | | | |
| | 100m: 1:05.64 | 200m: 2:16.92 | 300m: 3:27.72 | 400m: 4:36.20 | | | | |
| 34. | Tycho Wienbelt | De Vikings | 201001397 | | 4:40.88 | **4:37.57** | 498 | +0,77 |
| | 50m: 31.02 | 150m: 1:41.25 | 250m: 2:52.52 | 350m: 4:03.52 | | | | |
| | 100m: 1:05.62 | 200m: 2:16.87 | 300m: 3:28.21 | 400m: 4:37.57 | | | | |
| 35. | Twan Wielage | Ksn (Sg) | 200902671 | | 4:46.77 | **4:38.92** | 491 | |
| | 50m: 31.66 | 150m: 1:41.09 | 250m: 2:51.70 | 350m: 4:04.09 | | | | |
| | 100m: 1:06.07 | 200m: 2:16.23 | 300m: 3:27.96 | 400m: 4:38.92 | | | | |
| 36. | Thijmen Pruijssers | Hieronymus | 201000129 | | 4:40.04 | **4:39.27** | 489 | +0,60 |
| | 50m: 30.80 | 150m: 1:40.86 | 250m: 2:53.54 | 350m: 4:05.29 | | | | |
| | 100m: 1:04.87 | 200m: 2:17.98 | 300m: 3:29.66 | 400m: 4:39.27 | | | | |
| 37. | Enno Brahms | SV Wildeshausen | 397825 | | 4:30.65 | **4:42.30** | 473 | +0,69 |
| | 50m: 29.85 | 150m: 1:37.70 | 250m: 2:49.86 | 350m: 4:05.80 | | | | |
| | 100m: 1:02.81 | 200m: 2:13.61 | 300m: 3:27.64 | 400m: 4:42.30 | | | | |
| 38. | Dyon Scholten | Steenwijk 1934 | 200900095 | | 4:44.52 | **4:43.55** | 467 | +0,70 |
| | 50m: 31.50 | 150m: 1:41.57 | 250m: 2:54.03 | 350m: 4:07.23 | | | | |
| | 100m: 1:05.91 | 200m: 2:17.98 | 300m: 3:30.89 | 400m: 4:43.55 | | | | |
| 39. | Mathijs Boersma | ZPC Hoogeveen | 201000313 | | 4:39.11 | **4:46.74** | 452 | +0,94 |
| | 50m: 31.81 | 150m: 1:43.11 | 250m: 2:56.64 | 350m: 4:10.71 | | | | |
| | 100m: 1:06.75 | 200m: 2:19.75 | 300m: 3:33.69 | 400m: 4:46.74 | | | | |
| 40. | Roan van der Stege | Swol 1894 | 200900107 | | 4:50.06 | **4:47.24** | 449 | +0,94 |
| | 50m: 32.61 | 150m: 1:45.16 | 250m: 2:58.34 | 350m: 4:11.52 | | | | |
| | 100m: 1:08.89 | 200m: 2:22.45 | 300m: 3:35.21 | 400m: 4:47.24 | | | | |
| 41. | Kasper Lubbers | Orca Leeuwarden | 201100025 | | 4:58.10 | **4:50.92** | 432 | +0,60 |
| | 50m: 32.90 | 150m: 1:45.82 | 250m: 3:00.41 | 350m: 4:15.49 | | | | |
| | 100m: 1:09.12 | 200m: 2:22.89 | 300m: 3:38.05 | 400m: 4:50.92 | | | | |
| 42. | Kick Germers | Swol 1894 | 201000185 | | 5:06.19 | **4:51.39** | 430 | +0,68 |
| | 50m: 33.09 | 150m: 1:46.80 | 250m: 3:01.49 | 350m: 4:16.24 | | | | |
| | 100m: 1:09.53 | 200m: 2:24.10 | 300m: 3:39.04 | 400m: 4:51.39 | | | | |
| 43. | Milan Schuilenburg | Zpc Amersfoort | 201000935 | | 4:58.67 | **4:54.13** | 418 | |
| | 50m: 32.51 | 150m: 1:46.14 | 250m: 3:01.43 | 350m: 4:17.28 | | | | |
| | 100m: 1:09.04 | 200m: 2:23.46 | 300m: 3:38.99 | 400m: 4:54.13 | | | | |
| 44. | Victor de Haan | HZ&PC Heerenveen | 201001921 | | 4:58.78 | **5:02.97** | 383 | +0,80 |
| | 50m: 32.63 | 150m: 1:48.58 | 250m: 3:07.70 | 350m: 4:26.73 | | | | |
| | 100m: 1:09.58 | 200m: 2:27.59 | 300m: 3:47.03 | 400m: 5:02.97 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 5, Heren, 400m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 45. | Robin Mintjes | HZ&PC Heerenveen | 201000957 | 5:06.97 | **5:03.62** | 380 | +0,87 |
| | 50m: 33.46 | 150m: 1:50.06 | 250m: 3:08.81 | 350m: 4:27.12 | | | |
| | 100m: 1:10.83 | 200m: 2:29.12 | 300m: 3:48.58 | 400m: 5:03.62 | | | |
| 46. | Milan Eikenaar | Swol 1894 | 201100599 | 5:17.54 | **5:12.59** | 348 | +0,87 |
| | 50m: 33.28 | 150m: 1:50.94 | 250m: 3:12.65 | 350m: 4:33.79 | | | |
| | 100m: 1:11.53 | 200m: 2:31.86 | 300m: 3:53.94 | 400m: 5:12.59 | | | |
| 47. | Kris Stoyanov | Blue Marlins | 201201505 | 5:19.58 | **5:15.57** | 339 | +0,62 |
| | 50m: 33.48 | 150m: 1:53.89 | 250m: 3:16.39 | 350m: 4:38.01 | | | |
| | 100m: 1:12.50 | 200m: 2:35.24 | 300m: 3:57.34 | 400m: 5:15.57 | | | |
| 48. | Izayah Castillo | Blue Marlins | 201100311 | 5:36.09 | **5:19.55** | 326 | +0,80 |
| | 50m: 32.99 | 150m: 1:52.04 | 250m: 3:14.63 | 350m: 4:38.63 | | | |
| | 100m: 1:12.03 | 200m: 2:33.57 | 300m: 3:56.74 | 400m: 5:19.55 | | | |
| 49. | Marcelo Fritz Medina | De Dolfijn | 201201885 | 5:27.27 | **5:30.10** | 296 | +0,80 |
| | 50m: 35.51 | 150m: 1:58.07 | 250m: 3:24.20 | 350m: 4:49.52 | | | |
| | 100m: 1:16.03 | 200m: 2:41.34 | 300m: 4:07.21 | 400m: 5:30.10 | | | |
| 50. | Leif Moormann | SV Wildeshausen | 484018 | 5:35.91 | **5:39.70** | 271 | |
| | 50m: 34.55 | 150m: 1:56.17 | 250m: 3:24.98 | 350m: 4:56.48 | | | |
| | 100m: 1:13.93 | 200m: 2:39.93 | 300m: 4:11.07 | 400m: 5:39.70 | | | |

Programmanr. 6 — Dames, 100m vlinderslag — Junioren 2 en ouder
1-3-2025 - 9:26 — Spring Swim record: Kinge Zandringa: 59.82 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Femke Spiering | Zpc Amersfoort | 200204514 | 59.78 | **1:01.70** | 727 | +0,76 | A |
| | 50m: 28.69 | 100m: 1:01.70 | | | | | | |
| 2. | Kinge Zandringa | De Dolfijn | 199801422 | 1:00.04 | **1:02.16** | 711 | +0,72 | A |
| | 50m: 28.80 | 100m: 1:02.16 | | | | | | |
| 3. | Elise Tanis | De Dolfijn | 200200120 | 1:00.94 | **1:02.67** | 693 | +0,70 | A |
| | 50m: 29.29 | 100m: 1:02.67 | | | | | | |
| 4. | Frouke Ludwig | DZ&PC | 200800112 | 1:04.25 | **1:03.16** | 677 | | A |
| | 50m: 29.45 | 100m: 1:03.16 | | | | | | |
| 5. | Sara Korthuis | DZ&PC | 200600494 | 1:02.44 | **1:04.49** | 636 | | A |
| | 50m: 29.67 | 100m: 1:04.49 | | | | | | |
| 6. | Niene Dewaelheyns | Zwemfed | VZF/20004/07 | 1:03.86 | **1:04.55** | 634 | | A |
| | 50m: 29.46 | 100m: 1:04.55 | | | | | | |
| 7. | Noa Hollebosch | Zwemfed | VZF/20007/07 | 1:05.69 | **1:05.19** | 616 | +0,71 | A |
| | 50m: 30.65 | 100m: 1:05.19 | | | | | | |
| 8. | Nova Nijziel | De Dolfijn | 200804416 | 1:05.20 | **1:06.61** | 577 | +0,76 | A |
| | 50m: 31.08 | 100m: 1:06.61 | | | | | | |
| 9. | Yill van Bezouw | Hieronymus | 201100704 | 1:07.96 | **1:06.81** | 572 | +0,79 | A |
| | 50m: 30.43 | 100m: 1:06.81 | | | | | | |
| 10. | Rhodee van den Ham | De Duinkikkers | 200700090 | 1:07.56 | **1:06.86** | 571 | +0,81 | B |
| | 50m: 31.07 | 100m: 1:06.86 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 6, Dames, 100m vlinderslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 11. | Elin Brinkhof | De Dolfijn | 200900078 | 1:07.30 | **1:07.58** | 553 | +0,65 | B |
| | 50m: 31.07 | 100m: 1:07.58 | | | | | | |
| 12. | Frédérique Nijziel | De Dolfijn | 201103114 | 1:05.00 | **1:07.77** | 548 | +0,69 | B |
| | 50m: 30.86 | 100m: 1:07.77 | | | | | | |
| 13. | Liv Heijdra | Feijenoord Albion | 200800736 | 1:08.62 | **1:07.86** | 546 | +0,77 | B |
| | 50m: 30.37 | 100m: 1:07.86 | | | | | | |
| 14. | Carla Moreno Palacios | De Dolfijn | 201002302 | 1:11.02 | **1:08.02** | 542 | +0,80 | B |
| | 50m: 31.00 | 100m: 1:08.02 | | | | | | |
| 15. | Alessia Sluis | Dedemsvaart-AC | 200300896 | 1:11.78 | **1:08.47** | 531 | +0,80 | B |
| | 50m: 31.61 | 100m: 1:08.47 | | | | | | |
| 16. | Tess Vonk | De Geul | 200900024 | 1:07.69 | **1:08.52** | 530 | +0,68 | B |
| | 50m: 31.39 | 100m: 1:08.52 | | | | | | |
| 17. | Noa van Zalk | Zpc Amersfoort | 201102534 | 1:11.09 | **1:08.64** | 528 | +0,87 | B |
| | 50m: 31.85 | 100m: 1:08.64 | | | | | | |
| 18. | Famke Irvine | Zpc Amersfoort | 200501724 | 1:08.15 | **1:08.76** | 525 | +0,75 | B |
| | 50m: 31.03 | 100m: 1:08.76 | | | | | | |
| 19. | Jolijn Liezen | Steenwijk 1934 | 200500518 | 1:07.17 | **1:08.90** | 522 | +0,61 | C |
| | 50m: 31.38 | 100m: 1:08.90 | | | | | | |
| 20. | Odenza Soselisa | Blue Marlins | 201101780 | 1:07.62 | **1:09.06** | 518 | +0,77 | C |
| | 50m: 32.10 | 100m: 1:09.06 | | | | | | |
| 21. | Esmee Mulder | DZ&PC | 200800038 | 1:07.54 | **1:09.08** | 518 | +0,70 | C |
| | 50m: 31.50 | 100m: 1:09.08 | | | | | | |
| 22. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 1:09.99 | **1:09.44** | 510 | +0,76 | C |
| | 50m: 31.74 | 100m: 1:09.44 | | | | | | |
| 23. | Bregje Dekkers | Psv | 200900746 | 1:10.75 | **1:09.78** | 502 | +0,70 | C |
| | 50m: 32.44 | 100m: 1:09.78 | | | | | | |
| 24. | Fenne Metten | Zpc Amersfoort | 201000102 | 1:10.23 | **1:09.82** | 501 | | C |
| | 50m: 32.49 | 100m: 1:09.82 | | | | | | |
| 25. | Anna Lepoutre | Psv | 201100534 | 1:12.18 | **1:10.61** | 485 | +0,80 | C |
| | 50m: 32.85 | 100m: 1:10.61 | | | | | | |
| 26. | Julia Dąbrowska | Blue Marlins | 201000300 | 1:10.01 | **1:10.65** | 484 | +0,74 | C |
| | 50m: 31.35 | 100m: 1:10.65 | | | | | | |
| 27. | Paula Spans | Zpc Amersfoort | 201000064 | 1:12.08 | **1:10.87** | 479 | +0,76 | C |
| | 50m: 32.77 | 100m: 1:10.87 | | | | | | |
| 28. | Julia Agricola | DZ&PC | 200800266 | 1:09.25 | **1:11.31** | 470 | | R |
| | 50m: 32.75 | 100m: 1:11.31 | | | | | | |
| 29. | Olena Dijkstra | Orca Leeuwarden | 200202624 | 1:10.04 | **1:11.39** | 469 | +0,77 | R |
| | 50m: 32.10 | 100m: 1:11.39 | | | | | | |
| 30. | Luus Gielens | Psv | 200900138 | 1:09.30 | **1:11.69** | 463 | | |
| | 50m: 32.94 | 100m: 1:11.69 | | | | | | |
| 31. | Brechtje Slootweg | Zpc Amersfoort | 201101744 | 1:14.78 | **1:11.83** | 460 | +0,53 | |
| | 50m: 33.19 | 100m: 1:11.83 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 6, Dames, 100m vlinderslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 32. | Ilana Gentile | Orca Leeuwarden | 200801558 | 1:10.45 | **1:12.02** | 457 | |
| | 50m: 33.41 100m: 1:12.02 | | | | | | |
| 33. | Marlies Dijsselhof | Dedemsvaart-AC | 200601046 | 1:13.32 | **1:12.51** | 447 | +0,86 |
| | 50m: 32.77 100m: 1:12.51 | | | | | | |
| 34. | Manou Longayroux | Blue Marlins | 201000580 | 1:13.27 | **1:13.05** | 438 | +0,62 |
| | 50m: 33.92 100m: 1:13.05 | | | | | | |
| 35. | Fenna Westerneng | DZ&PC | 200900070 | 1:14.51 | **1:13.65** | 427 | +0,78 |
| | 50m: 34.25 100m: 1:13.65 | | | | | | |
| 36. | Femke ter Horst | ZPC Hoogeveen | 201000108 | 1:15.32 | **1:13.75** | 425 | +0,86 |
| | 50m: 34.12 100m: 1:13.75 | | | | | | |
| 37. | Leyona Lichtendonk | Dedemsvaart-AC | 200700010 | 1:12.57 | **1:13.85** | 423 | +0,77 |
| | 50m: 33.66 100m: 1:13.85 | | | | | | |
| 38. | Dewi Meijer | De Dolfijn | 201000302 | 1:12.12 | **1:13.89** | 423 | +0,63 |
| | 50m: 33.38 100m: 1:13.89 | | | | | | |
| 39. | Elke Kriesels | Hieronymus | 201100898 | 1:13.78 | **1:14.35** | 415 | |
| | 50m: 33.91 100m: 1:14.35 | | | | | | |
| 40. | Fleur Van den Eijk | Blue Marlins | 200900304 | 1:10.98 | **1:14.80** | 408 | +0,74 |
| | 50m: 32.57 100m: 1:14.80 | | | | | | |
| 41. | Simone Brobbel | SG Hoeksche Waard | 201200058 | 1:14.41 | **1:15.07** | 403 | |
| | 50m: 34.80 100m: 1:15.07 | | | | | | |
| 42. | Ylène Zondervan | Zpc Amersfoort | 201200016 | 1:14.13 | **1:15.27** | 400 | +0,87 |
| | 50m: 34.78 100m: 1:15.27 | | | | | | |
| 43. | Lili Oosting | Dwk | 200900384 | 1:12.06 | **1:15.89** | 390 | |
| | 50m: 35.94 100m: 1:15.89 | | | | | | |
| 44. | Milou Filemon | Blue Marlins | 201100078 | 1:18.47 | **1:15.99** | 389 | |
| | 50m: 34.66 100m: 1:15.99 | | | | | | |
| 45. | Anouk Steller | Wvz | 201000004 | 1:14.90 | **1:16.41** | 382 | +0,79 |
| | 50m: 33.80 100m: 1:16.41 | | | | | | |
| 46. | Vera Wassink | DZ&PC | 200604976 | 1:13.94 | **1:16.80** | 376 | +0,85 |
| | 50m: 33.35 100m: 1:16.80 | | | | | | |
| 47. | Maud Roffel | DZ&PC | 200700840 | 1:15.63 | **1:16.87** | 375 | +0,63 |
| | 50m: 34.88 100m: 1:16.87 | | | | | | |
| 48. | Norell Kroeze | ZC Polaris | 201100378 | 1:16.40 | **1:17.45** | 367 | |
| | 50m: 34.27 100m: 1:17.45 | | | | | | |
| 49. | Alena Ytsma | HZ&PC Heerenveen | 201201736 | 1:16.87 | **1:17.76** | 363 | +0,85 |
| | 50m: 35.23 100m: 1:17.76 | | | | | | |
| 50. | Minke Bouman | Blue Marlins | 201100104 | 1:18.97 | **1:18.21** | 356 | +0,73 |
| | 50m: 34.93 100m: 1:18.21 | | | | | | |
| 51. | Kamila Makhmadiyarova | Blue Marlins | 201103178 | 1:19.46 | **1:18.22** | 356 | +0,76 |
| | 50m: 36.62 100m: 1:18.22 | | | | | | |
| 52. | Esmee van der Tuuk | ZPC Hoogeveen | 200800682 | 1:16.07 | **1:18.23** | 356 | +0,86 |
| | 50m: 34.62 100m: 1:18.23 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 6, Dames, 100m vlinderslag, Voorronde, Junioren 2 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 53. | Lian Vonk | Zpc Amersfoort 201001606 | 1:20.54 | **1:18.51** | 352 | +0,70 |
| | 50m: 34.83 | 100m: 1:18.51 | | | | |
| 54. | Kyara Balt | De Vikings 201100306 | 1:20.93 | **1:19.08** | 345 | |
| | 50m: 36.51 | 100m: 1:19.08 | | | | |
| 55. | Hanna Heller | Zpc Amersfoort 201102730 | 1:20.95 | **1:19.35** | 341 | |
| | 50m: 35.17 | 100m: 1:19.35 | | | | |
| 56. | Evita Hoornweg | TriVia 201002046 | 1:25.85 | **1:19.69** | 337 | +0,80 |
| | 50m: 36.30 | 100m: 1:19.69 | | | | |
| 57. | Myrthe Bruinsma | Zpc Amersfoort 201101108 | 1:23.99 | **1:19.89** | 334 | +0,83 |
| | 50m: 36.14 | 100m: 1:19.89 | | | | |
| 58. | Lea Jerebic | SV Wildeshausen 405121 | 1:19.00 | **1:20.22** | 330 | +0,61 |
| | 50m: 36.17 | 100m: 1:20.22 | | | | |
| 59. | Emma Koeleman | Z&PC de Inktvis 200901762 | 1:18.05 | **1:21.04** | 320 | +0,84 |
| | 50m: 36.88 | 100m: 1:21.04 | | | | |
| 60. | Noa Spaans | De Dolfijn 201100222 | 1:19.78 | **1:21.17** | 319 | +0,85 |
| | 50m: 36.42 | 100m: 1:21.17 | | | | |
| 61. | Melody Paulussen | De Dolfijn 201101106 | 1:24.19 | **1:21.36** | 317 | +0,71 |
| | 50m: 37.03 | 100m: 1:21.36 | | | | |
| 62. | Anna Durville | Z&PC de Inktvis 200701038 | 1:22.51 | **1:22.30** | 306 | +0,77 |
| | 50m: 36.24 | 100m: 1:22.30 | | | | |
| 63. | Sarah Brandes | SV Wildeshausen 406178 | 1:23.60 | **1:25.28** | 275 | |
| | 50m: 38.23 | 100m: 1:25.28 | | | | |
| 64. | Charlie Klaver | De Dolfijn 201102094 | 1:22.82 | **1:25.84** | 269 | +0,76 |
| | 50m: 38.94 | 100m: 1:25.84 | | | | |
| 65. | Femke Griemink | Ksn (Sg) 200802376 | 1:34.16 | **1:27.15** | 257 | +0,78 |
| | 50m: 38.81 | 100m: 1:27.15 | | | | |
| 66. | Anna Schuurman | SG. Bolsward-Workum 201000076 | 1:30.95 | **1:29.22** | 240 | |
| | 50m: 41.02 | 100m: 1:29.22 | | | | |
| 67. | Krista de Reus-Trompette | DZ&PC 197600520 | 1:24.64 | **1:30.33** | 231 | +0,94 |
| | 50m: 39.32 | 100m: 1:30.33 | | | | |
| 68. | Noelie Hallbauer | SV Wildeshausen 397699 | 1:29.47 | **1:32.41** | 216 | +0,77 |
| | 50m: 41.94 | 100m: 1:32.41 | | | | |
| DIS | Femke van der Veen | Orca Leeuwarden 201100962 | 1:30.14 | | | |
| | *AE - De aangegeven zwemslag niet uitgevoerd.* | | | | | |
| AFGEM | Lotte Lübbers | Ksn (Sg) 200900190 | 1:09.90 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 7 | Heren, 100m rugslag | Junioren 1 en ouder
1-3-2025 - 9:39 | Spring Swim record: Niels Dijkshoorn: 57.05 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Stan Franckx<br>** Spring Swim record*<br>50m: 27.30 100m: 56.41 | Zwemfed | VZF/10005/02 | 55.09 | **56.41** | 765 | +0,63 | A |
| 2. | Giovanni Phillipson<br>50m: 28.31 100m: 58.24 | ZV De Zaan | 200801099 | 57.15 | **58.24** | 695 | +0,65 | A |
| 3. | Daan Sonneveld<br>50m: 28.63 100m: 58.98 | Wvz | 200601085 | 56.81 | **58.98** | 669 | +0,58 | A |
| 4. | Tiamo van der Veen<br>50m: 29.03 100m: 59.09 | Dedemsvaart-AC | 200600033 | 59.64 | **59.09** | 665 | +0,63 | A |
| 5. | Nikodim Markovic<br>50m: 28.64 100m: 59.33 | Blue Marlins | 200700255 | 1:00.29 | **59.33** | 657 | +0,64 | A |
| 6. | Joseph Van Wellen<br>50m: 28.77 100m: 59.75 | Zwemfed | VZF/10016/08 | 58.59 | **59.75** | 644 | +0,61 | A |
| 7. | Alexander Van Hoey Billie<br>50m: 28.88 100m: 59.91 | Zwemfed | VZF/10014/09 | 58.22 | **59.91** | 638 | +0,70 | A |
| | Jisse Lousma<br>50m: 29.26 100m: 59.91 | Wvz | 200701493 | 1:00.74 | **59.91** | 638 | +0,52 | A |
| 9. | Lars Minnaert<br>50m: 29.05 100m: 1:00.27 | Psv | 200502355 | 57.69 | **1:00.27** | 627 | +0,57 | A |
| 10. | Colin Bes<br>50m: 29.39 100m: 1:01.12 | DZ&PC | 200500201 | 1:01.64 | **1:01.12** | 601 | +0,64 | B |
| 11. | Niek Issard<br>50m: 29.21 100m: 1:01.32 | DZ&PC | 200700037 | 1:00.83 | **1:01.32** | 595 | +0,66 | B |
| 12. | Jaydey Schonewille<br>50m: 29.99 100m: 1:01.86 | Steenwijk 1934 | 200800025 | 1:00.80 | **1:01.86** | 580 | +0,73 | B |
| 13. | Tobian Vos<br>50m: 30.22 100m: 1:02.24 | Zpc Amersfoort | 200900005 | 1:01.87 | **1:02.24** | 569 | +0,73 | B |
| 14. | Mikkel Grotelüschen<br>50m: 29.11 100m: 1:02.28 | SV Wildeshausen | 338479 | 58.65 | **1:02.28** | 568 | +0,63 | B |
| 15. | Floris Stork<br>50m: 30.50 100m: 1:02.98 | DZ&PC | 200305075 | 1:06.70 | **1:02.98** | 549 | +0,66 | B |
| 16. | Niek Sonneveld<br>50m: 30.51 100m: 1:03.06 | Wvz | 200802631 | 1:03.84 | **1:03.06** | 547 | +0,71 | B |
| 17. | Adriaan Coppelmans<br>50m: 30.07 100m: 1:03.14 | Azc 1 | 200903243 | 1:03.50 | **1:03.14** | 545 | +0,60 | B |
| 18. | Siem de Zeeuw<br>50m: 30.59 100m: 1:03.71 | O Z & P C | 200800013 | 1:04.58 | **1:03.71** | 531 | +0,59 | B |
| 19. | Lars Heddema<br>50m: 31.24 100m: 1:04.17 | Steenwijk 1934 | 200603697 | 1:03.52 | **1:04.17** | 519 | +0,71 | C |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 7, Heren, 100m rugslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 20. | Abel op den Velde | De Duinkikkers | 201000079 | 1:07.59 | **1:04.55** | 510 | +0,72 | C |
| | 50m: 31.50 | 100m: 1:04.55 | | | | | | |
| 21. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | 1:04.64 | **1:04.56** | 510 | +0,63 | C |
| | 50m: 31.86 | 100m: 1:04.56 | | | | | | |
| 22. | Sverre van der Zwaan | Wvz | 200900737 | 1:06.92 | **1:05.25** | 494 | +0,66 | C |
| | 50m: 31.73 | 100m: 1:05.25 | | | | | | |
| 23. | Mart Tempelman | Dedemsvaart-AC | 200801075 | 1:04.49 | **1:05.59** | 486 | +0,64 | C |
| | 50m: 31.43 | 100m: 1:05.59 | | | | | | |
| 24. | Richard Kuipers | HZ&PC Heerenveen | 199704171 | 1:06.07 | **1:05.72** | 484 | +0,73 | C |
| | 50m: 31.52 | 100m: 1:05.72 | | | | | | |
| 25. | Tim van Erven | DZ&PC | 200700175 | 1:07.68 | **1:05.75** | 483 | +0,74 | C |
| | 50m: 31.72 | 100m: 1:05.75 | | | | | | |
| 26. | Ivo Bot | Wiekslag | 200900509 | 1:07.11 | **1:05.87** | 480 | +0,59 | C |
| | 50m: 30.76 | 100m: 1:05.87 | | | | | | |
| 27. | Jelte de Boer | De Vikings | 200700345 | 1:09.26 | **1:06.43** | 468 | +0,75 | C |
| | 50m: 32.08 | 100m: 1:06.43 | | | | | | |
| 28. | Myron Artemenko | Niemo Barracuda | 201003021 | 1:07.17 | **1:06.68** | 463 | +0,70 | R |
| | 50m: 32.50 | 100m: 1:06.68 | | | | | | |
| 29. | Sven Koornstra | De Vikings | 200900189 | 1:07.81 | **1:06.75** | 461 | +0,75 | R |
| | 50m: 32.87 | 100m: 1:06.75 | | | | | | |
| 30. | Eli Shields | Niemo Barracuda | 201000407 | 1:10.64 | **1:06.80** | 460 | +0,68 | |
| | 50m: 32.39 | 100m: 1:06.80 | | | | | | |
| 31. | Colin Beuker | ZPC Hoogeveen | 200802023 | 1:05.94 | **1:06.97** | 457 | +0,88 | |
| | 50m: 31.91 | 100m: 1:06.97 | | | | | | |
| 32. | Amor van der Veen | Dedemsvaart-AC | 201100197 | 1:06.39 | **1:07.16** | 453 | +0,71 | |
| | 50m: 31.82 | 100m: 1:07.16 | | | | | | |
| 33. | Jere Wiersma | DZ&PC | 200701037 | 1:08.49 | **1:07.17** | 453 | +0,65 | |
| | 50m: 32.69 | 100m: 1:07.17 | | | | | | |
| 34. | Xander Kragting | Zpc Amersfoort | 200900077 | 1:07.06 | **1:08.04** | 436 | +0,69 | |
| | 50m: 32.40 | 100m: 1:08.04 | | | | | | |
| 35. | Jaime Fais | TriVia | 200400291 | 1:09.41 | **1:08.05** | 435 | +0,60 | |
| | 50m: 31.60 | 100m: 1:08.05 | | | | | | |
| 36. | Cayden Malone | De Dolfijn | 201002195 | 1:12.84 | **1:09.02** | 417 | +0,67 | |
| | 50m: 33.53 | 100m: 1:09.02 | | | | | | |
| 37. | Henry Watson | De Dolfijn | 201001703 | 1:13.67 | **1:09.28** | 413 | +0,69 | |
| | 50m: 33.46 | 100m: 1:09.28 | | | | | | |
| 38. | Ruben Kragt | Dedemsvaart-AC | 201000007 | 1:09.84 | **1:09.39** | 411 | +0,71 | |
| | 50m: 33.37 | 100m: 1:09.39 | | | | | | |
| 39. | Sven Mulder | Wvz | 200901655 | 1:11.89 | **1:09.71** | 405 | +0,63 | |
| | 50m: 33.38 | 100m: 1:09.71 | | | | | | |
| 40. | Evren Ege Orcunus | De Dolfijn | 201003253 | 1:06.75 | **1:09.90** | 402 | +0,76 | |
| | 50m: 33.60 | 100m: 1:09.90 | | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 7, Heren, 100m rugslag, Voorronde, Junioren 1 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 41. | Dyon Scholten | Steenwijk 1934 200900095 | 1:12.54 | **1:10.47** | 392 | +0,69 |
| | 50m: 34.13 | 100m: 1:10.47 | | | | |
| 42. | Joey Snabel | Zpc Amersfoort 201002847 | 1:13.87 | **1:10.93** | 384 | +0,96 |
| | 50m: 34.40 | 100m: 1:10.93 | | | | |
| 43. | Mathijs de Wit | Ksn (Sg) 201001215 | 1:08.63 | **1:10.98** | 384 | +0,72 |
| | 50m: 34.22 | 100m: 1:10.98 | | | | |
| 44. | Oden Hankins | Blue Marlins 200902301 | 1:22.55 | **1:11.32** | 378 | +0,83 |
| | 50m: 34.28 | 100m: 1:11.32 | | | | |
| 45. | Enno Brahms | SV Wildeshausen 397825 | 1:09.07 | **1:11.83** | 370 | +0,58 |
| | 50m: 34.80 | 100m: 1:11.83 | | | | |
| 46. | Sascha Timmer | Azc 1 200902987 | 1:12.62 | **1:12.07** | 367 | +0,79 |
| | 50m: 33.94 | 100m: 1:12.07 | | | | |
| 47. | Roan Dijkstra | Dedemsvaart-AC 201002791 | 1:15.17 | **1:12.35** | 362 | +0,72 |
| | 50m: 35.22 | 100m: 1:12.35 | | | | |
| 48. | Daniël Scheppink | Swol 1894 200902769 | 1:15.64 | **1:12.40** | 362 | +0,84 |
| | 50m: 35.47 | 100m: 1:12.40 | | | | |
| 49. | Yorre van der Wal | SG. Bolsward-Workum 201000017 | 1:13.71 | **1:12.61** | 358 | +0,79 |
| | 50m: 34.66 | 100m: 1:12.61 | | | | |
| 50. | Milan Eikenaar | Swol 1894 201100599 | 1:12.01 | **1:12.75** | 356 | +0,95 |
| | 50m: 34.90 | 100m: 1:12.75 | | | | |
| 51. | Roderick Veldhuizen | Ksn (Sg) 200804031 | 1:19.85 | **1:13.11** | 351 | +0,73 |
| | 50m: 35.76 | 100m: 1:13.11 | | | | |
| 52. | Gijs Nooter | Dedemsvaart-AC 201000725 | 1:14.74 | **1:13.12** | 351 | +0,61 |
| | 50m: 35.49 | 100m: 1:13.12 | | | | |
| 53. | Thygo van de Peppel | Blue Marlins 200901101 | 1:09.11 | **1:13.26** | 349 | |
| | 50m: 34.77 | 100m: 1:13.26 | | | | |
| 54. | Kyran Kroeze | ZC Polaris 200901707 | 1:20.60 | **1:14.82** | 328 | +0,86 |
| | 50m: 36.54 | 100m: 1:14.82 | | | | |
| 55. | Daan Mulder | Ksn (Sg) 201100267 | 1:18.86 | **1:14.89** | 327 | +0,71 |
| | 50m: 36.29 | 100m: 1:14.89 | | | | |
| 56. | Sven Potappel | Dwk 201000127 | 1:14.23 | **1:15.03** | 325 | +0,69 |
| | 50m: 36.39 | 100m: 1:15.03 | | | | |
| 57. | Douwe Enzerink | Zpc Amersfoort 201102657 | 1:15.30 | **1:15.04** | 325 | +0,74 |
| | 50m: 35.72 | 100m: 1:15.04 | | | | |
| 58. | Yannick Dijks | Orca Leeuwarden 200700923 | 1:15.55 | **1:15.50** | 319 | +0,70 |
| | 50m: 36.38 | 100m: 1:15.50 | | | | |
| 59. | Alexander Jerebic | SV Wildeshausen 427588 | 1:21.33 | **1:16.13** | 311 | +0,71 |
| | 50m: 36.59 | 100m: 1:16.13 | | | | |
| 60. | Vince van Dam | Acz 201000405 | 1:18.53 | **1:16.24** | 310 | +0,60 |
| | 50m: 37.08 | 100m: 1:16.24 | | | | |
| 61. | Jasper Cox | Zpc Amersfoort 201003589 | 1:17.88 | **1:16.28** | 309 | +0,68 |
| | 50m: 37.33 | 100m: 1:16.28 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 7, Heren, 100m rugslag, Voorronde, Junioren 1 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 62. | Matthijs Wierbos | ZPC Hoogeveen 200901965 | 1:24.34 | **1:16.89** | 302 | +0,84 |
| | 50m: 36.34 | 100m: 1:16.89 | | | | |
| 63. | Victor de Haan | HZ&PC Heerenveen 201001921 | 1:16.73 | **1:16.94** | 301 | +0,80 |
| | 50m: 37.20 | 100m: 1:16.94 | | | | |
| 64. | Roy Hofman | DZ&PC 200900439 | 1:15.50 | **1:17.15** | 299 | +0,70 |
| | 50m: 37.41 | 100m: 1:17.15 | | | | |
| 65. | Gijs Leeneman | HZ&PC Heerenveen 201200479 | 1:27.59 | **1:18.07** | 288 | +0,66 |
| | 50m: 38.06 | 100m: 1:18.07 | | | | |
| 66. | Maico Langhout | F.Z.C.'54 200202215 | 1:22.42 | **1:18.40** | 285 | +0,78 |
| | 50m: 37.36 | 100m: 1:18.40 | | | | |
| 67. | Rio Babic | Steenwijk 1934 201200867 | 1:28.24 | **1:18.85** | 280 | +0,87 |
| | 50m: 38.64 | 100m: 1:18.85 | | | | |
| 68. | Tim Koornstra | De Vikings 201200231 | 1:28.13 | **1:19.89** | 269 | +0,74 |
| | 50m: 38.00 | 100m: 1:19.89 | | | | |
| 69. | Luca Karsten Schüler | HZ&PC Heerenveen 201101451 | 1:23.72 | **1:22.04** | 248 | +0,72 |
| | 50m: 38.82 | 100m: 1:22.04 | | | | |
| 70. | Danley Schneider | ZC Polaris 201201323 | 1:20.89 | **1:23.43** | 236 | +0,73 |
| | 50m: 40.79 | 100m: 1:23.43 | | | | |
| 71. | Sem Britstra | Ksn (Sg) 201202037 | 1:26.08 | **1:26.09** | 215 | +0,76 |
| | 50m: 41.82 | 100m: 1:26.09 | | | | |
| 72. | Rory Costello | De Dolfijn 201102755 | 1:31.17 | **1:28.49** | 198 | +0,78 |
| | 50m: 41.86 | 100m: 1:28.49 | | | | |
| 73. | Herre Verkaik | Neptunia '24 201202081 | 1:31.16 | **1:31.06** | 181 | +0,82 |
| | 50m: 43.58 | 100m: 1:31.06 | | | | |
| DIS | Fynn Grotelüschen | SV Wildeshausen 310328 | 1:07.94 | | | |
| | *RL - Niet met ten minste één teen van elke voet in contact met de wand of met de aantikplaat indien er bij de start een rugslagvoetsteun is gebruikt.* | | | | | |
| DIS | Jona Denke | SV Wildeshausen 447339 | 1:13.18 | | | |
| | *RL - Niet met ten minste één teen van elke voet in contact met de wand of met de aantikplaat indien er bij de start een rugslagvoetsteun is gebruikt.* | | | | | |
| NG.ZA | Erdi-Vahap Ilboga | SV Wildeshausen 324753 | 59.80 | | | |
| AFGEM | Floris van der Valk | Wiekslag 200801891 | 1:06.44 | | | |
| AFGEM | Sven Casper Hageman | Steenwijk 1934 201000009 | 1:08.93 | | | |
| AFGEM | Vasco Strampel | Steenwijk 1934 200702073 | 1:15.49 | | | |
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden 201100205 | 1:18.45 | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 8 | Dames, 50m vrije slag | Junioren 2 en ouder
1-3-2025 - 9:54 | Spring Swim record: Kim Busch: 25.27 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Femke Spiering | Zpc Amersfoort | 200204514 | 26.16 | **26.47** | 709 | +0,61 | A |
| 2. | Hylcke de Beer | Psv | 200700006 | 26.03 | **26.58** | 700 | | A |
| 3. | Megan Jonkman | Blue Marlins | 200600508 | 26.02 | **26.69** | 692 | | A |
| 4. | Sara Korthuis | DZ&PC | 200600494 | 25.89 | **26.76** | 686 | +0,61 | A |
| 5. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 27.01 | **26.80** | 683 | +0,86 | A |
| 6. | Nore Michiels | Zwemfed | VZF/20009/08 | 26.87 | **27.22** | 652 | +0,84 | A |
| 7. | Mare Schallenberg | Blue Marlins | 200600078 | 26.27 | **27.29** | 647 | +0,65 | A |
| 8. | Lana Ravelingien | Zwemfed | VZF/20011/03 | 26.61 | **27.37** | 641 | +0,94 | A |
| 9. | Kinge Zandringa | De Dolfijn | 199801422 | 26.28 | **27.40** | 639 | +0,55 | A |
| 10. | Elise Tanis | De Dolfijn | 200200120 | 27.80 | **27.48** | 634 | +0,65 | B |
| 11. | Alinda Dingshoff | De Dolfijn | 200000928 | NT | **27.76** | 615 | +0,59 | B |
| 12. | Michelle Zomerdijk | Dedemsvaart-AC | 200003196 | 27.16 | **27.96** | 602 | +0,55 | B |
| 13. | Kinley Cole | Psv | 200903696 | 27.66 | **28.01** | 598 | +0,63 | B |
| 14. | Breanna Belmar | Blue Marlins | 201004068 | 28.69 | **28.05** | 596 | +0,55 | B |
| 15. | Lola Verheijen | Psv | 201100832 | 27.80 | **28.18** | 588 | +0,71 | B |
| | Dionne Salomons | ZC Borger | 200200504 | 27.65 | **28.18** | 588 | +0,76 | B |
| 17. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 27.64 | **28.25** | 583 | +0,62 | B |
| 18. | Rafaela Mulders | De Reuring | 200701398 | 28.16 | **28.32** | 579 | +0,69 | B |
| 19. | Femke Backx | Orca Leeuwarden | 200106430 | 30.28 | **28.37** | 576 | | C |
| 20. | Olena Dijkstra | Orca Leeuwarden | 200202624 | 27.94 | **28.56** | 564 | +0,77 | C |
| 21. | Rhodee van den Ham | De Duinkikkers | 200700090 | 28.38 | **28.59** | 563 | +0,75 | C |
| 22. | Esmee van Peer | TriVia | 200201114 | 28.39 | **28.67** | 558 | +0,77 | C |
| 23. | Jolijn Liezen | Steenwijk 1934 | 200500518 | 27.79 | **28.69** | 557 | +0,72 | C |
| 24. | Fenna Zusterzeel | Psv | 201000008 | 28.25 | **28.79** | 551 | +0,71 | C |
| 25. | Julie van Nispen | Z&PV Nuenen | 200800290 | 28.11 | **28.90** | 545 | +0,58 | C |
| 26. | Liv Heijdra | Feijenoord Albion | 200800736 | 27.84 | **28.92** | 544 | +0,58 | C |
| 27. | Fenna Westerneng | DZ&PC | 200900070 | 28.44 | **29.10** | 534 | +0,75 | C |
| 28. | Carlein Polinder | Ksn (Sg) | 200600128 | 29.70 | **29.19** | 529 | +0,67 | ? |
| | Marije Jaspers | Neptunia '24 | 200802152 | 29.36 | **29.19** | 529 | +0,60 | ? |
| 30. | Tessa van Beek | Dwk | 201001446 | 28.77 | **29.20** | 528 | +0,55 | |
| 31. | Frédérique Nijziel | De Dolfijn | 201103114 | 27.90 | **29.29** | 523 | +0,55 | |
| 32. | Djelaysa Buunk | Z & PC De Zeeuwse Ku | 200900536 | 29.60 | **29.35** | 520 | +0,76 | |
| 33. | Ilana Gentile | Orca Leeuwarden | 200801558 | 28.69 | **29.42** | 516 | +0,54 | |
| 34. | Jade Geurts | Wvz | 200402278 | 29.79 | **29.44** | 515 | | |
| 35. | Ananda van der Wiel | Wvz | 200701562 | 29.20 | **29.50** | 512 | +0,49 | |
| 36. | Inge Dekker | HZ&PC Heerenveen | 200200476 | 30.04 | **29.52** | 511 | +0,76 | |
| 37. | Maryse Kuijper | Dwk | 201000692 | 29.41 | **29.53** | 511 | +0,63 | |
| 38. | Ilse Jongepier | TriVia | 201000006 | 30.57 | **29.65** | 504 | +0,71 | |
| 39. | Kim Bouman | Zpc Amersfoort | 201000262 | 29.47 | **29.72** | 501 | +0,83 | |
| 40. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 29.15 | **29.76** | 499 | +0,73 | |
| 41. | Vera Wassink | DZ&PC | 200604976 | 28.39 | **29.80** | 497 | +0,69 | |
| 42. | Lea Jerebic | SV Wildeshausen | 405121 | 29.00 | **29.82** | 496 | +0,52 | |
| 43. | Amila Mustafic | DZ&PC | 201200026 | 30.75 | **29.85** | 494 | +0,71 | |
| 44. | Senna Boogmans | De Duinkikkers | 201000640 | 29.95 | **29.92** | 491 | +0,99 | |
| 45. | Amber Tiesinga | DZ&PC | 200600782 | 30.09 | **30.01** | 486 | +0,66 | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 8, Dames, 50m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 46. | Nynke van der Zee | Orca Leeuwarden | 200700604 | 30.11 | **30.02** | 486 | +0,74 |
| 47. | Evita Hoornweg | TriVia | 201002046 | 31.06 | **30.05** | 485 | +0,62 |
| 48. | Lise Kleinbekman | DZ&PC | 200502870 | 30.54 | **30.10** | 482 | +0,52 |
| 49. | Esther Dijsselhof | Dedemsvaart-AC | 200800784 | 30.13 | **30.27** | 474 | +0,71 |
| 50. | Eva Maria Keet | Zpc Amersfoort | 201003006 | 30.27 | **30.37** | 469 | +0,80 |
| 51. | Maud Roffel | DZ&PC | 200700840 | 29.63 | **30.42** | 467 | +0,60 |
| 52. | Minke Bouman | Blue Marlins | 201100104 | 29.80 | **30.55** | 461 | +0,63 |
| 53. | Marjolie Spelde | ZC Borger | 200900266 | 30.67 | **30.61** | 458 | +0,64 |
| 54. | Karlijn Siderius | Dwk | 200900032 | 29.07 | **30.64** | 457 | +0,66 |
| 55. | Vivian Nooter | Dedemsvaart-AC | 200703614 | 30.99 | **30.66** | 456 | +0,61 |
| 56. | Fenna Boterman | TriVia | 200701710 | 31.16 | **30.69** | 455 | +0,73 |
| 57. | Hanna Heller | Zpc Amersfoort | 201102730 | 31.12 | **30.71** | 454 | +0,64 |
| 58. | Saar Begeman | ZPC de Kanaalstreek | 201201594 | 31.30 | **30.83** | 449 | +0,66 |
| | Manou Longayroux | Blue Marlins | 201000580 | 30.39 | **30.83** | 449 | +0,54 |
| 60. | Sofie van Poecke | Dwk | 201001448 | 31.08 | **30.84** | 448 | |
| 61. | Mare Offringa | SG. Bolsward-Workum | 201001110 | 31.08 | **30.85** | 448 | +0,77 |
| 62. | Marike de Jong | Avena | 200101074 | NT | **30.87** | 447 | +0,74 |
| | Marlene Bührmann | SV Wildeshausen | 406182 | 30.73 | **30.87** | 447 | +0,75 |
| 64. | Fabiën van Halderen | ZPC Hoogeveen | 201200412 | 31.81 | **30.97** | 443 | +0,68 |
| 65. | Marre van der Wal | SG. Bolsward-Workum | 201000046 | 30.63 | **31.05** | 439 | +0,53 |
| 66. | Finja Richter | Wardenburger SC | 383208 | 31.25 | **31.08** | 438 | +0,73 |
| 67. | Anique Polinder | Dedemsvaart-AC | 200800008 | 30.93 | **31.25** | 431 | +0,60 |
| 68. | Chantal Peters | ZPC Hoogeveen | 201001578 | 31.52 | **31.33** | 427 | +0,66 |
| 69. | Lana Noordenbos | Orca Leeuwarden | 201100958 | 32.00 | **31.60** | 417 | +0,63 |
| 70. | Evelien de Jong | Neptunia '24 | 199805316 | 30.55 | **31.67** | 414 | +0,65 |
| 71. | Britt Jellesma | SG. Bolsward-Workum | 201000310 | 32.91 | **31.78** | 410 | +0,59 |
| 72. | Isa Segenhout | Orca Leeuwarden | 201000128 | 31.47 | **31.80** | 409 | +0,59 |
| 73. | Manora Ponne | Steenwijk 1934 | 201102222 | 31.34 | **31.83** | 408 | +0,61 |
| | Aline Strijker | Ksn (Sg) | 201100362 | 34.40 | **31.83** | 408 | |
| 75. | Elize Schierbeek | TriVia | 201100652 | 32.27 | **31.94** | 403 | +0,71 |
| 76. | Elien Groothuismink | Swol 1894 | 200800920 | 31.62 | **32.00** | 401 | +0,77 |
| 77. | Lilian Mulder | Orca Leeuwarden | 200901598 | 31.70 | **32.05** | 399 | +0,54 |
| 78. | Evy Anna Nijdam | Orca Leeuwarden | 201100834 | 32.62 | **32.13** | 396 | |
| 79. | Joyce Toonstra | Neptunia '24 | 200501298 | 33.99 | **32.18** | 394 | +0,57 |
| 80. | Anna Durville | Z&PC de Inktvis | 200701038 | 32.16 | **32.19** | 394 | +0,58 |
| 81. | Veerle van Bloois | TriVia | 201200960 | 32.42 | **32.22** | 393 | +0,58 |
| 82. | Linthe Van Gelderen | Ksn (Sg) | 201201220 | 37.19 | **32.23** | 393 | +0,54 |
| 83. | Jessica Lerer | De Kempvis | 201002354 | 32.85 | **32.27** | 391 | |
| 84. | Gabriela Borges | Blue Marlins | 201201726 | 34.91 | **32.29** | 390 | |
| 85. | Laura Tjoonk | Ksn (Sg) | 201004120 | 32.71 | **32.32** | 389 | +0,53 |
| 86. | Krista de Reus-Trompette | DZ&PC | 197600520 | 31.66 | **32.41** | 386 | +0,70 |
| 87. | Jelena Krikke | DZ&PC | 200405874 | 33.50 | **32.64** | 378 | +0,85 |
| 88. | Cynthia Koolman | Steenwijk 1934 | 200300232 | 35.16 | **32.71** | 376 | +0,52 |
| | Anna Nauta | TriVia | 201001114 | 33.76 | **32.71** | 376 | +0,59 |
| 90. | Ifke Stam | De Duinkikkers | 200800374 | 31.08 | **32.76** | 374 | +0,82 |
| 91. | Jade van der Veen | ZPC Hoogeveen | 201200416 | 33.36 | **32.88** | 370 | +0,59 |
| 92. | Lena Kuindersma | Avena | 200802854 | 32.64 | **32.95** | 367 | +0,77 |
| 93. | Annelie Klinkhamer | Bubble | 200702606 | 32.01 | **33.22** | 358 | +0,75 |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 8, Dames, 50m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 94. | Amélie Berk | Orca Leeuwarden | 201004002 | 33.60 | **33.37** | 354 | |
| 95. | Marjet Minnema | Avena | 200501328 | 34.22 | **33.43** | 352 | +0,78 |
| 96. | Nienke Smid | ZPC de Kanaalstreek | 201000468 | 35.36 | **33.44** | 351 | +0,63 |
| 97. | Vera Arling | ZC Polaris | 201200944 | 35.19 | **33.60** | 346 | +0,60 |
| 98. | Gerlin van de Krol | Dwk | 201101412 | 35.21 | **33.61** | 346 | +0,61 |
| 99. | Noelie Hallbauer | SV Wildeshausen | 397699 | 32.38 | **33.98** | 335 | +0,68 |
| 100. | Lena Diekamp | SV Wildeshausen | 427914 | 33.47 | **34.37** | 324 | +0,71 |
| 101. | Sophie Feiertag | ZC Polaris | 200901144 | 33.71 | **34.41** | 323 | +0,62 |
| 102. | Fenne Kouer | Neptunia '24 | 201003318 | 32.96 | **34.43** | 322 | +0,68 |
| 103. | Ranomi Zeegers | De Vikings | 201201512 | 32.90 | **34.54** | 319 | +0,77 |
| 104. | Melissa Zeegers | De Vikings | 201002612 | 35.01 | **34.55** | 319 | +0,53 |
| 105. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 34.87 | **34.82** | 311 | |
| 106. | Femke Nauta | TriVia | 201001118 | 35.46 | **34.84** | 311 | +0,78 |
| 107. | Elske de Vries | De Vikings | 200800786 | 34.51 | **34.93** | 308 | +0,65 |
| 108. | Saar Meems | ZC Polaris | 201200946 | 36.93 | **35.23** | 300 | +0,48 |
| 109. | Nicky Freriksen | Swol 1894 | 200802348 | 36.90 | **36.68** | 266 | +0,89 |
| 110. | Alissa Bosma | DZ&PC | 201202458 | 46.75 | **38.62** | 228 | |
| 111. | Sophie Zwart | TriVia | 200902664 | 38.28 | **39.48** | 213 | +0,97 |
| 112. | Nicky Zhang | Blue Marlins | 201003292 | 38.10 | **39.65** | 211 | |
| AFGEM | Denise Thül | Swol 1894 | 200902530 | 31.68 | | | |
| AFGEM | Noël Iris Hettinga | Neptunia '24 | 200002536 | 30.27 | | | |
| AFGEM | Lois Waterham | Dedemsvaart-AC | 200803726 | 29.01 | | | |
| AFGEM | Ilse Wiltjer | DZ&PC | 200900868 | 29.99 | | | |

Programmanr. 9 — Heren, 50m schoolslag — Junioren 1 en ouder
1-3-2025 - 10:07 — Spring Swim record: Koen de Groot: 28.26 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Bartel Vranken | Zwemfed | VZF/10017/07 | 29.29 | **29.75** | 663 | | A |
| 2. | Storm Boxum | DZ&PC | 200700421 | 29.32 | **29.79** | 660 | +0,67 | A |
| 3. | Jelle Betten | DZ&PC | 200001535 | 30.77 | **30.01** | 646 | +0,76 | A |
| 4. | Matthijs van Meerendonk | DZ&PC | 199900375 | 29.89 | **30.16** | 636 | +0,58 | A |
| 5. | Giovanni Phillipson | ZV De Zaan | 200801099 | 30.47 | **30.35** | 625 | +0,74 | A |
| 6. | Karsten van Groenigen | Zwemfed | VZF/10013/08 | 30.17 | **30.36** | 624 | +0,52 | A |
| 7. | Ruben Hoeve | Dedemsvaart-AC | 200302179 | 30.59 | **30.61** | 609 | +0,55 | A |
| 8. | Jetze de Vries | De Vikings | 200602589 | 30.77 | **30.65** | 606 | | A |
| 9. | Michael Smink | Blue Marlins | 200302169 | 30.12 | **30.84** | 595 | +0,68 | A |
| 10. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 30.59 | **30.85** | 595 | +0,56 | B |
| 11. | Darren Chen | Zpc Amersfoort | 200001149 | 30.85 | **31.19** | 575 | +0,65 | B |
| 12. | Floris van der Valk | Wiekslag | 200801891 | 31.21 | **31.21** | 574 | +0,73 | B |
| 13. | Giulian Janssen | Psv | 200900125 | 31.35 | **31.23** | 573 | +0,67 | B |
| 14. | Bjorn Rijkaart | Wvz | 200601337 | 32.95 | **31.45** | 561 | +0,86 | B |
| 15. | Daan Sonneveld | Wvz | 200601085 | 32.14 | **31.73** | 547 | +0,65 | B |
| 16. | Joshua Agussalim | Wvz | 200600153 | 31.33 | **31.82** | 542 | +0,65 | B |
| 17. | Storm Tolsma | DZ&PC | 200600277 | 32.21 | **31.97** | 534 | +0,75 | B |
| 18. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 31.86 | **32.19** | 523 | +0,68 | B |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 9, Heren, 50m schoolslag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|---|
| 19. | Filip Piszczynski | Ksn (Sg) | 200802125 | | 33.86 | **32.85** | 492 | +0,69 | C |
| 20. | Jorian Darwinkel | HZ&PC Heerenveen | 200300565 | | 31.76 | **33.06** | 483 | +0,69 | C |
| 21. | Lucas Bemer | De Duinkikkers | 200700219 | | 33.39 | **33.18** | 478 | +0,71 | C |
| 22. | Thygo van de Peppel | Blue Marlins | 200901101 | | 31.86 | **33.39** | 469 | +0,61 | C |
| 23. | Kay van Sleen | Steenwijk 1934 | 200400083 | | 33.26 | **33.55** | 462 | +0,75 | C |
| 24. | Collard Jungeling | DZ&PC | 200701831 | | 31.81 | **33.98** | 445 | +0,68 | C |
| 25. | Jordey Thole | ZPC Hoogeveen | 200700385 | | 33.22 | **34.02** | 443 | +0,74 | C |
| 26. | Richard Kuipers | HZ&PC Heerenveen | 199704171 | | 33.32 | **34.18** | 437 | +0,78 | C |
| 27. | Ruben Nooter | Dedemsvaart-AC | 200901577 | | 34.38 | **34.20** | 436 | +0,67 | C |
| 28. | Roan van der Stege | Swol 1894 | 200900107 | | 36.43 | **34.38** | 430 | +0,52 | R |
| 29. | Tygo van de Wal | Dwk | 201001329 | | 34.37 | **34.40** | 429 | | R |
| 30. | Mathijs Boersma | ZPC Hoogeveen | 201000313 | | 35.98 | **34.53** | 424 | | |
| 31. | Gerjan Berends | ZPC Hoogeveen | 200900169 | | 33.54 | **34.54** | 424 | +0,73 | |
| 32. | Brian Arturo Bloemsma | De Dolfijn | 200901155 | | 34.32 | **34.55** | 423 | +0,66 | |
| 33. | Kylian Kooijman | Steenwijk 1934 | 199900763 | | 34.72 | **34.72** | 417 | +0,73 | |
| 34. | Milan Schuilenburg | Zpc Amersfoort | 201000935 | | 35.53 | **34.83** | 413 | +0,53 | |
| | Lou van Leeuwen | De Dolfijn | 200702779 | | 35.55 | **34.83** | 413 | +0,63 | |
| 36. | Luca Monster | SG Hoeksche Waard | 201100343 | | 35.39 | **34.85** | 412 | +0,58 | |
| 37. | Eise van der Zee | Orca Leeuwarden | 200501437 | | 32.46 | **35.24** | 399 | +0,76 | |
| 38. | Gijs Vesseur | Zpc Amersfoort | 200700277 | | 34.47 | **35.60** | 387 | +0,98 | |
| 39. | Art Jin van der Ent | Blue Marlins | 200903785 | | 37.11 | **35.69** | 384 | +0,77 | |
| 40. | Noud Assinck | Zignea | 200900047 | | 37.23 | **35.90** | 377 | | |
| 41. | Joey Snabel | Zpc Amersfoort | 201002847 | | 37.89 | **36.66** | 354 | +0,56 | |
| 42. | Dirk Hoogeveen | Dedemsvaart-AC | 200702595 | | 39.81 | **36.89** | 348 | +0,69 | |
| 43. | Mathijs de Wit | Ksn (Sg) | 201001215 | | 35.23 | **37.00** | 344 | +0,74 | |
| 44. | Nordin Vermeer | Dwk | 201000227 | | 35.54 | **37.51** | 331 | +0,69 | |
| 45. | Douwe Enzerink | Zpc Amersfoort | 201102657 | | 39.90 | **37.82** | 323 | +0,55 | |
| 46. | Ramon Vos | ZPC Hoogeveen | 201100051 | | 37.43 | **37.92** | 320 | +0,69 | |
| 47. | Lars Vos | Ksn (Sg) | 200501327 | | 37.96 | **38.02** | 317 | +0,77 | |
| 48. | David van der Valk | Wiekslag | 201100519 | | 41.04 | **38.22** | 312 | +0,56 | |
| 49. | Stan Rothschaid | ZPC Hoogeveen | 201000353 | | 40.28 | **38.29** | 311 | +0,53 | |
| 50. | Marcelo Fritz Medina | De Dolfijn | 201201885 | | 40.92 | **38.63** | 303 | +0,44 | |
| 51. | Alexander Jerebic | SV Wildeshausen | 427588 | | 39.12 | **39.11** | 292 | +0,75 | |
| 52. | Hamza Rafaan | Blue Marlins | 201003527 | | 43.50 | **39.55** | 282 | +0,58 | |
| 53. | Maico Langhout | F.Z.C.'54 | 200202215 | | 40.96 | **39.60** | 281 | +0,90 | |
| 54. | Leroy Maring | ZPC de Kanaalstreek | 201100307 | | 40.55 | **39.87** | 275 | +0,82 | |
| 55. | Michiel de Wit | Ksn (Sg) | 201101867 | | 42.78 | **40.04** | 272 | +0,59 | |
| 56. | Vince Van Wijk | Ksn (Sg) | 201101019 | | 44.59 | **42.65** | 225 | +0,51 | |
| 57. | Hylke Verkaik | Neptunia '24 | 201001305 | | 51.85 | **43.77** | 208 | +0,65 | |
| 58. | Kris Stoyanov | Blue Marlins | 201201505 | | 41.70 | **43.82** | 207 | +0,71 | |
| 59. | Milan van den Berg | Swol 1894 | 201100253 | | 48.11 | **44.94** | 192 | +0,85 | |
| 60. | Arian Thies | SV Wildeshausen | 447672 | | 50.84 | **50.58** | 135 | +0,52 | |
| 61. | Jozef Lambrechtsen | Neptunia '24 | 201202287 | | 53.45 | **51.08** | 131 | +0,82 | |
| 62. | Robin van den Berg | Swol 1894 | 201200355 | | 50.54 | **54.03** | 110 | | |
| 63. | Sander Knol | ZPC de Kanaalstreek | 200701093 | SB9 | 49.44 | **59.85** | 81 | +0,63 | |
| NG.ZA | Rick Offringa | DZ&PC | 200300979 | | 31.30 | | | | |
| AFGEM | Thomas Nauta | Arethusa | 200900339 | | 33.66 | | | | |
| AFGEM | Sven Casper Hageman | Steenwijk 1934 | 201000009 | | 35.92 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 9, Heren, 50m schoolslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden | 201100205 | 42.53 | | | |
| AFGEM | Revel Harmer | Blue Marlins | 201103467 | 41.43 | | | |
| AFGEM | Christiaan Wilbrink | TriVia | 200803819 | 39.87 | | | |

Programmanr. 10 — Dames, 200m rugslag — Junioren 2 en ouder
1-3-2025 - 10:15 — Spring Swim record: Jinth Engelse: 2.14.83 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Jinth Engelse | Blue Marlins | 200800204 | 2:13.82 | **2:16.12** | 740 | +0,63 Q |
| | 50m: 31.37 | 100m: 1:05.53 | 150m: 1:41.21 | 200m: 2:16.12 | | | |
| 2. | Nina van der Schrier | Azc 1 | 201000444 | 2:22.50 | **2:21.37** | 660 | +0,67 Q |
| | 50m: 34.29 | 100m: 1:10.52 | 150m: 1:46.90 | 200m: 2:21.37 | | | |
| 3. | Jade van der Schrier | Azc 1 | 200800692 | 2:25.14 | **2:22.42** | 646 | +0,72 Q |
| | 50m: 34.50 | 100m: 1:10.02 | 150m: 1:46.66 | 200m: 2:22.42 | | | |
| 4. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 2:17.65 | **2:22.50** | 645 | +0,70 Q |
| | 50m: 34.28 | 100m: 1:10.21 | 150m: 1:47.43 | 200m: 2:22.50 | | | |
| 5. | Frouke Ludwig | DZ&PC | 200800112 | 2:21.89 | **2:23.01** | 638 | +0,64 Q |
| | 50m: 34.44 | 100m: 1:11.10 | 150m: 1:47.41 | 200m: 2:23.01 | | | |
| 6. | Malin Roozeboom | Wvz | 201100006 | 2:25.43 | **2:24.75** | 615 | +0,77 Q |
| | 50m: 34.12 | 100m: 1:10.97 | 150m: 1:48.33 | 200m: 2:24.75 | | | |
| 7. | Maaike Issard | DZ&PC | 200300022 | 2:25.95 | **2:26.61** | 592 | +0,76 Q |
| | 50m: 34.83 | 100m: 1:11.53 | 150m: 1:49.23 | 200m: 2:26.61 | | | |
| 8. | Fenne Metten | Zpc Amersfoort | 201000102 | 2:30.29 | **2:29.26** | 561 | +0,92 Q |
| | 50m: 35.18 | 100m: 1:13.15 | 150m: 1:52.92 | 200m: 2:29.26 | | | |
| 9. | Eefje Irvine | De Dolfijn | 200700164 | 2:19.58 | **2:29.65** | 557 | +0,64 Q |
| | 50m: 34.58 | 100m: 1:12.93 | 150m: 1:51.87 | 200m: 2:29.65 | | | |
| 10. | Imre Bouwland | ZPC Hoogeveen | 200700388 | 2:30.36 | **2:31.67** | 535 | +0,71 R |
| | 50m: 35.19 | 100m: 1:13.63 | 150m: 1:52.89 | 200m: 2:31.67 | | | |
| 11. | Esmee Mulder | DZ&PC | 200800038 | 2:28.83 | **2:31.85** | 533 | +0,60 R |
| | 50m: 34.39 | 100m: 1:12.27 | 150m: 1:52.61 | 200m: 2:31.85 | | | |
| 12. | Julie van Nispen | Z&PV Nuenen | 200800290 | 2:28.84 | **2:32.55** | 525 | +0,71 |
| | 50m: 36.62 | 100m: 1:15.22 | 150m: 1:54.37 | 200m: 2:32.55 | | | |
| 13. | Marlies Dijsselhof | Dedemsvaart-AC | 200601046 | 2:30.68 | **2:32.76** | 523 | +0,86 |
| | 50m: 35.78 | 100m: 1:14.97 | 150m: 1:54.96 | 200m: 2:32.76 | | | |
| 14. | Luus Gielens | Psv | 200900138 | 2:27.25 | **2:33.05** | 520 | +0,77 |
| | 50m: 36.41 | 100m: 1:15.44 | 150m: 1:54.99 | 200m: 2:33.05 | | | |
| 15. | Myrthe Natzijl | DZ&PC | 200400076 | 2:27.15 | **2:33.51** | 516 | +0,74 |
| | 50m: 37.40 | 100m: 1:16.47 | 150m: 1:55.48 | 200m: 2:33.51 | | | |
| 16. | Nora Lynn Otten | ZPC Hoogeveen | 200903338 | 2:35.56 | **2:33.85** | 512 | +0,95 |
| | 50m: 36.96 | 100m: 1:15.51 | 150m: 1:54.95 | 200m: 2:33.85 | | | |
| 17. | Anna Lepoutre | Psv | 201100534 | 2:41.02 | **2:34.50** | 506 | +0,66 |
| | 50m: 37.34 | 100m: 1:16.08 | 150m: 1:55.46 | 200m: 2:34.50 | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 10, Dames, 200m rugslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 18. | Nienke Koster | ZPC Hoogeveen | 200900612 | 2:30.81 | **2:35.28** | 498 | +0,57 |
| | 50m: 35.59 | 100m: 1:15.03 | 150m: 1:55.36 | 200m: 2:35.28 | | | |
| 19. | Simone Brobbel | SG Hoeksche Waard | 201200058 | 2:41.25 | **2:35.47** | 496 | +0,82 |
| | 50m: 37.01 | 100m: 1:16.88 | 150m: 1:56.64 | 200m: 2:35.47 | | | |
| 20. | Noortje Bisperink | Zpc Amersfoort | 201100486 | 2:39.41 | **2:36.00** | 491 | +0,75 |
| | 50m: 36.75 | 100m: 1:16.66 | 150m: 1:57.41 | 200m: 2:36.00 | | | |
| 21. | Amber Kunst | Daw | 200900680 | 2:37.55 | **2:36.48** | 487 | +0,61 |
| | 50m: 36.76 | 100m: 1:16.63 | 150m: 1:56.80 | 200m: 2:36.48 | | | |
| 22. | Julia Dąbrowska | Blue Marlins | 201000300 | 2:35.35 | **2:36.63** | 485 | +0,65 |
| | 50m: 36.20 | 100m: 1:15.60 | 150m: 1:55.86 | 200m: 2:36.63 | | | |
| 23. | Elin Reinstra | TriVia | 201100842 | 2:32.52 | **2:37.23** | 480 | +0,69 |
| | 50m: 36.79 | 100m: 1:16.50 | 150m: 1:57.18 | 200m: 2:37.23 | | | |
| 24. | Leyona Lichtendonk | Dedemsvaart-AC | 200700010 | 2:39.74 | **2:38.21** | 471 | +0,66 |
| | 50m: 38.17 | 100m: 1:17.68 | 150m: 1:58.61 | 200m: 2:38.21 | | | |
| 25. | Yanique Bax | Zpc Amersfoort | 201001428 | 2:35.28 | **2:38.27** | 470 | +0,70 |
| | 50m: 36.40 | 100m: 1:16.67 | 150m: 1:57.69 | 200m: 2:38.27 | | | |
| 26. | Sofie Vos | ZPC Hoogeveen | 200800804 | 2:34.73 | **2:38.38** | 469 | +0,82 |
| | 50m: 37.48 | 100m: 1:17.93 | 150m: 1:58.75 | 200m: 2:38.38 | | | |
| 27. | Milou Filemon | Blue Marlins | 201100078 | 2:34.87 | **2:39.84** | 457 | +0,76 |
| | 50m: 38.00 | 100m: 1:18.66 | 150m: 1:59.52 | 200m: 2:39.84 | | | |
| 28. | Marjolie Spelde | ZC Borger | 200900266 | 2:34.33 | **2:40.28** | 453 | +0,83 |
| | 50m: 36.24 | 100m: 1:16.78 | 150m: 1:59.53 | 200m: 2:40.28 | | | |
| 29. | Esmee Reuver | ZC Polaris | 201100846 | 2:42.15 | **2:40.34** | 452 | +0,71 |
| | 50m: 37.94 | 100m: 1:18.58 | 150m: 2:00.07 | 200m: 2:40.34 | | | |
| 30. | Tessa van Beek | Dwk | 201001446 | 2:39.65 | **2:40.92** | 448 | +0,72 |
| | 50m: 37.72 | 100m: 1:18.51 | 150m: 1:59.92 | 200m: 2:40.92 | | | |
| 31. | Brechtje Slootweg | Zpc Amersfoort | 201101744 | 2:42.55 | **2:42.02** | 439 | +0,65 |
| | 50m: 37.63 | 100m: 1:18.73 | 150m: 2:00.41 | 200m: 2:42.02 | | | |
| 32. | Wieke Dekker | De Dolfijn | 201002020 | 2:43.51 | **2:42.33** | 436 | +0,63 |
| | 50m: 37.65 | 100m: 1:19.99 | 150m: 2:01.66 | 200m: 2:42.33 | | | |
| 33. | Ylène Zondervan | Zpc Amersfoort | 201200016 | 2:40.81 | **2:42.86** | 432 | +0,71 |
| | 50m: 37.96 | 100m: 1:18.57 | 150m: 2:00.73 | 200m: 2:42.86 | | | |
| 34. | Meike van der Klugt | Wvz | 201100808 | 2:42.60 | **2:42.95** | 431 | +0,91 |
| | 50m: 38.83 | 100m: 1:19.56 | 150m: 2:02.96 | 200m: 2:42.95 | | | |
| 35. | Odenza Soselisa | Blue Marlins | 201101780 | 2:40.36 | **2:43.13** | 430 | +0,73 |
| | 50m: 38.23 | 100m: 1:19.75 | 150m: 2:02.43 | 200m: 2:43.13 | | | |
| 36. | Noa Spaans | De Dolfijn | 201100222 | 2:44.75 | **2:43.18** | 429 | +0,67 |
| | 50m: 39.63 | 100m: 1:20.49 | 150m: 2:02.80 | 200m: 2:43.18 | | | |
| 37. | Lili Oosting | Dwk | 200900384 | 2:47.93 | **2:45.00** | 415 | +0,78 |
| | 50m: 39.10 | 100m: 1:20.88 | 150m: 2:03.71 | 200m: 2:45.00 | | | |
| 38. | Carlein Polinder | Ksn (Sg) | 200600128 | 2:31.25 | **2:45.01** | 415 | +0,79 |
| | 50m: 37.96 | 100m: 1:19.43 | 150m: 2:02.45 | 200m: 2:45.01 | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 10, Dames, 200m rugslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 39. | Mirthe de Haan | Zcnf'34 | 201000866 | 2:39.45 | **2:45.27** | 413 | +0,65 |
| | 50m: 38.28 | 100m: 1:19.91 | 150m: 2:03.16 | 200m: 2:45.27 | | | |
| 40. | Dewi Meijer | De Dolfijn | 201000302 | 2:40.07 | **2:45.36** | 412 | +0,93 |
| | 50m: 39.51 | 100m: 1:21.47 | 150m: 2:03.47 | 200m: 2:45.36 | | | |
| 41. | Hanna Sampimon | Ksn (Sg) | 200901824 | 2:44.10 | **2:45.82** | 409 | +0,60 |
| | 50m: 39.45 | 100m: 1:22.18 | 150m: 2:04.88 | 200m: 2:45.82 | | | |
| 42. | Myron Dekker | ZPC Hoogeveen | 201000512 | 3:02.02 | **2:45.85** | 409 | +0,79 |
| | 50m: 37.84 | 100m: 1:19.73 | 150m: 2:03.88 | 200m: 2:45.85 | | | |
| 43. | Kim Koeling | Ksn (Sg) | 201201216 | 2:53.63 | **2:46.84** | 402 | +0,82 |
| | 50m: 40.32 | 100m: 1:22.17 | 150m: 2:05.92 | 200m: 2:46.84 | | | |
| 44. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 2:51.18 | **2:47.81** | 395 | +0,72 |
| | 50m: 38.37 | 100m: 1:20.85 | 150m: 2:04.55 | 200m: 2:47.81 | | | |
| 45. | Lily Zandstra | Dedemsvaart-AC | 200701418 | 2:51.17 | **2:48.18** | 392 | +0,80 |
| | 50m: 39.00 | 100m: 1:21.53 | 150m: 2:05.10 | 200m: 2:48.18 | | | |
| 46. | Elien Groothuismink | Swol 1894 | 200800920 | 2:45.43 | **2:49.92** | 380 | +0,83 |
| | 50m: 40.51 | 100m: 1:23.72 | 150m: 2:07.37 | 200m: 2:49.92 | | | |
| 47. | Kamila Makhmadiyarova | Blue Marlins | 201103178 | 2:53.14 | **2:52.69** | 362 | +0,86 |
| | 50m: 41.23 | 100m: 1:24.51 | 150m: 2:09.12 | 200m: 2:52.69 | | | |
| 48. | S. Eagleton-Zambrano | Blue Marlins | 201103862 | 2:48.07 | **2:53.68** | 356 | +0,67 |
| | 50m: 40.86 | 100m: 1:24.65 | 150m: 2:09.71 | 200m: 2:53.68 | | | |
| 49. | Melody Paulussen | De Dolfijn | 201101106 | 2:54.75 | **2:53.99** | 354 | +0,82 |
| | 50m: 42.62 | 100m: 1:25.61 | 150m: 2:10.85 | 200m: 2:53.99 | | | |
| 50. | Norell Kroeze | ZC Polaris | 201100378 | 2:53.48 | **2:54.19** | 353 | +0,71 |
| | 50m: 43.47 | 100m: 1:28.09 | 150m: 2:12.42 | 200m: 2:54.19 | | | |
| 51. | Sara van Dijk | TriVia | 201001120 | 2:48.27 | **2:54.98** | 348 | +0,73 |
| | 50m: 38.84 | 100m: 1:22.90 | 150m: 2:09.58 | 200m: 2:54.98 | | | |
| 52. | Anna Schuurman | SG. Bolsward-Workum | 201000076 | 3:01.72 | **2:58.59** | 327 | +0,87 |
| | 50m: 42.22 | 100m: 1:27.13 | 150m: 2:13.23 | 200m: 2:58.59 | | | |
| 53. | Marlene Bührmann | SV Wildeshausen | 406182 | 2:47.50 | **2:59.20** | 324 | +0,70 |
| | 50m: 40.75 | 100m: 1:25.57 | 150m: 2:12.28 | 200m: 2:59.20 | | | |
| 54. | Ifke Stam | De Duinkikkers | 200800374 | 2:49.37 | **2:59.22** | 324 | +0,73 |
| | 50m: 41.80 | 100m: 1:26.93 | 150m: 2:13.83 | 200m: 2:59.22 | | | |
| 55. | Syll Rinsma | DZ&PC | 201200798 | 2:54.65 | **2:59.23** | 324 | +0,81 |
| | 50m: 41.05 | 100m: 1:26.11 | 150m: 2:13.10 | 200m: 2:59.23 | | | |
| 56. | Saar Meems | ZC Polaris | 201200946 | 3:05.49 | **3:01.72** | 311 | +0,84 |
| | 50m: 44.23 | 100m: 1:30.43 | 150m: 2:17.18 | 200m: 3:01.72 | | | |
| 57. | Carlijn Aardema | ZC Borger | 201100272 | 3:06.20 | **3:11.53** | 265 | +0,78 |
| | 50m: 44.52 | 100m: 1:33.38 | 150m: 2:23.49 | 200m: 3:11.53 | | | |
| 58. | Femke Nauta | TriVia | 201001118 | 3:09.53 | **3:15.70** | 249 | +0,75 |
| | 50m: 46.94 | 100m: 1:35.91 | 150m: 2:25.73 | 200m: 3:15.70 | | | |
| AFGEM | Lotte Lübbers | Ksn (Sg) | 200900190 | 2:38.82 | | | |
| AFGEM | Amé Hulleman | DZ&PC | 200202794 | 2:35.96 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 11 | Heren, 200m vlinderslag | Junioren 1 en ouder
1-3-2025 - 10:36 | Spring Swim record: Thomas Jansen: 2.01.31 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Émile Fouzaï | Zpc Amersfoort | 200500263 | 2:02.91 | **2:04.06** | 703 | +0,73 | Q |
| | 50m: 27.70 | 100m: 58.86 | 150m: 1:31.38 | 200m: 2:04.06 | | | | |
| 2. | Sven Klink | Swol 1894 | 200500349 | 2:04.29 | **2:09.52** | 618 | +0,77 | Q |
| | 50m: 28.49 | 100m: 1:00.89 | 150m: 1:35.28 | 200m: 2:09.52 | | | | |
| 3. | Wouter Zijlstra | HZ&PC Heerenveen | 200401545 | 2:16.77 | **2:15.68** | 537 | +0,65 | Q |
| | 50m: 29.44 | 100m: 1:03.49 | 150m: 1:39.34 | 200m: 2:15.68 | | | | |
| 4. | Lars Bulman | Blue Marlins | 200600125 | 2:13.11 | **2:16.13** | 532 | | Q |
| | 50m: 29.46 | 100m: 1:04.17 | 150m: 1:40.14 | 200m: 2:16.13 | | | | |
| 5. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 2:15.08 | **2:18.86** | 501 | | Q |
| | 50m: 28.46 | 100m: 1:03.52 | 150m: 1:41.09 | 200m: 2:18.86 | | | | |
| 6. | Jones Chuang | Psv | 200801173 | 2:16.13 | **2:20.82** | 481 | +0,68 | Q |
| | 50m: 29.29 | 100m: 1:04.03 | 150m: 1:42.83 | 200m: 2:20.82 | | | | |
| 7. | David Kuipers | HZ&PC Heerenveen | 200003633 | 2:19.68 | **2:23.23** | 457 | +0,84 | Q |
| | 50m: 31.18 | 100m: 1:07.42 | 150m: 1:44.82 | 200m: 2:23.23 | | | | |
| 8. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | 2:22.89 | **2:23.80** | 451 | +0,80 | Q |
| | 50m: 33.04 | 100m: 1:09.69 | 150m: 1:47.05 | 200m: 2:23.80 | | | | |
| 9. | Martijn Nies | Psv | 200902095 | 2:18.32 | **2:23.92** | 450 | +0,52 | Q |
| | 50m: 29.77 | 100m: 1:05.39 | 150m: 1:44.42 | 200m: 2:23.92 | | | | |
| 10. | Pepijn van Egmond | Wvz | 200402309 | 2:19.57 | **2:25.77** | 433 | +0,69 | R |
| | 50m: 29.88 | 100m: 1:04.70 | 150m: 1:42.47 | 200m: 2:25.77 | | | | |
| 11. | Myron Artemenko | Niemo Barracuda | 201003021 | 2:32.27 | **2:26.16** | 430 | +0,73 | R |
| | 50m: 31.95 | 100m: 1:09.28 | 150m: 1:46.69 | 200m: 2:26.16 | | | | |
| 12. | Tieme Wiersma | DZ&PC | 200701031 | NT | **2:26.46** | 427 | +0,82 | |
| | 50m: 31.30 | 100m: 1:10.25 | 150m: 1:48.58 | 200m: 2:26.46 | | | | |
| 13. | Donny van den Bosch | Wiekslag | 199502001 | 2:21.47 | **2:26.97** | 423 | +0,84 | |
| | 50m: 30.16 | 100m: 1:06.44 | 150m: 1:44.86 | 200m: 2:26.97 | | | | |
| 14. | Eli Shields | Niemo Barracuda | 201000407 | 2:44.96 | **2:27.57** | 418 | +0,72 | |
| | 50m: 31.05 | 100m: 1:08.61 | 150m: 1:47.66 | 200m: 2:27.57 | | | | |
| 15. | Stan Tibben | Dedemsvaart-AC | 200503591 | 2:27.04 | **2:29.65** | 400 | +0,52 | |
| | 50m: 31.10 | 100m: 1:07.87 | 150m: 1:47.65 | 200m: 2:29.65 | | | | |
| 16. | Ruben Kragt | Dedemsvaart-AC | 201000007 | 2:37.14 | **2:32.09** | 381 | +0,73 | |
| | 50m: 32.65 | 100m: 1:10.45 | 150m: 1:51.84 | 200m: 2:32.09 | | | | |
| 17. | Aidan van der Stelt | Blue Marlins | 200900901 | 2:32.37 | **2:34.15** | 366 | +0,82 | |
| | 50m: 32.83 | 100m: 1:12.18 | 150m: 1:52.51 | 200m: 2:34.15 | | | | |
| 18. | Henry Watson | De Dolfijn | 201001703 | 2:36.20 | **2:35.96** | 354 | | |
| | 50m: 32.06 | 100m: 1:11.36 | 150m: 1:53.19 | 200m: 2:35.96 | | | | |
| 19. | Sascha Timmer | Azc 1 | 200902987 | 2:31.85 | **2:41.16** | 320 | +0,50 | |
| | 50m: 32.88 | 100m: 1:12.30 | 150m: 1:55.55 | 200m: 2:41.16 | | | | |
| NG.ZA | Erdi-Vahap Ilboga | SV Wildeshausen | 324753 | 2:16.54 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 12 | Dames, 50m rugslag | Junioren 2 en ouder
1-3-2025 - 11:02 | Spring Swim record: Maaike de Waard 28.23 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Jinth Engelse | Blue Marlins | 200800204 | 28.68 | **29.27** | 772 | +0,62 | A |
| 2. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 29.02 | **29.62** | 745 | +0,58 | A |
| 3. | Mare Schallenberg | Blue Marlins | 200600078 | 29.41 | **29.65** | 743 | +0,64 | A |
| 4. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 28.44 | **30.00** | 717 | +0,62 | A |
| 5. | Sara Korthuis | DZ&PC | 200600494 | 29.87 | **30.54** | 680 | +0,67 | A |
| 6. | Malin Roozeboom | Wvz | 201100006 | 31.12 | **31.08** | 645 | +0,70 | A |
| 7. | Dionne Salomons | ZC Borger | 200200504 | 30.99 | **31.09** | 644 | +0,57 | A |
| 8. | Eefje Irvine | De Dolfijn | 200700164 | 30.17 | **31.41** | 625 | +0,59 | A |
| 9. | Nina van der Schrier | Azc 1 | 201000444 | 33.05 | **32.06** | 588 | +0,65 | A |
| 10. | Fenna Zusterzeel | Psv | 201000008 | 31.68 | **32.07** | 587 | +0,59 | B |
| 11. | Famke Irvine | Zpc Amersfoort | 200501724 | 31.41 | **32.11** | 585 | +0,78 | B |
| 12. | Nienke Koster | ZPC Hoogeveen | 200900612 | 32.18 | **32.14** | 583 | +0,56 | B |
| 13. | Jolijn Liezen | Steenwijk 1934 | 200500518 | 32.22 | **32.29** | 575 | +0,63 | B |
| 14. | Alinda Dingshoff | De Dolfijn | 200000928 | 34.35 | **32.62** | 558 | +0,63 | B |
| 15. | Rafaela Mulders | De Reuring | 200701398 | 32.10 | **32.71** | 553 | +0,66 | B |
| 16. | Lana Ravelingien | Zwemfed | VZF/20011/03 | 34.13 | **32.78** | 550 | +0,62 | B |
| 17. | Maud Roffel | DZ&PC | 200700840 | 32.10 | **32.87** | 545 | +0,69 | B |
| 18. | Olena Dijkstra | Orca Leeuwarden | 200202624 | 32.07 | **32.95** | 541 | +0,74 | B |
| 19. | Liv Heijdra | Feijenoord Albion | 200800736 | 32.20 | **33.11** | 533 | +0,61 | C |
| 20. | Anouk Steller | Wvz | 201000004 | 32.53 | **33.17** | 530 | +0,60 | C |
| 21. | Inge Dekker | HZ&PC Heerenveen | 200200476 | 33.07 | **33.20** | 529 | +0,66 | C |
| 22. | Ilana Gentile | Orca Leeuwarden | 200801558 | 33.90 | **33.62** | 509 | +0,66 | C |
| 23. | Raegan Belmar | Blue Marlins | 201004070 | 32.96 | **33.82** | 500 | +0,84 | C |
| 24. | Lola Verheijen | Psv | 201100832 | 35.57 | **33.93** | 496 | +0,74 | C |
| 25. | Julie van Nispen | Z&PV Nuenen | 200800290 | 34.91 | **33.97** | 494 | +0,71 | C |
| 26. | Kim Bouman | Zpc Amersfoort | 201000262 | 33.15 | **33.99** | 493 | +0,67 | C |
| 27. | Marjolie Spelde | ZC Borger | 200900266 | 33.84 | **34.08** | 489 | +0,77 | C |
| 28. | Fleur Van den Eijk | Blue Marlins | 200900304 | 34.09 | **34.25** | 482 | +0,67 | R |
| 29. | Nynke van der Zee | Orca Leeuwarden | 200700604 | 34.44 | **34.49** | 472 | +0,72 | ? |
| | Amber Tiesinga | DZ&PC | 200600782 | 35.36 | **34.49** | 472 | +0,71 | ? |
| 31. | Kinley Cole | Psv | 200903696 | 34.69 | **34.52** | 471 | +0,62 | |
| 32. | Elke Kriesels | Hieronymus | 201100898 | 33.96 | **34.56** | 469 | +0,62 | |
| 33. | Simone Brobbel | SG Hoeksche Waard | 201200058 | 34.47 | **34.58** | 468 | +0,65 | |
| 34. | Noa Spaans | De Dolfijn | 201100222 | 34.50 | **34.68** | 464 | +0,62 | |
| 35. | Noortje Bisperink | Zpc Amersfoort | 201100486 | 35.05 | **34.69** | 464 | +0,74 | |
| 36. | Esmee van der Tuuk | ZPC Hoogeveen | 200800682 | 33.60 | **34.73** | 462 | +0,76 | |
| 37. | Finja Richter | Wardenburger SC | 383208 | 33.51 | **34.74** | 462 | +0,54 | |
| | **Backup tijd* | | | | | | | |
| | Tessa van Beek | Dwk | 201001446 | 33.64 | **34.74** | 462 | +0,68 | |
| 39. | Julia Agricola | DZ&PC | 200800266 | 34.92 | **34.78** | 460 | +0,62 | |
| 40. | Vivian Nooter | Dedemsvaart-AC | 200703614 | 34.60 | **34.82** | 459 | +0,75 | |
| 41. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 35.03 | **34.86** | 457 | +0,57 | |
| 42. | Yanique Bax | Zpc Amersfoort | 201001428 | 34.55 | **35.23** | 443 | +0,88 | |
| 43. | Eva Maria Keet | Zpc Amersfoort | 201003006 | 34.85 | **35.39** | 437 | +0,89 | |
| 44. | Evita Hoornweg | TriVia | 201002046 | 35.85 | **35.49** | 433 | +0,70 | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 12, Dames, 50m rugslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 45. | Nora Lynn Otten | ZPC Hoogeveen | 200903338 | 34.00 | **35.58** | 430 | +0,94 |
| 46. | Ilse Jongepier | TriVia | 201000006 | 35.84 | **36.16** | 409 | +0,64 |
| 47. | Mirthe de Haan | Zcnf'34 | 201000866 | 35.42 | **36.53** | 397 | +0,75 |
| 48. | Senna Boogmans | De Duinkikkers | 201000640 | 35.49 | **36.75** | 390 | +0,75 |
| 49. | Isa Segenhout | Orca Leeuwarden | 201000128 | 37.79 | **37.06** | 380 | +0,66 |
| 50. | Lana Noordenbos | Orca Leeuwarden | 201100958 | 38.26 | **37.19** | 376 | +0,72 |
| 51. | Femke ter Horst | ZPC Hoogeveen | 201000108 | 35.80 | **37.31** | 373 | +0,74 |
| 52. | Lilian Mulder | Orca Leeuwarden | 200901598 | 36.93 | **37.41** | 370 | +0,75 |
| 53. | Fenna Boterman | TriVia | 200701710 | 39.58 | **37.56** | 365 | +0,76 |
| 54. | Lian Vonk | Zpc Amersfoort | 201001606 | 38.85 | **37.75** | 360 | +0,74 |
| 55. | Ifke Stam | De Duinkikkers | 200800374 | 37.06 | **37.86** | 357 | +0,74 |
| | Cynthia Koolman | Steenwijk 1934 | 200300232 | 37.24 | **37.86** | 357 | +0,68 |
| 57. | Lea Jerebic | SV Wildeshausen | 405121 | 36.50 | **37.90** | 355 | +0,65 |
| 58. | Maryse Kuijper | Dwk | 201000692 | 37.43 | **38.15** | 349 | |
| 59. | Evy Anna Nijdam | Orca Leeuwarden | 201100834 | 39.38 | **38.20** | 347 | +0,85 |
| 60. | Sarah Brandes | SV Wildeshausen | 406178 | 36.60 | **38.34** | 343 | +0,69 |
| 61. | Anna Durville | Z&PC de Inktvis | 200701038 | 36.72 | **38.40** | 342 | +0,75 |
| 62. | Marlene Bührmann | SV Wildeshausen | 406182 | 35.50 | **38.47** | 340 | +0,63 |
| 63. | Aline Strijker | Ksn (Sg) | 201100362 | 38.17 | **38.59** | 337 | +0,57 |
| 64. | Jade van der Veen | ZPC Hoogeveen | 201200416 | 42.48 | **38.80** | 331 | +0,62 |
| 65. | Kamila Makhmadiyarova | Blue Marlins | 201103178 | 39.10 | **38.82** | 331 | +0,82 |
| 66. | Elize Schierbeek | TriVia | 201100652 | 38.35 | **39.11** | 323 | +0,75 |
| 67. | Nienke Smid | ZPC de Kanaalstreek | 201000468 | 38.67 | **39.23** | 320 | +0,69 |
| 68. | Melissa Zeegers | De Vikings | 201002612 | 40.40 | **39.40** | 316 | |
| 69. | Tess Knol | Avena | 200702106 | 38.26 | **39.48** | 314 | +0,67 |
| 70. | Lena Diekamp | SV Wildeshausen | 427914 | 37.61 | **39.66** | 310 | +0,71 |
| 71. | Jessica Dekkinga | Steenwijk 1934 | 200600180 | 38.49 | **39.70** | 309 | +0,76 |
| 72. | Fabiën van Halderen | ZPC Hoogeveen | 201200412 | 39.62 | **39.94** | 304 | +0,83 |
| 73. | Jelena Krikke | DZ&PC | 200405874 | 41.30 | **40.13** | 299 | +0,67 |
| 74. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 39.99 | **40.19** | 298 | +0,60 |
| 75. | Emma Koeleman | Z&PC de Inktvis | 200901762 | 37.57 | **40.36** | 294 | +0,71 |
| 76. | Manora Ponne | Steenwijk 1934 | 201102222 | 38.44 | **40.42** | 293 | +0,67 |
| 77. | Femke De Vries | De Vikings | 201200202 | 42.18 | **40.89** | 283 | +0,67 |
| 78. | Sophie Feiertag | ZC Polaris | 200901144 | 40.06 | **40.98** | 281 | +0,69 |
| 79. | Linthe Van Gelderen | Ksn (Sg) | 201201220 | 42.83 | **41.09** | 279 | +0,80 |
| 80. | Anna Nauta | TriVia | 201001114 | 42.92 | **41.83** | 264 | +0,59 |
| 81. | Saar Meems | ZC Polaris | 201200946 | 39.76 | **41.87** | 264 | +0,82 |
| 82. | Amélie Berk | Orca Leeuwarden | 201004002 | 40.28 | **43.25** | 239 | +0,83 |
| 83. | Alissa Bosma | DZ&PC | 201202458 | 54.27 | **44.35** | 222 | +0,74 |
| 84. | Noelie Hallbauer | SV Wildeshausen | 397699 | 41.30 | **44.93** | 213 | +0,83 |
| 85. | Nicky Zhang | Blue Marlins | 201003292 | 48.54 | **46.76** | 189 | +0,68 |
| AFGEM | M. Matthews-Brzozowski | Neptunia '24 | 201102352 | 42.20 | | | |
| AFGEM | Lois Waterham | Dedemsvaart-AC | 200803726 | 33.84 | | | |
| AFGEM | Ilse Wiltjer | DZ&PC | 200900868 | 34.41 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 13 | Heren, 100m vrije slag | Junioren 1 en ouder
1-3-2025 - 11:15 | Spring Swim record: Kyle Stolk 49.55 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Seppe Lammens | Zwemfed | VZF/10009/07 | 51.15 | **51.64** | 747 | +0,77 | A |
| | 50m: 25.28 100m: 51.64 | | | | | | | |
| 2. | Stan Franckx | Zwemfed | VZF/10005/02 | 50.80 | **51.70** | 744 | +0,70 | A |
| | 50m: 25.38 100m: 51.70 | | | | | | | |
| 3. | Austin Namesnik | Zpc Amersfoort | 200101817 | 51.35 | **51.74** | 742 | | A |
| | 50m: 25.27 100m: 51.74 | | | | | | | |
| 4. | Bere Waerniers | Zwemfed | VZF/10018/08 | 51.43 | **51.83** | 739 | | A |
| | 50m: 25.06 100m: 51.83 | | | | | | | |
| 5. | Giovanni Phillipson | ZV De Zaan | 200801099 | 50.64 | **52.46** | 712 | +0,77 | A |
| | 50m: 25.35 100m: 52.46 | | | | | | | |
| 6. | Siem de Zeeuw | O Z & P C | 200800013 | 52.25 | **52.61** | 706 | +0,70 | A |
| | 50m: 25.37 100m: 52.61 | | | | | | | |
| 7. | Émile Fouzaï | Zpc Amersfoort | 200500263 | 51.91 | **52.77** | 700 | +0,68 | A |
| | 50m: 25.37 100m: 52.77 | | | | | | | |
| 8. | Nikodim Markovic | Blue Marlins | 200700255 | 53.44 | **52.92** | 694 | +0,71 | A |
| | 50m: 25.78 100m: 52.92 | | | | | | | |
| 9. | Floris Stork | DZ&PC | 200305075 | 54.00 | **53.01** | 690 | +0,64 | A |
| | 50m: 25.70 100m: 53.01 | | | | | | | |
| 10. | Colin Bes | DZ&PC | 200500201 | 52.90 | **53.22** | 682 | +0,76 | B |
| | 50m: 25.73 100m: 53.22 | | | | | | | |
| 11. | Patriks Francis Pone | De Dolfijn | 200504577 | 53.17 | **53.29** | 679 | +0,67 | B |
| | 50m: 25.50 100m: 53.29 | | | | | | | |
| 12. | Levi Kindt | Zwemfed | VZF/10007/07 | 53.64 | **53.45** | 673 | +0,65 | B |
| | 50m: 25.26 100m: 53.45 | | | | | | | |
| | Michael Smink | Blue Marlins | 200302169 | 51.41 | **53.45** | 673 | | B |
| | 50m: 25.72 100m: 53.45 | | | | | | | |
| 14. | Ronis van Everdingen | Dwk | 200300043 | 53.59 | **53.57** | 669 | +0,78 | B |
| | 50m: 25.98 100m: 53.57 | | | | | | | |
| 15. | Alexander Van Hoey Billie | Zwemfed | VZF/10014/09 | 53.77 | **53.74** | 663 | +0,71 | B |
| | 50m: 25.65 100m: 53.74 | | | | | | | |
| 16. | Darren Chen | Zpc Amersfoort | 200001149 | 53.92 | **53.92** | 656 | +0,67 | B |
| | 50m: 25.84 100m: 53.92 | | | | | | | |
| 17. | Felbe van 't Land | Zpc Amersfoort | 200900027 | 53.91 | **54.17** | 647 | +0,76 | B |
| | 50m: 26.29 100m: 54.17 | | | | | | | |
| 18. | Yarno van Dam | Acz | 200800115 | 54.99 | **54.46** | 637 | +0,62 | B |
| | 50m: 26.18 100m: 54.46 | | | | | | | |
| 19. | Jisse Lousma | Wvz | 200701493 | 54.77 | **54.67** | 629 | +0,52 | C |
| | 50m: 26.38 100m: 54.67 | | | | | | | |
| 20. | Tobian Vos | Zpc Amersfoort | 200900005 | 56.85 | **55.13** | 614 | +0,78 | C |
| | 50m: 26.98 100m: 55.13 | | | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 13, Heren, 100m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 21. | Niek Issard | DZ&PC | 200700037 | 54.32 | **55.17** | 612 | | C |
| | 50m: 26.21 100m: 55.17 | | | | | | | |
| 22. | Giulian Janssen | Psv | 200900125 | 54.01 | **55.48** | 602 | +0,70 | C |
| | 50m: 26.46 100m: 55.48 | | | | | | | |
| 23. | Tiamo van der Veen | Dedemsvaart-AC | 200600033 | 57.37 | **55.53** | 600 | +0,67 | C |
| | 50m: 26.96 100m: 55.53 | | | | | | | |
| 24. | Tim Boerefijn | Wvz | 200802815 | 55.39 | **55.54** | 600 | +0,85 | C |
| | 50m: 26.44 100m: 55.54 | | | | | | | |
| 25. | Filip Piszczynski | Ksn (Sg) | 200802125 | 56.78 | **55.56** | 599 | +0,68 | C |
| | 50m: 27.01 100m: 55.56 | | | | | | | |
| 26. | Bjorn Rijkaart | Wvz | 200601337 | 55.45 | **56.02** | 585 | +0,72 | C |
| | 50m: 26.56 100m: 56.02 | | | | | | | |
| 27. | Adriaan Coppelmans | Azc 1 | 200903243 | 56.59 | **56.14** | 581 | +0,83 | ? |
| | 50m: 26.60 100m: 56.14 | | | | | | | |
| | Tim van Erven | DZ&PC | 200700175 | 55.15 | **56.14** | 581 | | ? |
| | 50m: 27.19 100m: 56.14 | | | | | | | |
| 29. | Jetze de Vries | De Vikings | 200602589 | 55.92 | **56.38** | 574 | | R |
| | 50m: 27.58 100m: 56.38 | | | | | | | |
| 30. | Q. Brouwer von Gonzenbac | TriVia | 200700001 | 56.21 | **57.10** | 552 | | |
| | 50m: 27.18 100m: 57.10 | | | | | | | |
| 31. | Richard Kuipers | HZ&PC Heerenveen | 199704171 | 57.61 | **57.38** | 544 | | |
| | 50m: 27.42 100m: 57.38 | | | | | | | |
| 32. | Jaydey Schonewille | Steenwijk 1934 | 200800025 | 56.21 | **57.42** | 543 | +0,93 | |
| | 50m: 27.52 100m: 57.42 | | | | | | | |
| 33. | Jelte de Jong | Zpch | 200900975 | 58.30 | **57.61** | 538 | | |
| | 50m: 27.70 100m: 57.61 | | | | | | | |
| 34. | Sven Koornstra | De Vikings | 200900189 | 56.62 | **57.78** | 533 | | |
| | 50m: 28.88 100m: 57.78 | | | | | | | |
| 35. | Lars Heddema | Steenwijk 1934 | 200603697 | 56.50 | **57.82** | 532 | +0,80 | |
| | 50m: 27.96 100m: 57.82 | | | | | | | |
| 36. | Lucas Bemer | De Duinkikkers | 200700219 | 55.76 | **57.87** | 530 | +0,69 | |
| | 50m: 27.95 100m: 57.87 | | | | | | | |
| 37. | Jordey Thole | ZPC Hoogeveen | 200700385 | 58.03 | **57.94** | 529 | +0,78 | |
| | 50m: 28.68 100m: 57.94 | | | | | | | |
| 38. | Juan Cruz Slappendel | Orca Leeuwarden | 200903053 | 57.38 | **57.97** | 528 | +0,77 | |
| | 50m: 27.69 100m: 57.97 | | | | | | | |
| 39. | Enno Brahms | SV Wildeshausen | 397825 | 57.64 | **58.09** | 524 | +0,73 | |
| | 50m: 27.80 100m: 58.09 | | | | | | | |
| 40. | Tim Zuurman | Dedemsvaart-AC | 200700131 | 58.20 | **58.23** | 521 | +0,83 | |
| | 50m: 28.47 100m: 58.23 | | | | | | | |
| 41. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 56.73 | **58.29** | 519 | +0,74 | |
| | 50m: 27.96 100m: 58.29 | | | | | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 13, Heren, 100m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 42. | Xander Kragting | Zpc Amersfoort 200900077 | 58.32 | **58.33** | 518 | +0,60 |
| | 50m: 27.89 | 100m: 58.33 | | | | |
| 43. | Floris van der Valk | Wiekslag 200801891 | 59.05 | **58.37** | 517 | |
| | 50m: 28.05 | 100m: 58.37 | | | | |
| 44. | Roan van der Stege | Swol 1894 200900107 | 59.49 | **58.49** | 514 | +0,72 |
| | 50m: 28.17 | 100m: 58.49 | | | | |
| 45. | Collard Jungeling | DZ&PC 200701831 | 58.25 | **58.68** | 509 | +0,73 |
| | 50m: 28.10 | 100m: 58.68 | | | | |
| 46. | Sven Mulder | Wvz 200901655 | 1:00.91 | **58.72** | 508 | +0,73 |
| | 50m: 28.41 | 100m: 58.72 | | | | |
| 47. | Eise van der Zee | Orca Leeuwarden 200501437 | 56.60 | **58.90** | 503 | +0,72 |
| | 50m: 28.29 | 100m: 58.90 | | | | |
| 48. | Cayden Malone | De Dolfijn 201002195 | 1:00.38 | **58.92** | 503 | |
| | 50m: 27.70 | 100m: 58.92 | | | | |
| 49. | Damir Mustafic | DZ&PC 200800885 | 57.70 | **59.11** | 498 | +0,77 |
| | 50m: 28.18 | 100m: 59.11 | | | | |
| 50. | Dirk Hoogeveen | Dedemsvaart-AC 200702595 | 59.25 | **59.47** | 489 | +0,88 |
| | 50m: 28.75 | 100m: 59.47 | | | | |
| 51. | Evren Ege Orcunus | De Dolfijn 201003253 | 1:00.56 | **59.60** | 486 | +0,62 |
| | 50m: 28.79 | 100m: 59.60 | | | | |
| 52. | Ivo Bot | Wiekslag 200900509 | 57.89 | **59.74** | 482 | |
| | 50m: 28.22 | 100m: 59.74 | | | | |
| 53. | Ruben Nooter | Dedemsvaart-AC 200901577 | 58.78 | **59.91** | 478 | +0,70 |
| | 50m: 28.17 | 100m: 59.91 | | | | |
| 54. | Ramon Vos | ZPC Hoogeveen 201100051 | 59.60 | **59.95** | 477 | +0,72 |
| | 50m: 28.78 | 100m: 59.95 | | | | |
| 55. | Abel op den Velde | De Duinkikkers 201000079 | 57.10 | **1:00.04** | 475 | +0,83 |
| | 50m: 28.59 | 100m: 1:00.04 | | | | |
| 56. | Gerjan Berends | ZPC Hoogeveen 200900169 | 58.88 | **1:00.14** | 473 | +0,78 |
| | 50m: 28.27 | 100m: 1:00.14 | | | | |
| 57. | Art Jin van der Ent | Blue Marlins 200903785 | 1:03.82 | **1:00.24** | 470 | |
| | 50m: 28.88 | 100m: 1:00.24 | | | | |
| 58. | Joey Snabel | Zpc Amersfoort 201002847 | 59.69 | **1:00.26** | 470 | +0,71 |
| | 50m: 28.69 | 100m: 1:00.26 | | | | |
| | Sven Potappel | Dwk 201000127 | 1:01.65 | **1:00.26** | 470 | +0,70 |
| | 50m: 29.35 | 100m: 1:00.26 | | | | |
| 60. | Marc Hoogeveen | DZ&PC 200101585 | 58.14 | **1:00.35** | 468 | +0,79 |
| | 50m: 28.03 | 100m: 1:00.35 | | | | |
| 61. | Jaime Fais | TriVia 200400291 | 1:00.03 | **1:00.53** | 463 | +0,73 |
| | 50m: 27.83 | 100m: 1:00.53 | | | | |
| 62. | Daequan Ramos | ZPC Hoogeveen 200901709 | 59.97 | **1:00.58** | 462 | +0,75 |
| | 50m: 28.99 | 100m: 1:00.58 | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 13, Heren, 100m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 63. | Baris Tomu | Zpch | 201000869 | 1:01.32 | **1:00.60** | 462 | +0,51 |
| | 50m: 28.75 | 100m: 1:00.60 | | | | | |
| 64. | Jere Wiersma | DZ&PC | 200701037 | 1:00.08 | **1:00.68** | 460 | +0,80 |
| | 50m: 29.21 | 100m: 1:00.68 | | | | | |
| 65. | Twan Wielage | Ksn (Sg) | 200902671 | 58.61 | **1:00.86** | 456 | |
| | 50m: 28.98 | 100m: 1:00.86 | | | | | |
| 66. | Dyon Scholten | Steenwijk 1934 | 200900095 | 1:01.14 | **1:01.06** | 451 | +0,80 |
| | 50m: 28.74 | 100m: 1:01.06 | | | | | |
| 67. | Ryan Huizinga | Bubble | 200700419 | 1:03.88 | **1:01.08** | 451 | +0,63 |
| | 50m: 28.98 | 100m: 1:01.08 | | | | | |
| 68. | Kylian Kooijman | Steenwijk 1934 | 199900763 | 1:02.64 | **1:01.54** | 441 | +0,77 |
| | 50m: 28.89 | 100m: 1:01.54 | | | | | |
| 69. | Kyran Kroeze | ZC Polaris | 200901707 | 1:04.76 | **1:01.86** | 434 | +0,78 |
| | 50m: 29.54 | 100m: 1:01.86 | | | | | |
| 70. | Jona Denke | SV Wildeshausen | 447339 | 1:00.07 | **1:01.94** | 433 | +0,87 |
| | 50m: 29.59 | 100m: 1:01.94 | | | | | |
| 71. | Roderick Veldhuizen | Ksn (Sg) | 200804031 | 1:01.40 | **1:02.23** | 426 | |
| | 50m: 29.65 | 100m: 1:02.23 | | | | | |
| 72. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | 1:02.38 | **1:02.37** | 424 | +0,67 |
| | 50m: 30.02 | 100m: 1:02.37 | | | | | |
| 73. | Colin Beuker | ZPC Hoogeveen | 200802023 | 1:00.92 | **1:02.41** | 423 | +0,86 |
| | 50m: 29.05 | 100m: 1:02.41 | | | | | |
| 74. | Daan Mulder | Ksn (Sg) | 201100267 | 1:07.56 | **1:02.90** | 413 | +0,84 |
| | 50m: 30.81 | 100m: 1:02.90 | | | | | |
| 75. | Maico Langhout | F.Z.C.'54 | 200202215 | 1:06.06 | **1:03.19** | 407 | +0,94 |
| | 50m: 30.42 | 100m: 1:03.19 | | | | | |
| 76. | Stijn Dijkstra | DZ&PC | 201000279 | 1:02.14 | **1:03.25** | 406 | |
| | 50m: 30.30 | 100m: 1:03.25 | | | | | |
| 77. | Douwe Enzerink | Zpc Amersfoort | 201102657 | 1:04.25 | **1:03.26** | 406 | |
| | 50m: 30.46 | 100m: 1:03.26 | | | | | |
| 78. | David van der Valk | Wiekslag | 201100519 | 1:04.22 | **1:03.73** | 397 | +0,72 |
| | 50m: 31.03 | 100m: 1:03.73 | | | | | |
| 79. | Victor de Haan | HZ&PC Heerenveen | 201001921 | 1:03.64 | **1:04.05** | 391 | +0,83 |
| | 50m: 30.60 | 100m: 1:04.05 | | | | | |
| 80. | Joep Barwegen | HZ&PC Heerenveen | 201201823 | 1:11.21 | **1:04.07** | 391 | +0,61 |
| | 50m: 31.35 | 100m: 1:04.07 | | | | | |
| 81. | Stan Rothschaid | ZPC Hoogeveen | 201000353 | 1:03.77 | **1:04.09** | 390 | +0,74 |
| | 50m: 30.37 | 100m: 1:04.09 | | | | | |
| 82. | Kasper Lubbers | Orca Leeuwarden | 201100025 | 1:04.33 | **1:04.12** | 390 | +0,62 |
| | 50m: 31.33 | 100m: 1:04.12 | | | | | |
| 83. | Oden Hankins | Blue Marlins | 200902301 | 1:13.56 | **1:04.29** | 387 | +0,68 |
| | 50m: 30.62 | 100m: 1:04.29 | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 13, Heren, 100m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 84. | Luca Karsten Schüler | HZ&PC Heerenveen | 201101451 | 1:10.96 | **1:04.61** | 381 | +0,69 |
| | 50m: 30.98 | 100m: 1:04.61 | | | | | |
| 85. | Leif Moormann | SV Wildeshausen | 484018 | 1:07.56 | **1:04.72** | 379 | +0,77 |
| | 50m: 31.42 | 100m: 1:04.72 | | | | | |
| 86. | Matthijs Wierbos | ZPC Hoogeveen | 200901965 | 1:07.34 | **1:04.75** | 379 | |
| | 50m: 30.96 | 100m: 1:04.75 | | | | | |
| 87. | Yorre van der Wal | SG. Bolsward-Workum | 201000017 | 1:05.27 | **1:04.95** | 375 | +0,78 |
| | 50m: 30.81 | 100m: 1:04.95 | | | | | |
| 88. | Robin Mintjes | HZ&PC Heerenveen | 201000957 | 1:07.63 | **1:05.14** | 372 | +0,70 |
| | 50m: 31.89 | 100m: 1:05.14 | | | | | |
| 89. | Nordin Vermeer | Dwk | 201000227 | 1:03.85 | **1:05.18** | 371 | |
| | 50m: 30.70 | 100m: 1:05.18 | | | | | |
| 90. | Roan Dijkstra | Dedemsvaart-AC | 201002791 | 1:08.05 | **1:05.35** | 368 | +0,79 |
| | 50m: 30.43 | 100m: 1:05.35 | | | | | |
| 91. | Kyaro Giuliano | De Dolfijn | 201000489 | 1:06.24 | **1:05.71** | 362 | |
| | 50m: 32.01 | 100m: 1:05.71 | | | | | |
| 92. | Pieter Dekker | Neptunia '24 | 200601105 | 1:07.43 | **1:05.74** | 362 | +0,73 |
| | 50m: 31.90 | 100m: 1:05.74 | | | | | |
| 93. | Roy Hofman | DZ&PC | 200900439 | 1:04.18 | **1:05.89** | 359 | +0,87 |
| | 50m: 31.53 | 100m: 1:05.89 | | | | | |
| 94. | Daniël Scheppink | Swol 1894 | 200902769 | 1:08.80 | **1:06.33** | 352 | +0,90 |
| | 50m: 31.29 | 100m: 1:06.33 | | | | | |
| 95. | Lars Vos | Ksn (Sg) | 200501327 | 1:06.36 | **1:06.67** | 347 | +0,87 |
| | 50m: 31.63 | 100m: 1:06.67 | | | | | |
| 96. | Alexander Jerebic | SV Wildeshausen | 427588 | 1:07.00 | **1:06.96** | 342 | +0,79 |
| | 50m: 32.31 | 100m: 1:06.96 | | | | | |
| 97. | Milan Eikenaar | Swol 1894 | 201100599 | 1:12.52 | **1:07.16** | 339 | +0,86 |
| | 50m: 31.45 | 100m: 1:07.16 | | | | | |
| 98. | Leroy Maring | ZPC de Kanaalstreek | 201100307 | 1:09.52 | **1:07.21** | 338 | |
| | 50m: 32.16 | 100m: 1:07.21 | | | | | |
| 99. | Niek Sonneveld | Wvz | 200802631 | 1:00.47 | **1:07.42** | 335 | +0,73 |
| | 50m: 32.99 | 100m: 1:07.42 | | | | | |
| 100. | Julian Mithoe | TriVia | 201102801 | 1:10.54 | **1:08.38** | 321 | +0,65 |
| | 50m: 32.45 | 100m: 1:08.38 | | | | | |
| 101. | Gijs Nooter | Dedemsvaart-AC | 201000725 | 1:08.48 | **1:09.01** | 313 | +0,73 |
| | 50m: 32.36 | 100m: 1:09.01 | | | | | |
| 102. | Izayah Castillo | Blue Marlins | 201100311 | 1:09.09 | **1:09.16** | 311 | +0,71 |
| | 50m: 31.55 | 100m: 1:09.16 | | | | | |
| 103. | Yannick Dijks | Orca Leeuwarden | 200700923 | 1:11.05 | **1:09.29** | 309 | +0,73 |
| | 50m: 32.73 | 100m: 1:09.29 | | | | | |
| 104. | Jasper Cox | Zpc Amersfoort | 201003589 | 1:11.93 | **1:10.43** | 294 | +0,75 |
| | 50m: 33.44 | 100m: 1:10.43 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 13, Heren, 100m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 105. | Kris Stoyanov | Blue Marlins | 201201505 | | 1:10.46 | **1:10.57** | 292 | +0,69 |
| | 50m: 33.05 | 100m: 1:10.57 | | | | | | |
| 106. | Stef van de Wal | Dwk | 201200803 | | 1:11.70 | **1:10.94** | 288 | +0,79 |
| | 50m: 33.86 | 100m: 1:10.94 | | | | | | |
| 107. | Tim Koornstra | De Vikings | 201200231 | | 1:12.78 | **1:11.47** | 281 | |
| | 50m: 33.92 | 100m: 1:11.47 | | | | | | |
| 108. | Quinten van Zanten | De Vikings | 201102249 | | 1:22.26 | **1:12.28** | 272 | |
| | *Handtijd* | | | | | | | |
| 109. | Casper Miltenburg | De Dolfijn | 201201157 | | 1:13.55 | **1:12.60** | 268 | +0,53 |
| | 50m: 34.98 | 100m: 1:12.60 | | | | | | |
| 110. | Rory Costello | De Dolfijn | 201102755 | | 1:20.00 | **1:16.86** | 226 | |
| | 50m: 36.85 | 100m: 1:16.86 | | | | | | |
| 111. | Arian Thies | SV Wildeshausen | 447672 | | 1:18.57 | **1:17.57** | 220 | +0,74 |
| | 50m: 37.45 | 100m: 1:17.57 | | | | | | |
| 112. | Sander Knol | ZPC de Kanaalstreek | 200701093 | S9 | 1:20.67 | **1:17.74** | 219 | +0,86 |
| | 50m: 35.55 | 100m: 1:17.74 | | | | | | |
| 113. | Sem Britstra | Ksn (Sg) | 201202037 | | 1:17.60 | **1:18.14** | 215 | +0,67 |
| | 50m: 37.48 | 100m: 1:18.14 | | | | | | |
| NG.ZA | Danley Schneider | ZC Polaris | 201201323 | | 1:11.70 | | | |
| NG.ZA | Paul Pickart | SV Wildeshausen | 481999 | | 1:07.56 | | | |
| AFGEM | Thomas Nauta | Arethusa | 200900339 | | 1:01.82 | | | |
| AFGEM | Vasco Strampel | Steenwijk 1934 | 200702073 | | 1:00.04 | | | |
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden | 201100205 | | 1:05.78 | | | |
| AFGEM | Kevin Vermeulen | Bubble | 200203849 | | 1:01.51 | | | |
| AFGEM | Christiaan Wilbrink | TriVia | 200803819 | | 1:04.75 | | | |

Programmanr. 14 — Dames, 100m schoolslag — Junioren 2 en ouder
1-3-2025 - 11:33 — Spring Swim record: Tes Schouten 1:09.61 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Jade Geurts | Wvz | 200402278 | 1:12.70 | **1:11.29** | 727 | | A |
| | 50m: 33.86 | 100m: 1:11.29 | | | | | | |
| 2. | Sterre Hendriks | De Dolfijn | 200401288 | 1:11.59 | **1:12.17** | 701 | +0,68 | A |
| | 50m: 33.52 | 100m: 1:12.17 | | | | | | |
| 3. | Nina Zusterzeel | Psv | 200800656 | 1:12.32 | **1:12.26** | 699 | +0,72 | A |
| | 50m: 33.77 | 100m: 1:12.26 | | | | | | |
| 4. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 1:12.35 | **1:12.37** | 695 | | A |
| | 50m: 34.60 | 100m: 1:12.37 | | | | | | |
| 5. | Mare Schallenberg | Blue Marlins | 200600078 | 1:10.20 | **1:14.02** | 650 | +0,77 | A |
| | 50m: 35.31 | 100m: 1:14.02 | | | | | | |
| 6. | Jill Nai Chung Tong | Wvz | 200404272 | 1:13.45 | **1:14.17** | 646 | +0,71 | A |
| | 50m: 34.62 | 100m: 1:14.17 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 14, Dames, 100m schoolslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 7. | Carla Moreno Palacios | De Dolfijn | 201002302 | 1:16.46 | **1:14.31** | 642 | +0,62 | A |
| | 50m: 34.48 100m: 1:14.31 | | | | | | | |
| 8. | Rafaela Mulders | De Reuring | 200701398 | 1:14.31 | **1:14.39** | 640 | +0,72 | A |
| | 50m: 35.08 100m: 1:14.39 | | | | | | | |
| 9. | Paula Spans | Zpc Amersfoort | 201000064 | 1:12.41 | **1:14.77** | 630 | | A |
| | 50m: 35.05 100m: 1:14.77 | | | | | | | |
| 10. | Tess Vonk | De Geul | 200900024 | 1:15.72 | **1:16.54** | 588 | +0,67 | B |
| | 50m: 35.97 100m: 1:16.54 | | | | | | | |
| 11. | Sam De Bont | Zwemfed | VZF/20001/08 | 1:18.04 | **1:16.77** | 582 | +0,76 | B |
| | 50m: 36.12 100m: 1:16.77 | | | | | | | |
| 12. | Esmee Mulder | DZ&PC | 200800038 | 1:16.60 | **1:17.15** | 574 | +0,70 | B |
| | 50m: 36.22 100m: 1:17.15 | | | | | | | |
| 13. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 1:15.33 | **1:17.43** | 568 | +0,76 | B |
| | 50m: 36.65 100m: 1:17.43 | | | | | | | |
| 14. | Yill van Bezouw | Hieronymus | 201100704 | 1:17.82 | **1:18.31** | 549 | +0,80 | B |
| | 50m: 36.69 100m: 1:18.31 | | | | | | | |
| 15. | Marre van der Wal | SG. Bolsward-Workum | 201000046 | 1:18.86 | **1:18.64** | 542 | +0,70 | B |
| | 50m: 36.68 100m: 1:18.64 | | | | | | | |
| 16. | Lise Kleinbekman | DZ&PC | 200502870 | 1:18.32 | **1:18.68** | 541 | +0,73 | B |
| | 50m: 36.47 100m: 1:18.68 | | | | | | | |
| 17. | Djelaysa Buunk | Z & PC De Zeeuwse Ku | 200900536 | 1:20.94 | **1:18.84** | 538 | +0,58 | B |
| | 50m: 37.17 100m: 1:18.84 | | | | | | | |
| 18. | Fenna Zusterzeel | Psv | 201000008 | 1:23.82 | **1:19.35** | 527 | +0,74 | B |
| | 50m: 36.58 100m: 1:19.35 | | | | | | | |
| 19. | Sanne Keizer | Dedemsvaart-AC | 201001348 | 1:26.78 | **1:19.68** | 521 | +0,82 | C |
| | 50m: 36.86 100m: 1:19.68 | | | | | | | |
| 20. | Michelle Zomerdijk | Dedemsvaart-AC | 200003196 | 1:17.39 | **1:19.73** | 520 | +0,74 | C |
| | 50m: 36.38 100m: 1:19.73 | | | | | | | |
| 21. | Amber Kunst | Daw | 200900680 | 1:20.22 | **1:20.34** | 508 | +0,65 | C |
| | 50m: 37.55 100m: 1:20.34 | | | | | | | |
| 22. | Tess van de Steeg | Wvz | 201000016 | 1:21.39 | **1:20.62** | 503 | +0,81 | C |
| | 50m: 38.21 100m: 1:20.62 | | | | | | | |
| 23. | Rhodee van den Ham | De Duinkikkers | 200700090 | 1:17.13 | **1:21.14** | 493 | +0,79 | C |
| | 50m: 38.10 100m: 1:21.14 | | | | | | | |
| 24. | Rixt Rothschaid | ZPC Hoogeveen | 200900026 | 1:22.22 | **1:21.37** | 489 | | C |
| | 50m: 38.84 100m: 1:21.37 | | | | | | | |
| 25. | Breanna Belmar | Blue Marlins | 201004068 | 1:22.38 | **1:21.83** | 481 | +0,60 | C |
| | 50m: 37.58 100m: 1:21.83 | | | | | | | |
| 26. | Mijke Ouderkerken | Blue Marlins | 200901254 | 1:21.45 | **1:22.12** | 476 | +0,61 | C |
| | 50m: 37.99 100m: 1:22.12 | | | | | | | |
| 27. | Esther Dijsselhof | Dedemsvaart-AC | 200800784 | 1:24.16 | **1:22.26** | 473 | +0,58 | C |
| | 50m: 38.20 100m: 1:22.26 | | | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 14, Dames, 100m schoolslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 28. | Odenza Soselisa | Blue Marlins | 201101780 | 1:24.17 | **1:22.50** | 469 | +0,73 R |
| | 50m: 39.02 | 100m: 1:22.50 | | | | | |
| 29. | Gerlin van de Krol | Dwk | 201101412 | 1:29.11 | **1:23.64** | 450 | +0,68 R |
| | 50m: 39.05 | 100m: 1:23.64 | | | | | |
| 30. | Meike van der Klugt | Wvz | 201100808 | 1:19.98 | **1:23.80** | 448 | +0,75 |
| | 50m: 39.71 | 100m: 1:23.80 | | | | | |
| 31. | Wieke Dekker | De Dolfijn | 201002020 | 1:23.64 | **1:24.23** | 441 | +0,78 |
| | 50m: 39.74 | 100m: 1:24.23 | | | | | |
| 32. | Amber Tiesinga | DZ&PC | 200600782 | 1:24.39 | **1:24.47** | 437 | |
| | 50m: 40.08 | 100m: 1:24.47 | | | | | |
| 33. | Laura Tjoonk | Ksn (Sg) | 201004120 | 1:25.91 | **1:24.49** | 437 | +0,52 |
| | 50m: 40.23 | 100m: 1:24.49 | | | | | |
| 34. | Isa Kerpels | ZPC Hoogeveen | 200800880 | 1:24.19 | **1:24.59** | 435 | +0,84 |
| | 50m: 39.96 | 100m: 1:24.59 | | | | | |
| 35. | Annelie Klinkhamer | Bubble | 200702606 | 1:22.36 | **1:24.75** | 433 | |
| | 50m: 39.07 | 100m: 1:24.75 | | | | | |
| 36. | Noa van Zalk | Zpc Amersfoort | 201102534 | 1:22.39 | **1:25.50** | 421 | +0,77 |
| | 50m: 39.74 | 100m: 1:25.50 | | | | | |
| 37. | Alena Ytsma | HZ&PC Heerenveen | 201201736 | 1:27.57 | **1:26.70** | 404 | +0,66 |
| | 50m: 41.81 | 100m: 1:26.70 | | | | | |
| 38. | Hanna Heller | Zpc Amersfoort | 201102730 | 1:26.00 | **1:26.89** | 402 | +0,94 |
| | 50m: 40.38 | 100m: 1:26.89 | | | | | |
| 39. | Charlie Klaver | De Dolfijn | 201102094 | 1:25.89 | **1:26.96** | 401 | +0,78 |
| | 50m: 40.92 | 100m: 1:26.96 | | | | | |
| 40. | Milou Filemon | Blue Marlins | 201100078 | 1:29.32 | **1:27.48** | 393 | +0,53 |
| | 50m: 40.79 | 100m: 1:27.48 | | | | | |
| 41. | Elin Reinstra | TriVia | 201100842 | 1:23.06 | **1:27.57** | 392 | +0,86 |
| | 50m: 40.61 | 100m: 1:27.57 | | | | | |
| 42. | Esmee van Peer | TriVia | 200201114 | 1:26.24 | **1:27.59** | 392 | +0,82 |
| | 50m: 41.41 | 100m: 1:27.59 | | | | | |
| 43. | Anique Polinder | Dedemsvaart-AC | 200800008 | 1:28.87 | **1:27.62** | 392 | +0,87 |
| | 50m: 41.18 | 100m: 1:27.62 | | | | | |
| 44. | Vivian Nooter | Dedemsvaart-AC | 200703614 | 1:33.70 | **1:28.19** | 384 | |
| | 50m: 42.05 | 100m: 1:28.19 | | | | | |
| 45. | Minke Bouman | Blue Marlins | 201100104 | 1:23.73 | **1:28.51** | 380 | |
| | 50m: 41.62 | 100m: 1:28.51 | | | | | |
| 46. | Ylène Zondervan | Zpc Amersfoort | 201200016 | 1:26.61 | **1:29.06** | 373 | |
| | 50m: 42.23 | 100m: 1:29.06 | | | | | |
| 47. | Norell Kroeze | ZC Polaris | 201100378 | 1:27.70 | **1:29.13** | 372 | +0,75 |
| | 50m: 41.65 | 100m: 1:29.13 | | | | | |
| 48. | Joyce Toonstra | Neptunia '24 | 200501298 | 1:30.98 | **1:29.81** | 364 | |
| | 50m: 42.94 | 100m: 1:29.81 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 14, Dames, 100m schoolslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 49. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 1:31.02 | **1:30.07** | 360 | +0,70 |
| | 50m: 42.20 100m: 1:30.07 | | | | | | |
| 50. | Mare Offringa | SG. Bolsward-Workum | 201001110 | 1:32.61 | **1:30.44** | 356 | |
| | 50m: 42.21 100m: 1:30.44 | | | | | | |
| 51. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 1:30.45 | **1:30.95** | 350 | |
| | 50m: 41.60 100m: 1:30.95 | | | | | | |
| 52. | Britt Jellesma | SG. Bolsward-Workum | 201000310 | 1:30.88 | **1:31.40** | 345 | +0,73 |
| | 50m: 42.80 100m: 1:31.40 | | | | | | |
| 53. | Fenna Boterman | TriVia | 200701710 | 1:32.15 | **1:31.50** | 344 | +0,81 |
| | 50m: 42.32 100m: 1:31.50 | | | | | | |
| 54. | Esmee Reuver | ZC Polaris | 201100846 | 1:31.20 | **1:31.78** | 341 | +0,82 |
| | 50m: 43.45 100m: 1:31.78 | | | | | | |
| 55. | Saar Begeman | ZPC de Kanaalstreek | 201201594 | 1:34.68 | **1:32.12** | 337 | +0,77 |
| | 50m: 43.12 100m: 1:32.12 | | | | | | |
| 56. | Evita Hoornweg | TriVia | 201002046 | 1:30.72 | **1:32.48** | 333 | +0,80 |
| | 50m: 42.78 100m: 1:32.48 | | | | | | |
| 57. | Syll Rinsma | DZ&PC | 201200798 | 1:33.78 | **1:32.64** | 331 | +0,66 |
| | 50m: 43.66 100m: 1:32.64 | | | | | | |
| 58. | Chantal Peters | ZPC Hoogeveen | 201001578 | 1:36.08 | **1:32.72** | 330 | +0,92 |
| | 50m: 42.77 100m: 1:32.72 | | | | | | |
| 59. | Kyara Balt | De Vikings | 201100306 | 1:34.22 | **1:32.74** | 330 | |
| | 50m: 43.61 100m: 1:32.74 | | | | | | |
| 60. | Renske Van Ommen | ZC Polaris | 201200948 | 1:31.07 | **1:33.12** | 326 | |
| | 50m: 44.14 100m: 1:33.12 | | | | | | |
| 61. | Femke Griemink | Ksn (Sg) | 200802376 | 1:35.67 | **1:34.02** | 317 | |
| | 50m: 43.95 100m: 1:34.02 | | | | | | |
| 62. | Sarah Brandes | SV Wildeshausen | 406178 | 1:32.67 | **1:34.06** | 316 | +0,72 |
| | 50m: 44.51 100m: 1:34.06 | | | | | | |
| 63. | Veerle van Bloois | TriVia | 201200960 | 1:34.91 | **1:34.45** | 313 | +0,58 |
| | 50m: 44.58 100m: 1:34.45 | | | | | | |
| 64. | Frédérique Nijziel | De Dolfijn | 201103114 | 1:34.76 | **1:34.72** | 310 | +0,62 |
| | 50m: 45.28 100m: 1:34.72 | | | | | | |
| 65. | Jessica Dekkinga | Steenwijk 1934 | 200600180 | 1:33.68 | **1:35.65** | 301 | +0,86 |
| | 50m: 44.99 100m: 1:35.65 | | | | | | |
| 66. | Melody Paulussen | De Dolfijn | 201101106 | 1:37.07 | **1:35.71** | 300 | +0,93 |
| | 50m: 46.08 100m: 1:35.71 | | | | | | |
| 67. | Vera Arling | ZC Polaris | 201200944 | 1:37.34 | **1:35.84** | 299 | |
| | 50m: 44.91 100m: 1:35.84 | | | | | | |
| 68. | Femke van der Veen | Orca Leeuwarden | 201100962 | 1:31.23 | **1:36.03** | 297 | +0,88 |
| | 50m: 44.87 100m: 1:36.03 | | | | | | |
| 69. | Lena Diekamp | SV Wildeshausen | 427914 | 1:31.07 | **1:36.18** | 296 | +0,87 |
| | 50m: 46.31 100m: 1:36.18 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 14, Dames, 100m schoolslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 70. | Femke Nauta | TriVia | 201001118 | 1:47.58 | **1:38.44** | 276 | +0,82 |
| | 50m: 44.83 100m: 1:38.44 | | | | | | |
| 71. | Ranomi Zeegers | De Vikings | 201201512 | 1:39.03 | **1:38.55** | 275 | +0,62 |
| | 50m: 46.46 100m: 1:38.55 | | | | | | |
| 72. | Nienke Smid | ZPC de Kanaalstreek | 201000468 | 1:38.89 | **1:39.44** | 268 | +0,77 |
| | 50m: 45.62 100m: 1:39.44 | | | | | | |
| 73. | Elske de Vries | De Vikings | 200800786 | 1:46.90 | **1:39.88** | 264 | +0,68 |
| | 50m: 47.47 100m: 1:39.88 | | | | | | |
| 74. | Nicky Zhang | Blue Marlins | 201003292 | 1:39.77 | **1:41.25** | 254 | +0,75 |
| | 50m: 44.81 100m: 1:41.25 | | | | | | |
| 75. | Anna de Lange | Steenwijk 1934 | 200801762 | 1:41.42 | **1:43.57** | 237 | +0,72 |
| | 50m: 48.85 100m: 1:43.57 | | | | | | |
| 76. | Nicky Freriksen | Swol 1894 | 200802348 | 1:49.51 | **1:45.94** | 221 | |
| | 50m: 47.68 100m: 1:45.94 | | | | | | |
| 77. | Sophie Zwart | TriVia | 200902664 | 1:53.78 | **1:53.76** | 179 | +0,99 |
| | 50m: 51.37 100m: 1:53.76 | | | | | | |
| DIS | Nynke van der Zee | Orca Leeuwarden | 200700604 | 1:22.68 | | | |
| | *SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.* | | | | | | |
| AFGEM | Denise Thül | Swol 1894 | 200902530 | 1:34.37 | | | |
| AFGEM | Noël Iris Hettinga | Neptunia '24 | 200002536 | 1:19.63 | | | |

Programmanr. 15 — Heren, 200m schoolslag — Junioren 1 en ouder
1-3-2025 - 11:49 — Spring Swim record: Luca Janssen: 2.17.06 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Storm Boxum | DZ&PC | 200700421 | 2:19.60 | **2:23.48** | 668 | +0,76 | Q |
| | 50m: 31.55 100m: 1:07.00 150m: 1:44.87 200m: 2:23.48 | | | | | | | |
| 2. | Karsten van Groenigen | Zwemfed | VZF/10013/08 | 2:24.88 | **2:23.53** | 668 | +0,72 | Q |
| | 50m: 31.92 100m: 1:08.13 150m: 1:45.77 200m: 2:23.53 | | | | | | | |
| 3. | Bartel Vranken | Zwemfed | VZF/10017/07 | 2:24.40 | **2:24.09** | 660 | +0,71 | Q |
| | 50m: 31.79 100m: 1:08.33 150m: 1:46.21 200m: 2:24.09 | | | | | | | |
| 4. | Joseph Van Wellen | Zwemfed | VZF/10016/08 | 2:37.66 | **2:26.28** | 631 | +0,75 | Q |
| | 50m: 32.41 100m: 1:10.46 150m: 1:49.15 200m: 2:26.28 | | | | | | | |
| 5. | Jesse van der Meij | De Dolfijn | 200600841 | 2:31.08 | **2:27.27** | 618 | +0,78 | Q |
| | 50m: 33.43 100m: 1:10.91 150m: 1:49.42 200m: 2:27.27 | | | | | | | |
| 6. | Wouter Zijlstra | HZ&PC Heerenveen | 200401545 | 2:25.17 | **2:27.36** | 617 | | Q |
| | 50m: 33.52 100m: 1:10.58 150m: 1:49.00 200m: 2:27.36 | | | | | | | |
| 7. | Bas Claerhout | Zwemfed | VZF/10003/08 | 2:31.93 | **2:28.97** | 597 | +0,71 | Q |
| | 50m: 33.51 100m: 1:11.29 150m: 1:49.83 200m: 2:28.97 | | | | | | | |
| 8. | Joshua Agussalim | Wvz | 200600153 | 2:29.04 | **2:29.19** | 594 | +0,68 | Q |
| | 50m: 32.29 100m: 1:09.27 150m: 1:48.38 200m: 2:29.19 | | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 15, Heren, 200m schoolslag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|---|
| 9. | Daan Sonneveld | Wvz | 200601085 | | 2:35.27 | **2:30.77** | 576 | +0,68 | Q |
| | 50m: 34.42 | 100m: 1:14.20 | 150m: 1:53.06 | 200m: 2:30.77 | | | | | |
| 10. | Tiede Groener | Psv | 200700155 | | 2:38.81 | **2:32.25** | 559 | +0,74 | R |
| | 50m: 33.72 | 100m: 1:12.80 | 150m: 1:52.46 | 200m: 2:32.25 | | | | | |
| 11. | Sven Klink | Swol 1894 | 200500349 | | 2:27.45 | **2:32.50** | 557 | | R |
| | 50m: 34.47 | 100m: 1:13.13 | 150m: 1:52.82 | 200m: 2:32.50 | | | | | |
| 12. | Storm Tolsma | DZ&PC | 200600277 | | 2:35.30 | **2:35.09** | 529 | +0,79 | |
| | 50m: 34.96 | 100m: 1:14.19 | 150m: 1:54.26 | 200m: 2:35.09 | | | | | |
| 13. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | | 2:37.60 | **2:36.70** | 513 | +0,74 | |
| | 50m: 35.00 | 100m: 1:15.95 | 150m: 1:56.35 | 200m: 2:36.70 | | | | | |
| 14. | Kay van Sleen | Steenwijk 1934 | 200400083 | | 2:34.95 | **2:36.98** | 510 | +0,82 | |
| | 50m: 35.60 | 100m: 1:15.27 | 150m: 1:55.95 | 200m: 2:36.98 | | | | | |
| 15. | Lou van Leeuwen | De Dolfijn | 200702779 | | 2:42.41 | **2:37.69** | 503 | | |
| | 50m: 35.63 | 100m: 1:15.71 | 150m: 1:56.61 | 200m: 2:37.69 | | | | | |
| 16. | Bas Blanker | Acz | 200601497 | | 2:36.33 | **2:38.28** | 498 | +0,74 | |
| | 50m: 34.54 | 100m: 1:15.49 | 150m: 1:56.89 | 200m: 2:38.28 | | | | | |
| 17. | Ruben Hoeve | Dedemsvaart-AC | 200302179 | | 2:40.19 | **2:38.98** | 491 | | |
| | 50m: 34.58 | 100m: 1:15.96 | 150m: 1:59.01 | 200m: 2:38.98 | | | | | |
| 18. | Milan Schuilenburg | Zpc Amersfoort | 201000935 | | 2:39.34 | **2:39.04** | 491 | +0,73 | |
| | 50m: 36.30 | 100m: 1:16.34 | 150m: 1:57.26 | 200m: 2:39.04 | | | | | |
| 19. | Floris van der Valk | Wiekslag | 200801891 | | 2:44.27 | **2:39.25** | 489 | +0,75 | |
| | 50m: 35.38 | 100m: 1:16.77 | 150m: 1:58.36 | 200m: 2:39.25 | | | | | |
| 20. | Jelte de Boer | De Vikings | 200700345 | | 2:40.94 | **2:42.32** | 461 | +0,63 | |
| | 50m: 35.59 | 100m: 1:17.26 | 150m: 2:00.18 | 200m: 2:42.32 | | | | | |
| 21. | Adriaan Coppelmans | Azc 1 | 200903243 | | 2:38.15 | **2:43.99** | 447 | +0,86 | |
| | 50m: 37.55 | 100m: 1:20.84 | 150m: 2:02.65 | 200m: 2:43.99 | | | | | |
| 22. | Brian Arturo Bloemsma | De Dolfijn | 200901155 | | 2:42.59 | **2:44.58** | 443 | +0,71 | |
| | 50m: 36.75 | 100m: 1:19.41 | 150m: 2:01.45 | 200m: 2:44.58 | | | | | |
| 23. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | | 2:44.91 | **2:45.80** | 433 | +0,65 | |
| | 50m: 36.89 | 100m: 1:20.05 | 150m: 2:03.28 | 200m: 2:45.80 | | | | | |
| 24. | Kick Germers | Swol 1894 | 201000185 | | 2:56.17 | **2:48.88** | 410 | +0,75 | |
| | 50m: 38.85 | 100m: 1:22.31 | 150m: 2:06.34 | 200m: 2:48.88 | | | | | |
| 25. | Cayden Malone | De Dolfijn | 201002195 | | 2:53.65 | **2:49.42** | 406 | +0,69 | |
| | 50m: 38.56 | 100m: 1:20.64 | 150m: 2:05.12 | 200m: 2:49.42 | | | | | |
| 26. | Kasper Lubbers | Orca Leeuwarden | 201100025 | | 2:55.62 | **2:50.19** | 400 | | |
| | 50m: 39.27 | 100m: 1:22.44 | 150m: 2:06.37 | 200m: 2:50.19 | | | | | |
| 27. | Myron Artemenko | Niemo Barracuda | 201003021 | | 2:51.09 | **2:50.66** | 397 | +0,72 | |
| | 50m: 38.17 | 100m: 1:21.41 | 150m: 2:05.91 | 200m: 2:50.66 | | | | | |
| 28. | Nathan Magava | De Dolfijn | 201003067 | | 2:54.31 | **2:50.92** | 395 | +0,63 | |
| | 50m: 39.03 | 100m: 1:22.47 | 150m: 2:06.00 | 200m: 2:50.92 | | | | | |
| 29. | Dax van den Nouland | Blue Marlins | 201000071 | | 2:55.88 | **2:50.98** | 395 | | |
| | 50m: 38.47 | 100m: 1:22.54 | 150m: 2:06.26 | 200m: 2:50.98 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 15, Heren, 200m schoolslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 29. | Thijmen Pruijssers | Hieronymus | 201000129 | 2:50.63 | **2:50.98** | 395 | +0,78 |
| | 50m: 37.24 | 100m: 1:21.58 | 150m: 2:06.62 | 200m: 2:50.98 | | | |
| 31. | Luca Monster | SG Hoeksche Waard | 201100343 | 2:48.21 | **2:53.71** | 376 | +0,59 |
| | 50m: 36.46 | 100m: 1:19.60 | 150m: 2:06.53 | 200m: 2:53.71 | | | |
| 32. | Tycho Wienbelt | De Vikings | 201001397 | 2:53.46 | **2:53.93** | 375 | +0,76 |
| | 50m: 38.81 | 100m: 1:23.28 | 150m: 2:08.71 | 200m: 2:53.93 | | | |
| 33. | Tygo van de Wal | Dwk | 201001329 | 2:49.45 | **2:54.55** | 371 | +0,78 |
| | 50m: 38.55 | 100m: 1:23.89 | 150m: 2:09.74 | 200m: 2:54.55 | | | |
| 34. | Mathijs Boersma | ZPC Hoogeveen | 201000313 | 2:44.75 | **2:54.89** | 369 | +0,94 |
| | 50m: 37.94 | 100m: 1:22.25 | 150m: 2:08.27 | 200m: 2:54.89 | | | |
| 35. | Sverre van der Zwaan | Wvz | 200900737 | 2:48.76 | **2:55.59** | 364 | +0,60 |
| | 50m: 38.45 | 100m: 1:23.30 | 150m: 2:09.64 | 200m: 2:55.59 | | | |
| 36. | Noud Assinck | Zignea | 200900047 | 2:58.72 | **2:57.36** | 354 | +0,85 |
| | 50m: 38.79 | 100m: 1:24.75 | 150m: 2:11.17 | 200m: 2:57.36 | | | |
| 37. | Joey Snabel | Zpc Amersfoort | 201002847 | 2:55.57 | **3:00.03** | 338 | +0,74 |
| | 50m: 38.88 | 100m: 1:24.66 | 150m: 2:12.39 | 200m: 3:00.03 | | | |
| 38. | Milan Eikenaar | Swol 1894 | 201100599 | 3:07.54 | **3:02.85** | 323 | +0,88 |
| | 50m: 41.67 | 100m: 1:28.23 | 150m: 2:15.53 | 200m: 3:02.85 | | | |
| 39. | Mathijs de Wit | Ksn (Sg) | 201001215 | 2:52.82 | **3:03.00** | 322 | |
| | 50m: 40.75 | 100m: 1:27.98 | 150m: 2:15.78 | 200m: 3:03.00 | | | |
| 40. | Marcelo Fritz Medina | De Dolfijn | 201201885 | 3:14.54 | **3:07.91** | 297 | +0,80 |
| | 50m: 42.31 | 100m: 1:30.61 | 150m: 2:18.98 | 200m: 3:07.91 | | | |
| 41. | Stef van de Wal | Dwk | 201200803 | 3:04.42 | **3:11.18** | 282 | +0,82 |
| | 50m: 43.71 | 100m: 1:33.01 | 150m: 2:23.18 | 200m: 3:11.18 | | | |
| 42. | Amor van der Veen | Dedemsvaart-AC | 201100197 | 3:39.97 | **3:11.61** | 280 | +0,71 |
| | 50m: 42.66 | 100m: 1:33.09 | 150m: 2:22.13 | 200m: 3:11.61 | | | |
| 43. | Alexander Jerebic | SV Wildeshausen | 427588 | 3:14.12 | **3:11.87** | 279 | +0,65 |
| | 50m: 41.24 | 100m: 1:30.17 | 150m: 2:22.53 | 200m: 3:11.87 | | | |
| 44. | Vince van Dam | Acz | 201000405 | 3:05.87 | **3:12.33** | 277 | |
| | 50m: 44.27 | 100m: 1:32.78 | 150m: 2:23.05 | 200m: 3:12.33 | | | |
| 45. | Jasper Cox | Zpc Amersfoort | 201003589 | 3:28.81 | **3:14.01** | 270 | +0,70 |
| | 50m: 42.91 | 100m: 1:32.86 | 150m: 2:23.45 | 200m: 3:14.01 | | | |
| 46. | Rio Babic | Steenwijk 1934 | 201200867 | 3:19.26 | **3:20.52** | 245 | +0,84 |
| | 50m: 45.22 | 100m: 1:38.06 | 150m: 2:30.45 | 200m: 3:20.52 | | | |
| 47. | Vince Van Wijk | Ksn (Sg) | 201101019 | 3:24.34 | **3:20.89** | 243 | +0,64 |
| | 50m: 45.65 | 100m: 1:37.88 | 150m: 2:30.80 | 200m: 3:20.89 | | | |
| 48. | Michiel de Wit | Ksn (Sg) | 201101867 | 3:28.09 | **3:23.59** | 234 | +0,55 |
| | 50m: 44.48 | 100m: 1:36.83 | 150m: 2:29.90 | 200m: 3:23.59 | | | |
| NG.ZA | Rick Offringa | DZ&PC | 200300979 | 2:25.59 | | | |
| AFGEM | Sven Casper Hageman | Steenwijk 1934 | 201000009 | 2:49.94 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 16 | Dames, 200m vrije slag | Junioren 2 en ouder
1-3-2025 - 12:07 | Spring Swim record: Angelina Rolman: 2.01.67 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Nore Michiels | Zwemfed | VZF/20009/08 | 2:03.98 | **2:03.59** | 761 | | Q |
| | 50m: 28.79 | 100m: 59.83 | 150m: 1:31.93 | 200m: 2:03.59 | | | | |
| 2. | Femke Spiering | Zpc Amersfoort | 200204514 | 2:02.12 | **2:04.63** | 742 | +0,79 | Q |
| | 50m: 29.05 | 100m: 1:00.42 | 150m: 1:32.63 | 200m: 2:04.63 | | | | |
| 3. | Noa Hollebosch | Zwemfed | VZF/20007/07 | 2:06.59 | **2:05.89** | 720 | | Q |
| | 50m: 29.87 | 100m: 1:02.38 | 150m: 1:34.82 | 200m: 2:05.89 | | | | |
| 4. | Lana Ravelingien | Zwemfed | VZF/20011/03 | 2:03.02 | **2:06.12** | 716 | +0,71 | Q |
| | 50m: 29.71 | 100m: 1:01.65 | 150m: 1:34.15 | 200m: 2:06.12 | | | | |
| 5. | Sara Korthuis | DZ&PC | 200600494 | 2:02.61 | **2:06.95** | 702 | +0,85 | Q |
| | 50m: 29.55 | 100m: 1:01.92 | 150m: 1:34.96 | 200m: 2:06.95 | | | | |
| 6. | Jade van der Schrier | Azc 1 | 200800692 | 2:08.25 | **2:07.99** | 685 | +0,77 | Q |
| | 50m: 30.43 | 100m: 1:02.94 | 150m: 1:36.27 | 200m: 2:07.99 | | | | |
| 7. | Maaike Issard | DZ&PC | 200300022 | 2:12.83 | **2:09.97** | 654 | +0,77 | Q |
| | 50m: 30.27 | 100m: 1:02.89 | 150m: 1:36.23 | 200m: 2:09.97 | | | | |
| 8. | Bregje Dekkers | Psv | 200900746 | 2:10.15 | **2:10.15** | 651 | +0,74 | Q |
| | 50m: 30.90 | 100m: 1:03.66 | 150m: 1:36.75 | 200m: 2:10.15 | | | | |
| 9. | Julie van Nispen | Z&PV Nuenen | 200800290 | 2:07.00 | **2:10.87** | 641 | | Q |
| | 50m: 30.17 | 100m: 1:03.36 | 150m: 1:37.34 | 200m: 2:10.87 | | | | |
| 10. | Fenne Metten | Zpc Amersfoort | 201000102 | 2:13.27 | **2:12.42** | 618 | +0,74 | R |
| | 50m: 30.83 | 100m: 1:04.77 | 150m: 1:39.59 | 200m: 2:12.42 | | | | |
| 11. | Fenna Westerneng | DZ&PC | 200900070 | 2:10.49 | **2:12.79** | 613 | +0,76 | R |
| | 50m: 31.34 | 100m: 1:05.13 | 150m: 1:39.37 | 200m: 2:12.79 | | | | |
| 12. | Hylcke de Beer | Psv | 200700006 | 2:17.47 | **2:13.53** | 603 | | |
| | 50m: 29.83 | 100m: 1:03.69 | 150m: 1:38.74 | 200m: 2:13.53 | | | | |
| 13. | Anna Lepoutre | Psv | 201100534 | 2:13.95 | **2:13.69** | 601 | +0,74 | |
| | 50m: 31.05 | 100m: 1:04.81 | 150m: 1:39.64 | 200m: 2:13.69 | | | | |
| 14. | Elin Brinkhof | De Dolfijn | 200900078 | 2:12.71 | **2:13.95** | 597 | +0,69 | |
| | 50m: 31.59 | 100m: 1:05.64 | 150m: 1:40.11 | 200m: 2:13.95 | | | | |
| 15. | Lola Verheijen | Psv | 201100832 | 2:14.10 | **2:14.27** | 593 | +0,75 | |
| | 50m: 30.80 | 100m: 1:04.94 | 150m: 1:40.35 | 200m: 2:14.27 | | | | |
| 16. | Ilana Gentile | Orca Leeuwarden | 200801558 | 2:14.90 | **2:14.99** | 584 | +0,57 | |
| | 50m: 31.50 | 100m: 1:05.54 | 150m: 1:40.95 | 200m: 2:14.99 | | | | |
| 17. | Nina van der Schrier | Azc 1 | 201000444 | 2:13.82 | **2:17.30** | 555 | +0,77 | |
| | 50m: 31.53 | 100m: 1:06.41 | 150m: 1:42.18 | 200m: 2:17.30 | | | | |
| 18. | Imre Bouwland | ZPC Hoogeveen | 200700388 | 2:14.08 | **2:17.69** | 550 | +0,75 | |
| | 50m: 31.07 | 100m: 1:05.99 | 150m: 1:42.26 | 200m: 2:17.69 | | | | |
| 19. | Julia Dąbrowska | Blue Marlins | 201000300 | 2:23.57 | **2:18.60** | 539 | +0,72 | |
| | 50m: 30.86 | 100m: 1:06.09 | 150m: 1:42.94 | 200m: 2:18.60 | | | | |
| 20. | Myrthe Natzijl | DZ&PC | 200400076 | 2:12.99 | **2:18.94** | 535 | +0,69 | |
| | 50m: 31.98 | 100m: 1:07.31 | 150m: 1:43.82 | 200m: 2:18.94 | | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 16, Dames, 200m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 21. | Brechtje Slootweg | Zpc Amersfoort | 201101744 | 2:20.52 | **2:19.66** | 527 | +0,85 |
| | 50m: 32.40 | 100m: 1:07.87 | 150m: 1:44.40 | 200m: 2:19.66 | | | |
| 22. | Ilse Jongepier | TriVia | 201000006 | 2:19.49 | **2:19.80** | 525 | +0,70 |
| | 50m: 32.15 | 100m: 1:08.56 | 150m: 1:45.30 | 200m: 2:19.80 | | | |
| 23. | Carlein Polinder | Ksn (Sg) | 200600128 | 2:19.24 | **2:19.82** | 525 | +0,83 |
| | 50m: 31.18 | 100m: 1:05.80 | 150m: 1:42.64 | 200m: 2:19.82 | | | |
| 24. | Alessia Sluis | Dedemsvaart-AC | 200300896 | 2:24.23 | **2:20.05** | 523 | +0,79 |
| | 50m: 31.26 | 100m: 1:06.83 | 150m: 1:44.26 | 200m: 2:20.05 | | | |
| 25. | Dewi Meijer | De Dolfijn | 201000302 | 2:17.89 | **2:20.49** | 518 | +0,67 |
| | 50m: 33.10 | 100m: 1:09.27 | 150m: 1:45.18 | 200m: 2:20.49 | | | |
| 26. | Liv Heijdra | Feijenoord Albion | 200800736 | 2:18.54 | **2:20.61** | 516 | +0,81 |
| | 50m: 31.42 | 100m: 1:06.39 | 150m: 1:42.86 | 200m: 2:20.61 | | | |
| 27. | Vera Wassink | DZ&PC | 200604976 | 2:13.72 | **2:20.73** | 515 | +0,71 |
| | 50m: 31.22 | 100m: 1:07.04 | 150m: 1:44.39 | 200m: 2:20.73 | | | |
| 28. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 2:22.78 | **2:21.00** | 512 | |
| | 50m: 32.45 | 100m: 1:07.32 | 150m: 1:44.32 | 200m: 2:21.00 | | | |
| 29. | Kinley Cole | Psv | 200903696 | 2:19.31 | **2:22.35** | 498 | +0,52 |
| | 50m: 32.76 | 100m: 1:09.91 | 150m: 1:47.58 | 200m: 2:22.35 | | | |
| 30. | Marije Jaspers | Neptunia '24 | 200802152 | 2:22.72 | **2:22.78** | 493 | +0,78 |
| | 50m: 31.66 | 100m: 1:07.79 | 150m: 1:45.33 | 200m: 2:22.78 | | | |
| 31. | Lian Vonk | Zpc Amersfoort | 201001606 | 2:25.86 | **2:22.86** | 492 | +0,77 |
| | 50m: 33.11 | 100m: 1:10.03 | 150m: 1:47.24 | 200m: 2:22.86 | | | |
| 32. | Nora Lynn Otten | ZPC Hoogeveen | 200903338 | 2:29.49 | **2:23.36** | 487 | +0,75 |
| | 50m: 33.96 | 100m: 1:11.12 | 150m: 1:47.83 | 200m: 2:23.36 | | | |
| 33. | Esmee van Peer | TriVia | 200201114 | 2:28.85 | **2:23.89** | 482 | +0,85 |
| | 50m: 32.62 | 100m: 1:09.31 | 150m: 1:47.32 | 200m: 2:23.89 | | | |
| 34. | Yanique Bax | Zpc Amersfoort | 201001428 | 2:24.11 | **2:23.99** | 481 | +0,55 |
| | 50m: 33.69 | 100m: 1:10.66 | 150m: 1:47.93 | 200m: 2:23.99 | | | |
| 35. | Sofie Vos | ZPC Hoogeveen | 200800804 | 2:19.95 | **2:24.39** | 477 | +0,73 |
| | 50m: 32.97 | 100m: 1:09.96 | 150m: 1:47.46 | 200m: 2:24.39 | | | |
| 36. | Ananda van der Wiel | Wvz | 200701562 | 2:20.78 | **2:25.47** | 466 | +0,69 |
| | 50m: 31.68 | 100m: 1:08.31 | 150m: 1:46.30 | 200m: 2:25.47 | | | |
| 37. | Karlijn Siderius | Dwk | 200900032 | 2:22.64 | **2:26.52** | 456 | +0,88 |
| | 50m: 33.52 | 100m: 1:10.76 | 150m: 1:48.77 | 200m: 2:26.52 | | | |
| 38. | Lili Oosting | Dwk | 200900384 | 2:29.34 | **2:27.51** | 447 | |
| | 50m: 34.75 | 100m: 1:12.31 | 150m: 1:50.75 | 200m: 2:27.51 | | | |
| 39. | Isa Segenhout | Orca Leeuwarden | 201000128 | 2:29.91 | **2:28.46** | 439 | +0,77 |
| | 50m: 34.00 | 100m: 1:12.44 | 150m: 1:51.57 | 200m: 2:28.46 | | | |
| 40. | Noa Spaans | De Dolfijn | 201100222 | 2:29.99 | **2:29.41** | 430 | +0,80 |
| | 50m: 35.07 | 100m: 1:13.31 | 150m: 1:51.63 | 200m: 2:29.41 | | | |
| 41. | Cynthia Koolman | Steenwijk 1934 | 200300232 | 2:29.35 | **2:30.22** | 423 | +0,72 |
| | 50m: 35.78 | 100m: 1:13.70 | 150m: 1:52.18 | 200m: 2:30.22 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 16, Dames, 200m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 42. | Anique Polinder | Dedemsvaart-AC | 200800008 | 2:32.25 | **2:30.24** | 423 | +0,87 |
| | 50m: 34.19 | 100m: 1:13.30 | 150m: 1:52.58 | 200m: 2:30.24 | | | |
| 43. | Marjolie Spelde | ZC Borger | 200900266 | 2:27.69 | **2:30.54** | 421 | +0,80 |
| | 50m: 32.93 | 100m: 1:10.84 | 150m: 1:50.74 | 200m: 2:30.54 | | | |
| 44. | Lana Noordenbos | Orca Leeuwarden | 201100958 | 2:36.09 | **2:31.40** | 414 | +0,76 |
| | 50m: 34.83 | 100m: 1:14.81 | 150m: 1:55.03 | 200m: 2:31.40 | | | |
| 45. | Kamila Makhmadiyarova | Blue Marlins | 201103178 | 2:41.01 | **2:31.64** | 412 | +0,91 |
| | 50m: 34.89 | 100m: 1:13.74 | 150m: 1:53.33 | 200m: 2:31.64 | | | |
| 46. | Lea Jerebic | SV Wildeshausen | 405121 | 2:28.00 | **2:31.82** | 410 | +0,64 |
| | 50m: 34.60 | 100m: 1:13.69 | 150m: 1:53.43 | 200m: 2:31.82 | | | |
| 47. | Myron Dekker | ZPC Hoogeveen | 201000512 | 2:42.73 | **2:32.57** | 404 | +0,87 |
| | 50m: 34.63 | 100m: 1:12.80 | 150m: 1:52.56 | 200m: 2:32.57 | | | |
| 48. | Esmee Reuver | ZC Polaris | 201100846 | 2:31.22 | **2:32.60** | 404 | |
| | 50m: 35.77 | 100m: 1:15.61 | 150m: 1:55.11 | 200m: 2:32.60 | | | |
| 49. | Elize Schierbeek | TriVia | 201100652 | 2:37.90 | **2:32.81** | 402 | +0,82 |
| | 50m: 35.22 | 100m: 1:14.60 | 150m: 1:54.46 | 200m: 2:32.81 | | | |
| 50. | Sara van Dijk | TriVia | 201001120 | 2:37.03 | **2:33.43** | 397 | +0,67 |
| | 50m: 34.29 | 100m: 1:13.55 | 150m: 1:53.87 | 200m: 2:33.43 | | | |
| 51. | Finja Richter | Wardenburger SC | 383208 | 2:26.22 | **2:33.46** | 397 | +0,65 |
| | 50m: 34.46 | 100m: 1:12.71 | 150m: 1:53.36 | 200m: 2:33.46 | | | |
| 52. | Esther Dijsselhof | Dedemsvaart-AC | 200800784 | 2:33.22 | **2:34.01** | 393 | |
| | 50m: 34.50 | 100m: 1:12.94 | 150m: 1:53.86 | 200m: 2:34.01 | | | |
| 53. | Kim Koeling | Ksn (Sg) | 201201216 | 2:43.95 | **2:34.08** | 392 | |
| | 50m: 35.51 | 100m: 1:15.76 | 150m: 1:56.04 | 200m: 2:34.08 | | | |
| 54. | Linthe Van Gelderen | Ksn (Sg) | 201201220 | 2:41.16 | **2:36.32** | 376 | |
| | 50m: 36.17 | 100m: 1:16.85 | 150m: 1:58.21 | 200m: 2:36.32 | | | |
| 55. | Sofie van Poecke | Dwk | 201001448 | 2:33.04 | **2:37.10** | 370 | +0,77 |
| | 50m: 35.38 | 100m: 1:15.24 | 150m: 1:56.53 | 200m: 2:37.10 | | | |
| 56. | Anna Schuurman | SG. Bolsward-Workum | 201000076 | 2:39.72 | **2:39.44** | 354 | |
| | 50m: 36.63 | 100m: 1:17.11 | 150m: 1:58.83 | 200m: 2:39.44 | | | |
| 57. | Ifke Stam | De Duinkikkers | 200800374 | 2:30.95 | **2:39.71** | 352 | |
| | 50m: 36.03 | 100m: 1:17.28 | 150m: 1:59.11 | 200m: 2:39.71 | | | |
| | Evy Anna Nijdam | Orca Leeuwarden | 201100834 | 2:39.98 | **2:39.71** | 352 | |
| | 50m: 35.71 | 100m: 1:17.47 | 150m: 1:59.38 | 200m: 2:39.71 | | | |
| 59. | Emma Koeleman | Z&PC de Inktvis | 200901762 | 2:38.02 | **2:40.04** | 350 | +0,84 |
| | 50m: 35.60 | 100m: 1:16.26 | 150m: 1:58.71 | 200m: 2:40.04 | | | |
| 60. | Maryse Kuijper | Dwk | 201000692 | 2:30.51 | **2:42.15** | 337 | |
| | 50m: 34.99 | 100m: 1:15.97 | 150m: 1:59.96 | 200m: 2:42.15 | | | |
| 61. | Jelena Krikke | DZ&PC | 200405874 | 2:41.11 | **2:43.07** | 331 | +0,81 |
| | 50m: 35.68 | 100m: 1:15.46 | 150m: 1:58.68 | 200m: 2:43.07 | | | |
| 62. | Evelien de Jong | Neptunia '24 | 199805316 | 2:40.07 | **2:43.12** | 331 | +0,76 |
| | 50m: 36.11 | 100m: 1:17.04 | 150m: 2:00.67 | 200m: 2:43.12 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 16, Dames, 200m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 63. | Amélie Berk | Orca Leeuwarden | 201004002 | 2:46.81 | **2:45.90** | 314 | +0,79 |
| | 50m: 36.82 | 100m: 1:19.10 | 150m: 2:03.30 | 200m: 2:45.90 | | | |
| 64. | Aline Strijker | Ksn (Sg) | 201100362 | 2:51.95 | **2:49.38** | 295 | +0,78 |
| | 50m: 36.33 | 100m: 1:19.53 | 150m: 2:04.52 | 200m: 2:49.38 | | | |
| 65. | Saar Meems | ZC Polaris | 201200946 | 2:48.78 | **2:49.98** | 292 | +0,94 |
| | 50m: 39.67 | 100m: 1:23.62 | 150m: 2:07.28 | 200m: 2:49.98 | | | |
| 66. | Carlijn Aardema | ZC Borger | 201100272 | 2:50.43 | **2:51.05** | 287 | |
| | 50m: 39.20 | 100m: 1:23.17 | 150m: 2:08.43 | 200m: 2:51.05 | | | |
| 67. | Sophie Feiertag | ZC Polaris | 200901144 | 2:56.62 | **2:57.90** | 255 | +0,92 |
| | 50m: 39.00 | 100m: 1:24.46 | 150m: 2:11.24 | 200m: 2:57.90 | | | |
| 68. | Renske Van Ommen | ZC Polaris | 201200948 | 2:53.71 | **3:01.78** | 239 | |
| | 50m: 42.40 | 100m: 1:28.79 | 150m: 2:16.85 | 200m: 3:01.78 | | | |
| NG.ZA | Marlene Bührmann | SV Wildeshausen | 406182 | 2:28.30 | | | |
| AFGEM | Lotte Lübbers | Ksn (Sg) | 200900190 | 2:16.61 | | | |

Programmanr. 17 — Heren, 50m vlinderslag — Junioren 1 en ouder
1-3-2025 - 12:28 — Spring Swim record: Thom de Boer: 23.72 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Michael Smink | Blue Marlins | 200302169 | 23.87 | **24.26** | 773 | +0,64 | A |
| 2. | Kia Afzali | De Vikings | 200305145 | 24.83 | **25.22** | 688 | | A |
| 3. | Patriks Francis Pone | De Dolfijn | 200504577 | 26.05 | **25.56** | 661 | +0,66 | A |
| 4. | Lars Bulman | Blue Marlins | 200600125 | 25.64 | **25.71** | 649 | +0,65 | A |
| 5. | Lars Minnaert | Psv | 200502355 | 25.86 | **25.97** | 630 | +0,50 | A |
| 6. | Matthijs van Meerendonk | DZ&PC | 199900375 | 25.07 | **26.04** | 625 | | A |
| 7. | Giovanni Phillipson | ZV De Zaan | 200801099 | 25.80 | **26.06** | 624 | +0,60 | A |
| 8. | Jisse Lousma | Wvz | 200701493 | 26.34 | **26.14** | 618 | +0,47 | A |
| 9. | Yarno van Dam | Acz | 200800115 | 26.28 | **26.24** | 611 | +0,70 | A |
| 10. | Jelle Betten | DZ&PC | 200001535 | 25.77 | **26.32** | 605 | +0,75 | B |
| 11. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 26.80 | **26.40** | 600 | +0,74 | B |
| 12. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 25.92 | **26.41** | 599 | | B |
| 13. | Joshua Agussalim | Wvz | 200600153 | 26.06 | **26.42** | 598 | +0,61 | B |
| 14. | Floris Stork | DZ&PC | 200305075 | 27.14 | **26.44** | 597 | +0,65 | B |
| 15. | Jaime Fais | TriVia | 200400291 | 26.14 | **26.50** | 593 | +0,72 | B |
| 16. | Lucas Bemer | De Duinkikkers | 200700219 | 26.27 | **26.55** | 590 | +0,72 | B |
| 17. | Jones Chuang | Psv | 200801173 | 25.96 | **26.65** | 583 | +0,57 | B |
| 18. | Bjorn Rijkaart | Wvz | 200601337 | 26.89 | **26.81** | 573 | +0,82 | B |
| 19. | Tiede Groener | Psv | 200700155 | 26.88 | **26.82** | 572 | +0,68 | C |
| 20. | Tiamo van der Veen | Dedemsvaart-AC | 200600033 | 28.10 | **26.90** | 567 | +0,71 | C |
| 21. | Siem de Zeeuw | O Z & P C | 200800013 | 26.77 | **26.94** | 564 | +0,69 | C |
| 22. | Giulian Janssen | Psv | 200900125 | 27.04 | **26.99** | 561 | +0,70 | C |
| 23. | Pepijn van Egmond | Wvz | 200402309 | 26.40 | **27.02** | 559 | +0,53 | C |
| 24. | Darren Chen | Zpc Amersfoort | 200001149 | 27.22 | **27.04** | 558 | +0,63 | C |
| 25. | Felbe van 't Land | Zpc Amersfoort | 200900027 | 26.61 | **27.23** | 547 | +0,68 | C |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 17, Heren, 50m vlinderslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 26. | Bas Blanker | Acz | 200601497 | 27.41 | **27.26** | 545 | +0,59 | C |
| 27. | Stan Tibben | Dedemsvaart-AC | 200503591 | 27.58 | **27.45** | 533 | +0,65 | C |
| 28. | Jetze de Vries | De Vikings | 200602589 | 27.36 | **27.52** | 529 | | R |
| 29. | Gijs Vesseur | Zpc Amersfoort | 200700277 | 27.34 | **27.60** | 525 | +0,74 | R |
| 30. | Sven Koornstra | De Vikings | 200900189 | 29.21 | **27.69** | 520 | +0,81 | |
| 31. | Martijn Nies | Psv | 200902095 | 28.55 | **27.74** | 517 | +0,57 | |
| 32. | David Kuipers | HZ&PC Heerenveen | 200003633 | 29.06 | **27.78** | 515 | +0,79 | |
| 33. | Jorian Darwinkel | HZ&PC Heerenveen | 200300565 | 27.20 | **27.81** | 513 | +0,70 | |
| | Damir Mustafic | DZ&PC | 200800885 | 27.50 | **27.81** | 513 | +0,67 | |
| 35. | Filip Piszczynski | Ksn (Sg) | 200802125 | 27.27 | **27.84** | 511 | +0,65 | |
| 36. | Colin Bes | DZ&PC | 200500201 | 27.05 | **27.85** | 511 | | |
| 37. | Jaydey Schonewille | Steenwijk 1934 | 200800025 | 27.80 | **27.91** | 508 | +0,72 | |
| 38. | Fynn Grotelüschen | SV Wildeshausen | 310328 | 28.43 | **27.93** | 506 | | |
| 39. | Lars Heddema | Steenwijk 1934 | 200603697 | 27.61 | **27.96** | 505 | +0,71 | |
| 40. | Donny van den Bosch | Wiekslag | 199502001 | 27.84 | **28.01** | 502 | +0,72 | |
| 41. | Collard Jungeling | DZ&PC | 200701831 | 27.66 | **28.43** | 480 | +0,67 | |
| 42. | Ruben Hoeve | Dedemsvaart-AC | 200302179 | 29.22 | **28.48** | 478 | +0,74 | |
| 43. | Ivo Bot | Wiekslag | 200900509 | 28.24 | **28.51** | 476 | +0,55 | |
| | Evren Ege Orcunus | De Dolfijn | 201003253 | 29.21 | **28.51** | 476 | +0,58 | |
| 45. | Jelte de Boer | De Vikings | 200700345 | 29.90 | **28.74** | 465 | +0,53 | |
| 46. | Roan van der Stege | Swol 1894 | 200900107 | 30.89 | **28.80** | 462 | +0,54 | |
| 47. | Daequan Ramos | ZPC Hoogeveen | 200901709 | 29.36 | **28.93** | 456 | | |
| 48. | Sascha Timmer | Azc 1 | 200902987 | 29.14 | **29.03** | 451 | | |
| 49. | Aidan van der Stelt | Blue Marlins | 200900901 | 29.10 | **29.09** | 448 | +0,63 | |
| 50. | Juan Cruz Slappendel | Orca Leeuwarden | 200903053 | 28.72 | **29.20** | 443 | +0,74 | |
| 51. | Art Jin van der Ent | Blue Marlins | 200903785 | 29.92 | **29.28** | 439 | +0,57 | |
| 52. | Mart Tempelman | Dedemsvaart-AC | 200801075 | 30.13 | **29.43** | 433 | +0,50 | |
| 53. | Ruben Nooter | Dedemsvaart-AC | 200901577 | 30.17 | **29.52** | 429 | +0,67 | |
| 54. | Henry Watson | De Dolfijn | 201001703 | 31.42 | **29.54** | 428 | +0,50 | |
| 55. | Ruben Kragt | Dedemsvaart-AC | 201000007 | 30.71 | **29.55** | 428 | +0,69 | |
| 56. | Niek Sonneveld | Wvz | 200802631 | 32.60 | **29.74** | 419 | +0,55 | |
| | Kylian Kooijman | Steenwijk 1934 | 199900763 | 30.44 | **29.74** | 419 | | |
| 58. | Xander Kragting | Zpc Amersfoort | 200900077 | 31.96 | **29.78** | 418 | +0,60 | |
| 59. | Marc Hoogeveen | DZ&PC | 200101585 | 30.23 | **29.84** | 415 | | |
| 60. | Eli Shields | Niemo Barracuda | 201000407 | 30.92 | **29.91** | 412 | +0,66 | |
| 61. | Jere Wiersma | DZ&PC | 200701037 | 30.05 | **29.95** | 411 | +0,62 | |
| 62. | Ryan Huizinga | Bubble | 200700419 | 29.41 | **30.12** | 404 | +0,54 | |
| 63. | Enno Brahms | SV Wildeshausen | 397825 | 32.33 | **30.29** | 397 | | |
| 64. | Jordey Thole | ZPC Hoogeveen | 200700385 | 29.36 | **30.32** | 396 | +0,64 | |
| 65. | Brian Arturo Bloemsma | De Dolfijn | 200901155 | 31.18 | **30.33** | 395 | +0,59 | |
| 66. | Twan Wielage | Ksn (Sg) | 200902671 | 30.24 | **30.40** | 393 | +0,69 | |
| 67. | Eise van der Zee | Orca Leeuwarden | 200501437 | 30.41 | **30.84** | 376 | +0,71 | |
| 68. | Joey Snabel | Zpc Amersfoort | 201002847 | 32.51 | **31.01** | 370 | +0,53 | |
| 69. | Lars Vos | Ksn (Sg) | 200501327 | 32.64 | **31.35** | 358 | +0,77 | |
| 70. | Kick Germers | Swol 1894 | 201000185 | 31.59 | **31.68** | 347 | +0,62 | |
| 71. | Sven Mulder | Wvz | 200901655 | 34.90 | **31.72** | 346 | +0,55 | |
| | Roderick Veldhuizen | Ksn (Sg) | 200804031 | 31.51 | **31.72** | 346 | +0,74 | |
| 73. | Roy Hofman | DZ&PC | 200900439 | 33.91 | **31.81** | 343 | +0,76 | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 17, Heren, 50m vlinderslag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 74. | Pieter Dekker | Neptunia '24 | 200601105 | | 34.18 | **32.10** | 333 | +0,95 |
| 75. | Daan Mulder | Ksn (Sg) | 201100267 | | 35.43 | **32.33** | 326 | +0,83 |
| 76. | Robin Mintjes | HZ&PC Heerenveen | 201000957 | | 34.45 | **32.59** | 319 | +0,69 |
| 77. | Matthijs Wierbos | ZPC Hoogeveen | 200901965 | | 32.68 | **32.68** | 316 | +0,77 |
| 78. | Daniël Scheppink | Swol 1894 | 200902769 | | 33.34 | **32.98** | 307 | +0,86 |
| 79. | Leroy Maring | ZPC de Kanaalstreek | 201100307 | | 33.41 | **33.06** | 305 | +0,76 |
| 80. | Kyran Kroeze | ZC Polaris | 200901707 | | 33.53 | **33.22** | 301 | +0,72 |
| | Kyaro Giuliano | De Dolfijn | 201000489 | | 33.02 | **33.22** | 301 | |
| 82. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | | 36.14 | **33.28** | 299 | +0,52 |
| 83. | Stijn Dijkstra | DZ&PC | 201000279 | | 34.26 | **33.71** | 288 | |
| 84. | Rio Babic | Steenwijk 1934 | 201200867 | | 38.80 | **34.44** | 270 | +0,51 |
| 85. | Jona Denke | SV Wildeshausen | 447339 | | 33.80 | **34.60** | 266 | +0,60 |
| 86. | Tim Koornstra | De Vikings | 201200231 | | 36.06 | **35.39** | 249 | +0,56 |
| 87. | Yorre van der Wal | SG. Bolsward-Workum | 201000017 | | 38.49 | **36.21** | 232 | +0,92 |
| 88. | Danley Schneider | ZC Polaris | 201201323 | | 46.75 | **37.00** | 218 | |
| 89. | Casper Miltenburg | De Dolfijn | 201201157 | | 37.56 | **37.66** | 206 | |
| 90. | Hamza Rafaan | Blue Marlins | 201003527 | | 43.78 | **37.89** | 203 | +0,55 |
| 91. | Milan van den Berg | Swol 1894 | 201100253 | | 40.15 | **38.85** | 188 | |
| 92. | Arian Thies | SV Wildeshausen | 447672 | | 39.61 | **39.10** | 184 | +0,50 |
| 93. | Rory Costello | De Dolfijn | 201102755 | | 40.72 | **39.92** | 173 | +0,78 |
| 94. | Quinten van Zanten | De Vikings | 201102249 | | 45.87 | **40.04** | 172 | +0,53 |
| 95. | Leif Moormann | SV Wildeshausen | 484018 | | 40.67 | **40.94** | 160 | +0,84 |
| 96. | Sander Knol | ZPC de Kanaalstreek | 200701093 | S9 | 42.36 | **42.81** | 140 | +0,75 |
| 97. | Herre Verkaik | Neptunia '24 | 201202081 | | 49.94 | **43.52** | 133 | +0,70 |
| 98. | Robin van den Berg | Swol 1894 | 201200355 | | 58.95 | **48.85** | 94 | |
| DIS | Julian Mithoe | TriVia | 201102801 | | 34.39 | | | |
| | *AA - De start ingezet voor het startsignaal (en wel gezwommen).* | | | | | | | |
| NG.ZA | Stan Franckx | Zwemfed | VZF/10005/02 | | 25.22 | | | |
| NG.ZA | Erdi-Vahap Ilboga | SV Wildeshausen | 324753 | | 27.23 | | | |
| NG.ZA | Paul Pickart | SV Wildeshausen | 481999 | | 38.10 | | | |
| AFGEM | Vasco Strampel | Steenwijk 1934 | 200702073 | | 30.49 | | | |
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden | 201100205 | | 34.04 | | | |

Programmanr. 18 — Dames, 200m wisselslag — Junioren 2 en ouder
1-3-2025 - 12:40 — Spring Swim record: Mare Schallenberg: 2.19.17 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 2:18.65 | **2:21.41** | 709 | +0,73 | Q |
| | 50m: 30.10 | 100m: 1:07.53 | 150m: 1:47.74 | 200m: 2:21.41 | | | | |
| 2. | Mare Schallenberg | Blue Marlins | 200600078 | 2:19.13 | **2:23.06** | 685 | +0,75 | Q |
| | 50m: 32.44 | 100m: 1:09.62 | 150m: 1:50.39 | 200m: 2:23.06 | | | | |
| 3. | Nikita van den Ouden | Psv | 199900622 | 2:22.36 | **2:23.80** | 674 | | Q |
| | 50m: 30.30 | 100m: 1:07.88 | 150m: 1:50.27 | 200m: 2:23.80 | | | | |
| 4. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 2:22.08 | **2:23.81** | 674 | +0,75 | Q |
| | 50m: 30.67 | 100m: 1:06.56 | 150m: 1:49.28 | 200m: 2:23.81 | | | | |



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Programmanr. 18, Dames, 200m wisselslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 5. | Frouke Ludwig | DZ&PC | 200800112 | 2:23.86 | **2:25.86** | 646 | | Q |
| | 50m: 30.40 | 100m: 1:07.29 | 150m: 1:52.58 | 200m: 2:25.86 | | | | |
| 6. | Megan Jonkman | Blue Marlins | 200600508 | 2:26.61 | **2:26.42** | 639 | +0,87 | Q |
| | 50m: 30.16 | 100m: 1:08.38 | 150m: 1:51.97 | 200m: 2:26.42 | | | | |
| 7. | Sam De Bont | Zwemfed | VZF/20001/08 | 2:22.56 | **2:27.04** | 631 | | Q |
| | 50m: 31.60 | 100m: 1:10.93 | 150m: 1:53.52 | 200m: 2:27.04 | | | | |
| 8. | Jill Nai Chung Tong | Wvz | 200404272 | 2:26.69 | **2:28.51** | 612 | +0,59 | Q |
| | 50m: 31.89 | 100m: 1:12.18 | 150m: 1:54.55 | 200m: 2:28.51 | | | | |
| 9. | Rafaela Mulders | De Reuring | 200701398 | 2:27.68 | **2:28.59** | 611 | +0,76 | Q |
| | 50m: 32.14 | 100m: 1:11.71 | 150m: 1:54.08 | 200m: 2:28.59 | | | | |
| 10. | Niene Dewaelheyns | Zwemfed | VZF/20004/07 | 2:26.55 | **2:28.63** | 610 | +0,64 | R |
| | 50m: 30.61 | 100m: 1:09.08 | 150m: 1:54.42 | 200m: 2:28.63 | | | | |
| 11. | Rhodee van den Ham | De Duinkikkers | 200700090 | 2:25.61 | **2:28.92** | 607 | +0,79 | R |
| | 50m: 31.39 | 100m: 1:11.51 | 150m: 1:55.31 | 200m: 2:28.92 | | | | |
| 12. | Nova Nijziel | De Dolfijn | 200804416 | 2:27.63 | **2:29.57** | 599 | +0,74 | |
| | 50m: 30.69 | 100m: 1:09.61 | 150m: 1:54.55 | 200m: 2:29.57 | | | | |
| 13. | Esmee Mulder | DZ&PC | 200800038 | 2:27.06 | **2:29.62** | 598 | +0,70 | |
| | 50m: 32.12 | 100m: 1:11.83 | 150m: 1:54.91 | 200m: 2:29.62 | | | | |
| 14. | Yill van Bezouw | Hieronymus | 201100704 | 2:29.56 | **2:29.73** | 597 | +0,81 | |
| | 50m: 31.54 | 100m: 1:11.81 | 150m: 1:55.34 | 200m: 2:29.73 | | | | |
| 15. | Carla Moreno Palacios | De Dolfijn | 201002302 | 2:30.00 | **2:32.03** | 570 | +0,81 | |
| | 50m: 31.59 | 100m: 1:13.34 | 150m: 1:55.31 | 200m: 2:32.03 | | | | |
| 16. | Michelle Zomerdijk | Dedemsvaart-AC | 200003196 | 2:33.14 | **2:34.44** | 544 | +0,65 | |
| | 50m: 33.29 | 100m: 1:15.73 | 150m: 1:58.73 | 200m: 2:34.44 | | | | |
| 17. | Tess Vonk | De Geul | 200900024 | 2:33.95 | **2:34.71** | 541 | +0,69 | |
| | 50m: 32.52 | 100m: 1:14.05 | 150m: 1:57.93 | 200m: 2:34.71 | | | | |
| 18. | Amber Kunst | Daw | 200900680 | 2:31.16 | **2:35.12** | 537 | +0,60 | |
| | 50m: 33.17 | 100m: 1:14.82 | 150m: 1:59.61 | 200m: 2:35.12 | | | | |
| 19. | Luus Gielens | Psv | 200900138 | 2:28.97 | **2:35.93** | 529 | +0,88 | |
| | 50m: 33.23 | 100m: 1:13.02 | 150m: 1:59.94 | 200m: 2:35.93 | | | | |
| 20. | Marlies Dijsselhof | Dedemsvaart-AC | 200601046 | 2:32.54 | **2:36.88** | 519 | +0,67 | |
| | 50m: 33.93 | 100m: 1:12.85 | 150m: 1:59.26 | 200m: 2:36.88 | | | | |
| 21. | Noa van Zalk | Zpc Amersfoort | 201102534 | 2:37.51 | **2:36.96** | 518 | +0,73 | |
| | 50m: 32.74 | 100m: 1:14.21 | 150m: 2:01.05 | 200m: 2:36.96 | | | | |
| 22. | Djelaysa Buunk | Z & PC De Zeeuwse Kı | 200900536 | 2:37.49 | **2:37.37** | 514 | | |
| | 50m: 33.94 | 100m: 1:17.35 | 150m: 2:02.24 | 200m: 2:37.37 | | | | |
| 23. | Rixt Rothschaid | ZPC Hoogeveen | 200900026 | 2:40.47 | **2:38.34** | 505 | | |
| | 50m: 35.81 | 100m: 1:17.71 | 150m: 2:02.83 | 200m: 2:38.34 | | | | |
| 24. | Amber Tiesinga | DZ&PC | 200600782 | 2:41.43 | **2:38.36** | 505 | +0,85 | |
| | 50m: 34.41 | 100m: 1:16.18 | 150m: 2:02.18 | 200m: 2:38.36 | | | | |
| 25. | Julia Agricola | DZ&PC | 200800266 | 2:34.82 | **2:38.68** | 502 | | |
| | 50m: 32.96 | 100m: 1:15.30 | 150m: 2:02.66 | 200m: 2:38.68 | | | | |



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LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 18, Dames, 200m wisselslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 26. | Manou Longayroux | Blue Marlins | 201000580 | 2:43.32 | **2:40.57** | 484 | +0,62 |
| | 50m: 33.29 | 100m: 1:15.60 | 150m: 2:03.92 | 200m: 2:40.57 | | | |
| 27. | Jade Geurts | Wvz | 200402278 | 2:29.55 | **2:40.67** | 483 | +0,88 |
| | 50m: 33.22 | 100m: 1:18.53 | 150m: 1:59.11 | 200m: 2:40.67 | | | |
| 28. | Mijke Ouderkerken | Blue Marlins | 200901254 | 2:35.42 | **2:41.86** | 473 | +0,54 |
| | 50m: 33.90 | 100m: 1:17.67 | 150m: 2:04.29 | 200m: 2:41.86 | | | |
| 29. | Marre van der Wal | SG. Bolsward-Workum | 201000046 | 2:38.63 | **2:42.05** | 471 | +0,72 |
| | 50m: 35.00 | 100m: 1:18.44 | 150m: 2:02.75 | 200m: 2:42.05 | | | |
| 30. | Isa Kerpels | ZPC Hoogeveen | 200800880 | 2:42.68 | **2:42.19** | 470 | +0,85 |
| | 50m: 37.66 | 100m: 1:21.21 | 150m: 2:06.62 | 200m: 2:42.19 | | | |
| 31. | Wieke Dekker | De Dolfijn | 201002020 | 2:41.89 | **2:42.56** | 466 | +0,83 |
| | 50m: 36.99 | 100m: 1:19.68 | 150m: 2:05.56 | 200m: 2:42.56 | | | |
| 32. | Tess van de Steeg | Wvz | 201000016 | 2:37.71 | **2:42.59** | 466 | +0,81 |
| | 50m: 35.38 | 100m: 1:17.42 | 150m: 2:03.23 | 200m: 2:42.59 | | | |
| 33. | Ylène Zondervan | Zpc Amersfoort | 201200016 | 2:40.39 | **2:42.82** | 464 | +0,85 |
| | 50m: 35.17 | 100m: 1:17.17 | 150m: 2:05.14 | 200m: 2:42.82 | | | |
| 34. | Hanna Heller | Zpc Amersfoort | 201102730 | 2:46.81 | **2:42.99** | 463 | +0,87 |
| | 50m: 34.64 | 100m: 1:17.20 | 150m: 2:06.54 | 200m: 2:42.99 | | | |
| 35. | Fardau Cazemier | Zcnf'34 | 200901736 | 2:44.01 | **2:43.02** | 463 | |
| | 50m: 34.70 | 100m: 1:19.47 | 150m: 2:07.41 | 200m: 2:43.02 | | | |
| 36. | Elin Reinstra | TriVia | 201100842 | 2:36.06 | **2:43.10** | 462 | |
| | 50m: 37.21 | 100m: 1:17.15 | 150m: 2:05.96 | 200m: 2:43.10 | | | |
| 37. | Leyona Lichtendonk | Dedemsvaart-AC | 200700010 | 2:44.59 | **2:43.37** | 460 | +0,75 |
| | 50m: 33.38 | 100m: 1:14.84 | 150m: 2:05.01 | 200m: 2:43.37 | | | |
| 38. | Femke ter Horst | ZPC Hoogeveen | 201000108 | 2:48.62 | **2:43.72** | 457 | +0,81 |
| | 50m: 34.42 | 100m: 1:17.32 | 150m: 2:07.18 | 200m: 2:43.72 | | | |
| 39. | Meike van der Klugt | Wvz | 201100808 | 2:45.29 | **2:43.75** | 456 | |
| | 50m: 37.67 | 100m: 1:20.68 | 150m: 2:07.14 | 200m: 2:43.75 | | | |
| 40. | Anouk Steller | Wvz | 201000004 | 2:39.24 | **2:44.19** | 453 | +0,76 |
| | 50m: 33.82 | 100m: 1:14.14 | 150m: 2:06.18 | 200m: 2:44.19 | | | |
| 41. | Hanna Sampimon | Ksn (Sg) | 200901824 | 2:49.18 | **2:45.02** | 446 | +0,74 |
| | 50m: 34.66 | 100m: 1:18.85 | 150m: 2:07.19 | 200m: 2:45.02 | | | |
| 42. | Norell Kroeze | ZC Polaris | 201100378 | 2:44.78 | **2:45.92** | 439 | +0,73 |
| | 50m: 34.97 | 100m: 1:20.60 | 150m: 2:08.62 | 200m: 2:45.92 | | | |
| 43. | Elke Kriesels | Hieronymus | 201100898 | 2:44.05 | **2:46.07** | 438 | +0,79 |
| | 50m: 34.31 | 100m: 1:19.57 | 150m: 2:09.39 | 200m: 2:46.07 | | | |
| 44. | Noortje Bisperink | Zpc Amersfoort | 201100486 | 2:49.11 | **2:48.15** | 421 | +0,75 |
| | 50m: 36.70 | 100m: 1:16.79 | 150m: 2:10.30 | 200m: 2:48.15 | | | |
| 45. | Alena Ytsma | HZ&PC Heerenveen | 201201736 | 3:04.17 | **2:48.66** | 418 | +0,93 |
| | 50m: 37.11 | 100m: 1:21.73 | 150m: 2:09.53 | 200m: 2:48.66 | | | |
| 46. | Minke Bouman | Blue Marlins | 201100104 | 2:47.25 | **2:49.51** | 411 | +0,74 |
| | 50m: 35.47 | 100m: 1:18.56 | 150m: 2:07.46 | 200m: 2:49.51 | | | |



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LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 18, Dames, 200m wisselslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 47. | Mare Offringa | SG. Bolsward-Workum | 201001110 | 2:47.23 | **2:49.85** | 409 | +0,65 |
| | 50m: 37.54 | 100m: 1:23.47 | 150m: 2:12.23 | 200m: 2:49.85 | | | |
| 48. | Elien Groothuismink | Swol 1894 | 200800920 | 2:51.34 | **2:49.95** | 408 | +0,80 |
| | 50m: 37.91 | 100m: 1:20.65 | 150m: 2:10.65 | 200m: 2:49.95 | | | |
| 49. | Evita Hoornweg | TriVia | 201002046 | 2:53.97 | **2:51.90** | 394 | +0,82 |
| | 50m: 32.74 | 100m: 1:17.36 | 150m: 2:11.36 | 200m: 2:51.90 | | | |
| 50. | Kyara Balt | De Vikings | 201100306 | 2:51.70 | **2:52.62** | 390 | +0,75 |
| | 50m: 39.70 | 100m: 1:24.46 | 150m: 2:15.23 | 200m: 2:52.62 | | | |
| 51. | Kim Bouman | Zpc Amersfoort | 201000262 | 2:57.44 | **2:52.72** | 389 | |
| | 50m: 34.38 | 100m: 1:18.35 | 150m: 2:13.94 | 200m: 2:52.72 | | | |
| 52. | Lily Zandstra | Dedemsvaart-AC | 200701418 | 2:51.80 | **2:52.78** | 388 | |
| | 50m: 37.41 | 100m: 1:22.85 | 150m: 2:12.77 | 200m: 2:52.78 | | | |
| 53. | Eva Maria Keet | Zpc Amersfoort | 201003006 | 2:53.14 | **2:53.32** | 385 | +0,72 |
| | 50m: 36.58 | 100m: 1:18.97 | 150m: 2:13.75 | 200m: 2:53.32 | | | |
| 54. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 2:50.97 | **2:54.55** | 377 | |
| | 50m: 35.48 | 100m: 1:20.60 | 150m: 2:12.59 | 200m: 2:54.55 | | | |
| 55. | Saar Begeman | ZPC de Kanaalstreek | 201201594 | 2:56.52 | **2:54.83** | 375 | +0,71 |
| | 50m: 37.39 | 100m: 1:22.29 | 150m: 2:16.57 | 200m: 2:54.83 | | | |
| 56. | Gerlin van de Krol | Dwk | 201101412 | 3:17.24 | **2:55.09** | 373 | +0,81 |
| | 50m: 38.37 | 100m: 1:27.01 | 150m: 2:13.12 | 200m: 2:55.09 | | | |
| 57. | Chantal Peters | ZPC Hoogeveen | 201001578 | 3:04.51 | **2:55.82** | 369 | +0,87 |
| | 50m: 35.22 | 100m: 1:22.61 | 150m: 2:14.86 | 200m: 2:55.82 | | | |
| 58. | Laura Tjoonk | Ksn (Sg) | 201004120 | 2:51.95 | **2:58.03** | 355 | +0,74 |
| | 50m: 40.57 | 100m: 1:29.73 | 150m: 2:17.61 | 200m: 2:58.03 | | | |
| 59. | Femke van der Veen | Orca Leeuwarden | 201100962 | 2:53.22 | **2:59.79** | 345 | +0,97 |
| | 50m: 41.60 | 100m: 1:29.07 | 150m: 2:21.89 | 200m: 2:59.79 | | | |
| 60. | Anna Durville | Z&PC de Inktvis | 200701038 | 3:01.95 | **3:01.74** | 334 | +0,75 |
| | 50m: 36.28 | 100m: 1:23.61 | 150m: 2:18.87 | 200m: 3:01.74 | | | |
| 61. | Anna Nauta | TriVia | 201001114 | 2:56.54 | **3:02.09** | 332 | +0,61 |
| | 50m: 37.38 | 100m: 1:27.69 | 150m: 2:22.10 | 200m: 3:02.09 | | | |
| 62. | Britt Jellesma | SG. Bolsward-Workum | 201000310 | 2:57.49 | **3:03.79** | 323 | +0,77 |
| | 50m: 39.32 | 100m: 1:26.67 | 150m: 2:20.92 | 200m: 3:03.79 | | | |
| 63. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 3:07.70 | **3:04.05** | 321 | +0,61 |
| | 50m: 40.04 | 100m: 1:28.90 | 150m: 2:18.73 | 200m: 3:04.05 | | | |
| 64. | Fenne Kouer | Neptunia '24 | 201003318 | 3:01.98 | **3:04.30** | 320 | |
| | 50m: 38.74 | 100m: 1:27.64 | 150m: 2:23.40 | 200m: 3:04.30 | | | |
| 65. | Ranomi Zeegers | De Vikings | 201201512 | 3:04.13 | **3:06.21** | 310 | +0,55 |
| | 50m: 40.00 | 100m: 1:31.83 | 150m: 2:25.66 | 200m: 3:06.21 | | | |
| 66. | Jessica Dekkinga | Steenwijk 1934 | 200600180 | 3:03.20 | **3:09.83** | 293 | +0,85 |
| | 50m: 46.13 | 100m: 1:32.97 | 150m: 2:26.04 | 200m: 3:09.83 | | | |
| 67. | Elske de Vries | De Vikings | 200800786 | 3:14.51 | **3:13.28** | 277 | |
| | 50m: 43.29 | 100m: 1:33.63 | 150m: 2:30.38 | 200m: 3:13.28 | | | |



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VERKLEY KABELS & LEIDINGEN

Programmanr. 18, Dames, 200m wisselslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 68. | Femke De Vries | De Vikings | 201200202 | 3:15.98 | **3:17.21** | 261 | |
| | 50m: 48.47 | 100m: 1:36.57 | 150m: 2:32.36 | 200m: 3:17.21 | | | |
| AFGEM | Lois Waterham | Dedemsvaart-AC | 200803726 | 2:41.31 | | | |
| AFGEM | Eefje Irvine | De Dolfijn | 200700164 | 2:28.46 | | | |



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LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

## 3 - Spring Swim sessie 3: Finales 1-3-2025 - 16:00

Programmanr. 1 — Dames, 400m wisselslag — Junioren 2 en ouder
1-3-2025 - 16:00 — Spring Swim record: Djanilla Brink 4:54.28 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 1. | Sam De Bont | Zwemfed VZF/20001/08 | 5:04.65 | **5:03.24** | 673 | +0,69 |
| | 50m: 31.89 | 150m: 1:49.40 | 250m: 3:11.59 | 350m: 4:29.55 | | |
| | 100m: 1:08.78 | 200m: 2:29.30 | 300m: 3:55.51 | 400m: 5:03.24 | | |
| 2. | Frouke Ludwig | DZ&PC 200800112 | 5:06.23 | **5:06.49** | 652 | |
| | 50m: 31.21 | 150m: 1:47.27 | 250m: 3:11.76 | 350m: 4:32.44 | | |
| | 100m: 1:07.32 | 200m: 2:26.26 | 300m: 3:57.30 | 400m: 5:06.49 | | |
| 3. | Rhodee van den Ham | De Duinkikkers 200700090 | 5:10.55 | **5:10.52** | 627 | +0,82 |
| | 50m: 31.97 | 150m: 1:50.67 | 250m: 3:16.01 | 350m: 4:37.12 | | |
| | 100m: 1:09.32 | 200m: 2:31.95 | 300m: 4:01.07 | 400m: 5:10.52 | | |
| 4. | Ismay Lichtendonk | Dedemsvaart-AC 200400622 | 5:09.82 | **5:14.47** | 604 | +0,74 |
| | 50m: 32.53 | 150m: 1:51.67 | 250m: 3:16.38 | 350m: 4:38.65 | | |
| | 100m: 1:11.17 | 200m: 2:31.05 | 300m: 4:01.83 | 400m: 5:14.47 | | |
| 5. | Nova Nijziel | De Dolfijn 200804416 | 5:16.00 | **5:14.60** | 603 | +0,82 |
| | 50m: 32.47 | 150m: 1:51.70 | 250m: 3:17.54 | 350m: 4:40.23 | | |
| | 100m: 1:10.03 | 200m: 2:31.93 | 300m: 4:03.91 | 400m: 5:14.60 | | |
| 6. | Yill van Bezouw | Hieronymus 201100704 | 5:20.67 | **5:16.16** | 594 | +0,78 |
| | 50m: 32.13 | 150m: 1:53.33 | 250m: 3:19.77 | 350m: 4:41.69 | | |
| | 100m: 1:09.47 | 200m: 2:34.89 | 300m: 4:05.07 | 400m: 5:16.16 | | |
| 7. | Luus Gielens | Psv 200900138 | 5:23.61 | **5:22.77** | 558 | |
| | 50m: 34.11 | 150m: 1:54.71 | 250m: 3:22.47 | 350m: 4:46.61 | | |
| | 100m: 1:13.42 | 200m: 2:35.43 | 300m: 4:09.28 | 400m: 5:22.77 | | |
| 8. | Marlies Dijsselhof | Dedemsvaart-AC 200601046 | 5:31.61 | **5:40.43** | 476 | +0,68 |
| | 50m: 34.67 | 150m: 2:00.54 | 250m: 3:31.45 | 350m: 5:01.21 | | |
| | 100m: 1:17.33 | 200m: 2:42.85 | 300m: 4:20.63 | 400m: 5:40.43 | | |

Programmanr. 5 — Heren, 400m vrije slag — Junioren 1 en ouder
1-3-2025 - 16:08 — Spring Swim record: Stephan De Freitas Steverinck: — Resultaten Finale

Punten: AQUA 2024

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 1. | Lucas Peters | Zpc Amersfoort 200301325 | 4:00.55 | **3:57.89** | 791 | +0,69 |
| | 50m: 27.37 | 150m: 1:26.81 | 250m: 2:27.88 | 350m: 3:29.08 | | |
| | 100m: 56.72 | 200m: 1:57.18 | 300m: 2:58.46 | 400m: 3:57.89 | | |
| 2. | Austin Namesnik | Zpc Amersfoort 200101817 | 4:08.18 | **4:02.59** | 746 | +0,67 |
| | 50m: 27.21 | 150m: 1:28.45 | 250m: 2:31.26 | 350m: 3:34.08 | | |
| | 100m: 57.34 | 200m: 2:00.03 | 300m: 3:02.90 | 400m: 4:02.59 | | |
| 3. | Tieme Wiersma | DZ&PC 200701031 | 4:05.37 | **4:02.85** | 744 | |
| | 50m: 27.90 | 150m: 1:28.69 | 250m: 2:30.77 | 350m: 3:32.99 | | |
| | 100m: 57.98 | 200m: 1:59.74 | 300m: 3:02.01 | 400m: 4:02.85 | | |
| 4. | Bas Claerhout | Zwemfed VZF/10003/08 | 4:06.82 | **4:06.09** | 715 | +0,73 |
| | 50m: 27.86 | 150m: 1:28.71 | 250m: 2:31.85 | 350m: 3:36.20 | | |
| | 100m: 57.82 | 200m: 2:00.24 | 300m: 3:03.64 | 400m: 4:06.09 | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 5, Heren, 400m vrije slag, Finale, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 5. | Bere Waerniers | Zwemfed | VZF/10018/08 | | 4:06.91 | **4:06.60** | 710 | +0,72 |
| | 50m: 27.68 | 150m: 1:29.54 | 250m: 2:33.23 | 350m: 3:36.25 | | | | |
| | 100m: 58.26 | 200m: 2:01.52 | 300m: 3:04.65 | 400m: 4:06.60 | | | | |
| 6. | Martijn Nies | Psv | 200902095 | | 4:08.28 | **4:07.88** | 699 | +0,76 |
| | 50m: 28.39 | 150m: 1:31.13 | 250m: 2:34.78 | 350m: 3:37.78 | | | | |
| | 100m: 59.63 | 200m: 2:03.10 | 300m: 3:06.64 | 400m: 4:07.88 | | | | |
| 7. | Levi Kindt | Zwemfed | VZF/10007/07 | | 4:09.63 | **4:07.89** | 699 | +0,93 |
| | 50m: 27.78 | 150m: 1:31.78 | 250m: 2:35.24 | 350m: 3:38.27 | | | | |
| | 100m: 59.45 | 200m: 2:04.05 | 300m: 3:06.68 | 400m: 4:07.89 | | | | |
| 8. | Seppe Lammens | Zwemfed | VZF/10009/07 | | 4:08.76 | **4:14.69** | 645 | +0,70 |
| | 50m: 27.90 | 150m: 1:30.14 | 250m: 2:34.65 | 350m: 3:41.19 | | | | |
| | 100m: 58.94 | 200m: 2:02.79 | 300m: 3:07.57 | 400m: 4:14.69 | | | | |

Programmanr. 6 — Dames, 100m vlinderslag — Junioren 2 en ouder
1-3-2025 - 16:17 — Spring Swim record: Kinge Zandringa 59.82 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| **Finale A** | | | | | | | |
| 1. | Kinge Zandringa | De Dolfijn | 199801422 | 1:02.16 | **1:00.74** | 762 | |
| | 50m: 28.31 | 100m: 1:00.74 | | | | | |
| 2. | Femke Spiering | Zpc Amersfoort | 200204514 | 1:01.70 | **1:00.94** | 754 | +0,76 |
| | 50m: 28.91 | 100m: 1:00.94 | | | | | |
| 3. | Elise Tanis | De Dolfijn | 200200120 | 1:02.67 | **1:02.15** | 711 | +0,73 |
| | 50m: 29.35 | 100m: 1:02.15 | | | | | |
| 4. | Niene Dewaelheyns | Zwemfed | VZF/20004/07 | 1:04.55 | **1:04.03** | 650 | +0,64 |
| | 50m: 29.70 | 100m: 1:04.03 | | | | | |
| 5. | Sara Korthuis | DZ&PC | 200600494 | 1:04.49 | **1:04.21** | 645 | +0,78 |
| | 50m: 29.74 | 100m: 1:04.21 | | | | | |
| 6. | Noa Hollebosch | Zwemfed | VZF/20007/07 | 1:05.19 | **1:04.26** | 643 | +0,54 |
| | 50m: 30.46 | 100m: 1:04.26 | | | | | |
| 7. | Frouke Ludwig | DZ&PC | 200800112 | 1:03.16 | **1:05.88** | 597 | +0,64 |
| | 50m: 30.57 | 100m: 1:05.88 | | | | | |
| 8. | Nova Nijziel | De Dolfijn | 200804416 | 1:06.61 | **1:08.14** | 539 | +0,76 |
| | 50m: 31.43 | 100m: 1:08.14 | | | | | |
| **Finale B** | | | | | | | |
| 10. | Frédérique Nijziel | De Dolfijn | 201103114 | 1:07.77 | **1:06.46** | 581 | |
| | 50m: 31.63 | 100m: 1:06.46 | | | | | |
| 11. | Elin Brinkhof | De Dolfijn | 200900078 | 1:07.58 | **1:06.67** | 576 | +0,83 |
| | 50m: 31.16 | 100m: 1:06.67 | | | | | |
| 12. | Liv Heijdra | Feijenoord Albion | 200800736 | 1:07.86 | **1:07.18** | 563 | +0,80 |
| | 50m: 30.54 | 100m: 1:07.18 | | | | | |
| 13. | Alessia Sluis | Dedemsvaart-AC | 200300896 | 1:08.47 | **1:07.66** | 551 | +0,80 |
| | 50m: 31.25 | 100m: 1:07.66 | | | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 6, Dames, 100m vlinderslag, Finale, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 14. | Noa van Zalk | Zpc Amersfoort | 201102534 | 1:08.64 | **1:08.28** | 536 | +0,58 |
| | 50m: 32.06 | 100m: 1:08.28 | | | | | |
| 15. | Tess Vonk | De Geul | 200900024 | 1:08.52 | **1:08.74** | 525 | +0,66 |
| | 50m: 31.91 | 100m: 1:08.74 | | | | | |
| 16. | Carla Moreno Palacios | De Dolfijn | 201002302 | 1:08.02 | **1:08.78** | 524 | +0,63 |
| | 50m: 31.56 | 100m: 1:08.78 | | | | | |
| 17. | Famke Irvine | Zpc Amersfoort | 200501724 | 1:08.76 | **1:08.84** | 523 | +0,59 |
| | 50m: 31.19 | 100m: 1:08.84 | | | | | |
| Finale C | | | | | | | |
| 19. | Fenne Metten | Zpc Amersfoort | 201000102 | 1:09.82 | **1:07.56** | 553 | +0,56 |
| | 50m: 31.55 | 100m: 1:07.56 | | | | | |
| 20. | Odenza Soselisa | Blue Marlins | 201101780 | 1:09.06 | **1:07.63** | 552 | +0,71 |
| | 50m: 31.50 | 100m: 1:07.63 | | | | | |
| 21. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 1:09.44 | **1:08.97** | 520 | |
| | 50m: 32.19 | 100m: 1:08.97 | | | | | |
| 22. | Julia Agricola | DZ&PC | 200800266 | 1:11.31 | **1:10.14** | 494 | +0,67 |
| | 50m: 32.27 | 100m: 1:10.14 | | | | | |
| 23. | Bregje Dekkers | Psv | 200900746 | 1:09.78 | **1:10.38** | 489 | +0,62 |
| | 50m: 32.64 | 100m: 1:10.38 | | | | | |
| 24. | Julia Dąbrowska | Blue Marlins | 201000300 | 1:10.65 | **1:10.40** | 489 | +0,75 |
| | 50m: 31.46 | 100m: 1:10.40 | | | | | |
| 25. | Paula Spans | Zpc Amersfoort | 201000064 | 1:10.87 | **1:10.68** | 483 | +0,81 |
| | 50m: 32.93 | 100m: 1:10.68 | | | | | |
| 26. | Luus Gielens | Psv | 200900138 | 1:11.69 | **1:11.57** | 465 | +0,90 |
| | 50m: 33.43 | 100m: 1:11.57 | | | | | |

Programmanr. 7 — Heren, 100m rugslag — Junioren 1 en ouder
1-3-2025 - 16:26 — Spring Swim record: Niels Dijkshoorn 57.07 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| Finale A | | | | | | | |
| 1. | Stan Franckx | Zwemfed | VZF/10005/02 | 56.41 | **56.58** | 758 | +0,61 |
| | 50m: 28.05 | 100m: 56.58 | | | | | |
| 2. | Giovanni Phillipson | ZV De Zaan | 200801099 | 58.24 | **57.54** | 721 | +0,69 |
| | 50m: 28.10 | 100m: 57.54 | | | | | |
| 3. | Nikodim Markovic | Blue Marlins | 200700255 | 59.33 | **58.05** | 702 | +0,63 |
| | 50m: 27.75 | 100m: 58.05 | | | | | |
| 4. | Joseph Van Wellen | Zwemfed | VZF/10016/08 | 59.75 | **59.00** | 668 | +0,61 |
| | 50m: 28.83 | 100m: 59.00 | | | | | |
| 5. | Alexander Van Hoey Billie | Zwemfed | VZF/10014/09 | 59.91 | **59.31** | 658 | +0,71 |
| | 50m: 28.53 | 100m: 59.31 | | | | | |



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LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 7, Heren, 100m rugslag, Finale, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 6. | Tiamo van der Veen | Dedemsvaart-AC | 200600033 | 59.09 | **59.55** | 650 | +0,62 |
| | 50m: 29.05 100m: 59.55 | | | | | | |
| 7. | Daan Sonneveld | Wvz | 200601085 | 58.98 | **59.95** | 637 | +0,60 |
| | 50m: 29.01 100m: 59.95 | | | | | | |
| 8. | Jisse Lousma | Wvz | 200701493 | 59.91 | **1:00.15** | 631 | +0,52 |
| | 50m: 28.99 100m: 1:00.15 | | | | | | |

Finale B

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 10. | Lars Minnaert | Psv | 200502355 | 1:00.27 | **1:00.13** | 631 | +0,57 |
| | 50m: 28.82 100m: 1:00.13 | | | | | | |
| 11. | Colin Bes | DZ&PC | 200500201 | 1:01.12 | **1:00.50** | 620 | +0,62 |
| | 50m: 29.52 100m: 1:00.50 | | | | | | |
| 12. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 1:02.28 | **1:01.23** | 598 | +0,63 |
| | 50m: 29.09 100m: 1:01.23 | | | | | | |
| 13. | Jaydey Schonewille | Steenwijk 1934 | 200800025 | 1:01.86 | **1:01.44** | 592 | +0,68 |
| | 50m: 30.10 100m: 1:01.44 | | | | | | |
| 14. | Tobian Vos | Zpc Amersfoort | 200900005 | 1:02.24 | **1:01.71** | 584 | +0,71 |
| | 50m: 30.14 100m: 1:01.71 | | | | | | |
| 15. | Floris Stork | DZ&PC | 200305075 | 1:02.98 | **1:02.72** | 556 | +0,69 |
| | 50m: 30.50 100m: 1:02.72 | | | | | | |
| 16. | Niek Sonneveld | Wvz | 200802631 | 1:03.06 | **1:03.30** | 541 | +0,66 |
| | 50m: 30.69 100m: 1:03.30 | | | | | | |
| 17. | Adriaan Coppelmans | Azc 1 | 200903243 | 1:03.14 | **1:03.37** | 539 | +0,60 |
| | 50m: 30.40 100m: 1:03.37 | | | | | | |

Finale C

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 19. | Abel op den Velde | De Duinkikkers | 201000079 | 1:04.55 | **1:04.02** | 523 | +0,79 |
| | 50m: 31.35 100m: 1:04.02 | | | | | | |
| 20. | Mart Tempelman | Dedemsvaart-AC | 200801075 | 1:05.59 | **1:04.46** | 512 | +0,67 |
| | 50m: 30.93 100m: 1:04.46 | | | | | | |
| 21. | Ivo Bot | Wiekslag | 200900509 | 1:05.87 | **1:04.82** | 504 | +0,59 |
| | 50m: 30.69 100m: 1:04.82 | | | | | | |
| 22. | Sverre van der Zwaan | Wvz | 200900737 | 1:05.25 | **1:05.75** | 483 | +0,62 |
| | 50m: 32.15 100m: 1:05.75 | | | | | | |
| 23. | Jelte de Boer | De Vikings | 200700345 | 1:06.43 | **1:06.30** | 471 | +0,67 |
| | 50m: 32.36 100m: 1:06.30 | | | | | | |
| 24. | Sven Koornstra | De Vikings | 200900189 | 1:06.75 | **1:06.66** | 463 | +0,78 |
| | 50m: 32.45 100m: 1:06.66 | | | | | | |
| 25. | Myron Artemenko | Niemo Barracuda | 201003021 | 1:06.68 | **1:07.26** | 451 | +0,67 |
| | 50m: 32.59 100m: 1:07.26 | | | | | | |
| 26. | Tim van Erven | DZ&PC | 200700175 | 1:05.75 | **1:08.18** | 433 | +0,77 |
| | 50m: 32.91 100m: 1:08.18 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 8 | Dames, 50m vrije slag | Junioren 2 en ouder
1-3-2025 - 16:34 | Spring Swim record: Kim Busch 25.27 | Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| **Finale A** | | | | | | | |
| 1. | Megan Jonkman | Blue Marlins | 200600508 | 26.69 | **26.40** | 715 | +0,82 |
| 2. | Femke Spiering | Zpc Amersfoort | 200204514 | 26.47 | **26.42** | 713 | +0,74 |
| 3. | Sara Korthuis | DZ&PC | 200600494 | 26.76 | **26.58** | 700 | +0,76 |
| 4. | Hylcke de Beer | Psv | 200700006 | 26.58 | **26.61** | 698 | |
| 5. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 26.80 | **26.85** | 679 | +0,75 |
| 6. | Nore Michiels | Zwemfed | VZF/20009/08 | 27.22 | **26.99** | 669 | +0,76 |
| 7. | Mare Schallenberg | Blue Marlins | 200600078 | 27.29 | **27.07** | 663 | |
| 8. | Lana Ravelingien | Zwemfed | VZF/20011/03 | 27.37 | **27.21** | 653 | +0,75 |
| **Finale B** | | | | | | | |
| 10. | Kinge Zandringa | De Dolfijn | 199801422 | 27.40 | **27.24** | 651 | +0,69 |
| 11. | Elise Tanis | De Dolfijn | 200200120 | 27.48 | **27.28** | 648 | |
| 12. | Kinley Cole | Psv | 200903696 | 28.01 | **27.85** | 609 | +0,64 |
| 13. | Alinda Dingshoff | De Dolfijn | 200000928 | 27.76 | **27.86** | 608 | +0,74 |
| 14. | Lola Verheijen | Psv | 201100832 | 28.18 | **27.90** | 606 | +0,74 |
| 15. | Dionne Salomons | ZC Borger | 200200504 | 28.18 | **28.27** | 582 | +0,68 |
| 16. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 28.25 | **28.40** | 574 | +0,99 |
| 17. | Breanna Belmar | Blue Marlins | 201004068 | 28.05 | **28.51** | 567 | +0,75 |
| **Finale C** | | | | | | | |
| 19. | Rhodee van den Ham | De Duinkikkers | 200700090 | 28.59 | **28.03** | 597 | |
| 20. | Liv Heijdra | Feijenoord Albion | 200800736 | 28.92 | **28.21** | 586 | +0,75 |
| 21. | Rafaela Mulders | De Reuring | 200701398 | 28.32 | **28.25** | 583 | +0,73 |
| 22. | Julie van Nispen | Z&PV Nuenen | 200800290 | 28.90 | **28.66** | 559 | +0,69 |
| 23. | Fenna Zusterzeel | Psv | 201000008 | 28.79 | **28.69** | 557 | +0,72 |
| 24. | Tessa van Beek | Dwk | 201001446 | 29.20 | **28.72** | 555 | +0,74 |
| 25. | Marije Jaspers | Neptunia '24 | 200802152 | 29.19 | **28.74** | 554 | +0,55 |
| 26. | Fenna Westerneng | DZ&PC | 200900070 | 29.10 | **28.86** | 547 | +0,77 |

Programmanr. 9 | Heren, 50m schoolslag | Junioren 1 en ouder
1-3-2025 - 16:42 | Spring Swim record: Koen de Groot 28:48 | Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| **Finale A** | | | | | | | |
| 1. | Storm Boxum | DZ&PC | 200700421 | 29.79 | **29.45** | 684 | |
| 2. | Bartel Vranken | Zwemfed | VZF/10017/07 | 29.75 | **29.46** | 683 | +0,67 |
| 3. | Matthijs van Meerendonk | DZ&PC | 199900375 | 30.16 | **29.91** | 653 | +0,67 |
| 4. | Karsten van Groenigen | Zwemfed | VZF/10013/08 | 30.36 | **30.11** | 640 | +0,72 |
| 5. | Jelle Betten | DZ&PC | 200001535 | 30.01 | **30.19** | 635 | +0,78 |
| 6. | Giovanni Phillipson | ZV De Zaan | 200801099 | 30.35 | **30.30** | 628 | +0,75 |
| 7. | Jetze de Vries | De Vikings | 200602589 | 30.65 | **30.53** | 614 | +0,69 |
| 8. | Ruben Hoeve | Dedemsvaart-AC | 200302179 | 30.61 | **30.56** | 612 | |
| **Finale B** | | | | | | | |
| 10. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 30.85 | **30.97** | 588 | +0,69 |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 9, Heren, 50m schoolslag, Finale, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 11. | Floris van der Valk | Wiekslag | 200801891 | 31.21 | **31.06** | 583 | +0,71 |
| | Daan Sonneveld | Wvz | 200601085 | 31.73 | **31.06** | 583 | +0,66 |
| 13. | Giulian Janssen | Psv | 200900125 | 31.23 | **31.22** | 574 | +0,68 |
| 14. | Darren Chen | Zpc Amersfoort | 200001149 | 31.19 | **31.34** | 567 | |
| 15. | Storm Tolsma | DZ&PC | 200600277 | 31.97 | **31.57** | 555 | |
| 16. | Bjorn Rijkaart | Wvz | 200601337 | 31.45 | **31.61** | 553 | +0,72 |
| 17. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 32.19 | **31.95** | 535 | +0,60 |
| Finale C | | | | | | | |
| 19. | Thygo van de Peppel | Blue Marlins | 200901101 | 33.39 | **32.79** | 495 | +0,81 |
| 20. | Filip Piszczynski | Ksn (Sg) | 200802125 | 32.85 | **32.81** | 494 | +0,66 |
| 21. | Lucas Bemer | De Duinkikkers | 200700219 | 33.18 | **33.09** | 482 | |
| 22. | Collard Jungeling | DZ&PC | 200701831 | 33.98 | **33.50** | 464 | +0,74 |
| 23. | Gerjan Berends | ZPC Hoogeveen | 200900169 | 34.54 | **33.84** | 450 | +0,61 |
| 24. | Ruben Nooter | Dedemsvaart-AC | 200901577 | 34.20 | **34.41** | 428 | +0,69 |
| 25. | Tygo van de Wal | Dwk | 201001329 | 34.40 | **34.44** | 427 | |
| NG.ZA | Roan van der Stege | Swol 1894 | 200900107 | 34.38 | | | |

Programmanr. 10 — Dames, 200m rugslag — Junioren 2 en ouder
1-3-2025 - 16:48 — Spring Swim record: Jinth Engelse 2.17.80 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Jinth Engelse | Blue Marlins | 200800204 | 2:16.12 | **2:16.06** | 741 | +0,66 |
| | 50m: 31.48 | 100m: 1:05.98 | 150m: 1:41.39 | 200m: 2:16.06 | | | |
| 2. | Nina van der Schrier | Azc 1 | 201000444 | 2:21.37 | **2:20.31** | 675 | +0,65 |
| | 50m: 33.73 | 100m: 1:09.74 | 150m: 1:45.79 | 200m: 2:20.31 | | | |
| 3. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 2:22.50 | **2:22.48** | 645 | +0,68 |
| | 50m: 32.84 | 100m: 1:08.45 | 150m: 1:45.64 | 200m: 2:22.48 | | | |
| 4. | Frouke Ludwig | DZ&PC | 200800112 | 2:23.01 | **2:23.87** | 627 | +0,66 |
| | 50m: 34.16 | 100m: 1:10.43 | 150m: 1:47.34 | 200m: 2:23.87 | | | |
| 5. | Jade van der Schrier | Azc 1 | 200800692 | 2:22.42 | **2:23.95** | 625 | +0,69 |
| | 50m: 34.60 | 100m: 1:10.77 | 150m: 1:49.08 | 200m: 2:23.95 | | | |
| 6. | Malin Roozeboom | Wvz | 201100006 | 2:24.75 | **2:25.45** | 606 | +0,77 |
| | 50m: 33.63 | 100m: 1:11.08 | 150m: 1:48.69 | 200m: 2:25.45 | | | |
| 7. | Fenne Metten | Zpc Amersfoort | 201000102 | 2:29.26 | **2:29.44** | 559 | +0,91 |
| | 50m: 35.78 | 100m: 1:13.23 | 150m: 1:51.94 | 200m: 2:29.44 | | | |
| 8. | Imre Bouwland | ZPC Hoogeveen | 200700388 | 2:31.67 | **2:32.10** | 530 | +0,68 |
| | 50m: 34.32 | 100m: 1:12.88 | 150m: 1:52.63 | 200m: 2:32.10 | | | |
| NG | Eefje Irvine | De Dolfijn | 200700164 | 2:29.65 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 11 — Heren, 200m vlinderslag — Junioren 1 en ouder
1-3-2025 - 16:54 — Spring Swim record: Thomas Jansen 2:01.31 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Émile Fouzaï | Zpc Amersfoort | 200500263 | 2:04.06 | **2:04.16** | 701 | +0,72 |
| | 50m: 27.47 | 100m: 58.30 | 150m: 1:30.92 | 200m: 2:04.16 | | | |
| 2. | Lars Bulman | Blue Marlins | 200600125 | 2:16.13 | **2:14.38** | 553 | |
| | 50m: 28.14 | 100m: 1:02.07 | 150m: 1:37.68 | 200m: 2:14.38 | | | |
| 3. | Jones Chuang | Psv | 200801173 | 2:20.82 | **2:17.73** | 514 | +0,69 |
| | 50m: 28.69 | 100m: 1:02.90 | 150m: 1:39.72 | 200m: 2:17.73 | | | |
| 4. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 2:18.86 | **2:18.64** | 504 | +0,73 |
| | 50m: 28.80 | 100m: 1:02.72 | 150m: 1:39.39 | 200m: 2:18.64 | | | |
| 5. | Martijn Nies | Psv | 200902095 | 2:23.92 | **2:19.62** | 493 | +0,76 |
| | 50m: 29.96 | 100m: 1:05.98 | 150m: 1:43.90 | 200m: 2:19.62 | | | |
| 6. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | 2:23.80 | **2:19.90** | 490 | +0,78 |
| | 50m: 31.55 | 100m: 1:06.95 | 150m: 1:43.47 | 200m: 2:19.90 | | | |
| 7. | Tieme Wiersma | DZ&PC | 200701031 | 2:26.46 | **2:29.44** | 402 | +0,81 |
| | 50m: 31.39 | 100m: 1:10.27 | 150m: 1:50.56 | 200m: 2:29.44 | | | |
| 8. | Myron Artemenko | Niemo Barracuda | 201003021 | 2:26.16 | **2:30.22** | 396 | |
| | 50m: 31.75 | 100m: 1:09.62 | 150m: 1:49.68 | 200m: 2:30.22 | | | |

Programmanr. 4 — Heren, 400m wisselslag — Junioren 1 en ouder
1-3-2025 - 17:20 — Spring Swim record: Thomas Jansen: 4.20.75 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Sven Klink | Swol 1894 | 200500349 | 4:32.38 | **4:32.87** | 701 | +0,77 |
| | 50m: 27.88 | 150m: 1:36.50 | 250m: 2:51.01 | 350m: 4:02.92 | | | |
| | 100m: 1:00.42 | 200m: 2:12.23 | 300m: 3:30.80 | 400m: 4:32.87 | | | |
| 2. | Tiede Groener | Psv | 200700155 | 4:42.24 | **4:39.36** | 654 | |
| | 50m: 29.23 | 150m: 1:41.06 | 250m: 2:57.76 | 350m: 4:09.52 | | | |
| | 100m: 1:02.99 | 200m: 2:17.72 | 300m: 3:37.91 | 400m: 4:39.36 | | | |
| 3. | Yarno van Dam | Acz | 200800115 | 4:43.55 | **4:45.21** | 614 | +0,72 |
| | 50m: 28.39 | 150m: 1:38.62 | 250m: 2:56.89 | 350m: 4:13.22 | | | |
| | 100m: 1:01.67 | 200m: 2:14.88 | 300m: 3:40.03 | 400m: 4:45.21 | | | |
| 4. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 5:00.05 | **4:58.55** | 535 | +0,60 |
| | 50m: 29.44 | 150m: 1:47.89 | 250m: 3:09.73 | 350m: 4:26.03 | | | |
| | 100m: 1:05.40 | 200m: 2:28.52 | 300m: 3:51.28 | 400m: 4:58.55 | | | |
| 5. | Jesse van der Meij | De Dolfijn | 200600841 | 5:04.12 | **4:59.20** | 532 | |
| | ** Eindtijd Back up tijd* | | | | | | |
| | 50m: 32.53 | 150m: 1:52.03 | 250m: 3:11.61 | 350m: 4:27.34 | | | |
| | 100m: 1:10.60 | 200m: 2:31.07 | 300m: 3:52.78 | 400m: 4:59.20 | | | |
| 6. | Jelte de Jong | Zpch | 200900975 | 5:02.21 | **5:01.04** | 522 | +0,81 |
| | 50m: 31.81 | 150m: 1:47.44 | 250m: 3:09.90 | 350m: 4:28.10 | | | |
| | 100m: 1:08.14 | 200m: 2:26.19 | 300m: 3:54.02 | 400m: 5:01.04 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 4, Heren, 400m wisselslag, Finale, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 7. | Adriaan Coppelmans | Azc 1 | 200903243 | 5:04.21 | **5:05.53** | 500 | +0,87 |
| | 50m: 32.34 | 150m: 1:49.51 | 250m: 3:12.02 | 350m: 4:32.30 | | | |
| | 100m: 1:11.76 | 200m: 2:26.90 | 300m: 3:57.35 | 400m: 5:05.53 | | | |
| 8. | Jelte de Boer | De Vikings | 200700345 | 5:02.65 | **5:15.08** | 455 | +0,75 |
| | 50m: 31.16 | 150m: 1:51.44 | 250m: 3:15.24 | 350m: 4:37.74 | | | |
| | 100m: 1:09.90 | 200m: 2:31.95 | 300m: 4:00.77 | 400m: 5:15.08 | | | |

Programmanr. 12 — Dames, 50m rugslag — Junioren 2 en ouder
1-3-2025 - 17:28 — Spring Swim record: Maaike de Waard 28.23 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| Finale A | | | | | | | |
| 1. | Jinth Engelse | Blue Marlins | 200800204 | 29.27 | **29.41** | 761 | +0,61 |
| 2. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 29.62 | **29.59** | 747 | +0,60 |
| 3. | Mare Schallenberg | Blue Marlins | 200600078 | 29.65 | **29.82** | 730 | +0,66 |
| 4. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 30.00 | **30.70** | 669 | +0,65 |
| 5. | Dionne Salomons | ZC Borger | 200200504 | 31.09 | **31.06** | 646 | +0,60 |
| 6. | Malin Roozeboom | Wvz | 201100006 | 31.08 | **31.19** | 638 | +0,76 |
| 7. | Eefje Irvine | De Dolfijn | 200700164 | NT | **31.59** | 614 | +0,64 |
| 8. | Fenna Zusterzeel | Psv | 201000008 | 32.07 | **31.69** | 608 | +0,59 |
| 9. | Nina van der Schrier | Azc 1 | 201000444 | 32.06 | **32.34** | 572 | +0,67 |
| Finale B | | | | | | | |
| 10. | Famke Irvine | Zpc Amersfoort | 200501724 | 32.11 | **32.28** | 576 | +0,74 |
| 11. | Anouk Steller | Wvz | 201000004 | 33.17 | **32.42** | 568 | +0,62 |
| 12. | Jolijn Liezen | Steenwijk 1934 | 200500518 | 32.29 | **32.47** | 566 | +0,68 |
| 13. | Maud Roffel | DZ&PC | 200700840 | 32.87 | **32.81** | 548 | +0,74 |
| 14. | Raegan Belmar | Blue Marlins | 201004070 | 33.82 | **32.88** | 545 | +0,78 |
| 15. | Liv Heijdra | Feijenoord Albion | 200800736 | 33.11 | **32.89** | 544 | +0,62 |
| 16. | Rafaela Mulders | De Reuring | 200701398 | 32.71 | **33.51** | 514 | +0,75 |
| 17. | Lola Verheijen | Psv | 201100832 | 33.93 | **33.55** | 513 | +0,77 |
| Finale C | | | | | | | |
| 19. | Marjolie Spelde | ZC Borger | 200900266 | 34.08 | **33.36** | 521 | +0,80 |
| 20. | Julie van Nispen | Z&PV Nuenen | 200800290 | 33.97 | **33.51** | 514 | +0,66 |
| 21. | Kim Bouman | Zpc Amersfoort | 201000262 | 33.99 | **33.52** | 514 | +0,69 |
| 22. | Fleur Van den Eijk | Blue Marlins | 200900304 | 34.25 | **33.53** | 514 | +0,71 |
| 23. | Amber Tiesinga | DZ&PC | 200600782 | 34.49 | **33.78** | 502 | +0,73 |
| 24. | Kinley Cole | Psv | 200903696 | 34.52 | **34.00** | 493 | +0,66 |
| 25. | Elke Kriesels | Hieronymus | 201100898 | 34.56 | **34.30** | 480 | +0,62 |
| 26. | Simone Brobbel | SG Hoeksche Waard | 201200058 | 34.58 | **34.35** | 478 | +0,70 |
| 27. | Noortje Bisperink | Zpc Amersfoort | 201100486 | 34.69 | **35.00** | 451 | +0,78 |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 13 | Heren, 100m vrije slag | Junioren 1 en ouder
1-3-2025 - 17:37 | Spring Swim record: Kyle Stolk 49.55 | Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| **Finale A** | | | | | | | |
| 1. | Giovanni Phillipson | ZV De Zaan | 200801099 | 52.46 | **51.68** | 745 | +0,76 |
| | 50m: 24.95 | 100m: 51.68 | | | | | |
| 2. | Seppe Lammens | Zwemfed | VZF/10009/07 | 51.64 | **51.75** | 742 | +0,74 |
| | 50m: 25.20 | 100m: 51.75 | | | | | |
| 3. | Stan Franckx | Zwemfed | VZF/10005/02 | 51.70 | **51.78** | 741 | |
| | 50m: 25.36 | 100m: 51.78 | | | | | |
| 4. | Bere Waerniers | Zwemfed | VZF/10018/08 | 51.83 | **51.79** | 740 | +0,72 |
| | 50m: 25.00 | 100m: 51.79 | | | | | |
| 5. | Nikodim Markovic | Blue Marlins | 200700255 | 52.92 | **51.97** | 733 | +0,97 |
| | 50m: 25.35 | 100m: 51.97 | | | | | |
| 6. | Austin Namesnik | Zpc Amersfoort | 200101817 | 51.74 | **52.03** | 730 | +0,64 |
| | 50m: 25.46 | 100m: 52.03 | | | | | |
| 7. | Émile Fouzaï | Zpc Amersfoort | 200500263 | 52.77 | **52.42** | 714 | |
| | 50m: 25.18 | 100m: 52.42 | | | | | |
| 8. | Siem de Zeeuw | O Z & P C | 200800013 | 52.61 | **52.90** | 695 | +0,74 |
| | 50m: 25.32 | 100m: 52.90 | | | | | |
| **Finale B** | | | | | | | |
| 10. | Colin Bes | DZ&PC | 200500201 | 53.22 | **52.52** | 710 | |
| | 50m: 25.52 | 100m: 52.52 | | | | | |
| 11. | Floris Stork | DZ&PC | 200305075 | 53.01 | **52.70** | 703 | +0,68 |
| | 50m: 25.53 | 100m: 52.70 | | | | | |
| 12. | Patriks Francis Pone | De Dolfijn | 200504577 | 53.29 | **52.71** | 702 | +0,66 |
| | 50m: 25.47 | 100m: 52.71 | | | | | |
| 13. | Michael Smink | Blue Marlins | 200302169 | 53.45 | **52.77** | 700 | +0,71 |
| | 50m: 25.08 | 100m: 52.77 | | | | | |
| 14. | Ronis van Everdingen | Dwk | 200300043 | 53.57 | **53.41** | 675 | +0,80 |
| | 50m: 25.73 | 100m: 53.41 | | | | | |
| 15. | Levi Kindt | Zwemfed | VZF/10007/07 | 53.45 | **53.54** | 670 | +0,67 |
| | 50m: 25.47 | 100m: 53.54 | | | | | |
| 16. | Darren Chen | Zpc Amersfoort | 200001149 | 53.92 | **53.74** | 663 | +0,67 |
| | 50m: 25.59 | 100m: 53.74 | | | | | |
| 17. | Alexander Van Hoey Billie | Zwemfed | VZF/10014/09 | 53.74 | **54.67** | 629 | +0,51 |
| | 50m: 25.93 | 100m: 54.67 | | | | | |
| **Finale C** | | | | | | | |
| 19. | Felbe van 't Land | Zpc Amersfoort | 200900027 | 54.17 | **53.27** | 680 | +0,74 |
| | 50m: 25.53 | 100m: 53.27 | | | | | |
| 20. | Tobian Vos | Zpc Amersfoort | 200900005 | 55.13 | **54.09** | 650 | |
| | 50m: 26.32 | 100m: 54.09 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 13, Heren, 100m vrije slag, Finale, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 21. | Giulian Janssen | Psv | 200900125 | 55.48 | **55.11** | 614 | +0,67 |
| | 50m: 26.23 100m: 55.11 | | | | | | |
| 22. | Tim Boerefijn | Wvz | 200802815 | 55.54 | **55.26** | 609 | +0,73 |
| | 50m: 26.36 100m: 55.26 | | | | | | |
| 23. | Tim van Erven | DZ&PC | 200700175 | 56.14 | **56.37** | 574 | +0,83 |
| | 50m: 27.46 100m: 56.37 | | | | | | |
| 24. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 57.10 | **58.13** | 523 | |
| | 50m: 27.81 100m: 58.13 | | | | | | |
| 25. | Adriaan Coppelmans | Azc 1 | 200903243 | 56.14 | **58.16** | 523 | +0,75 |
| | 50m: 27.31 100m: 58.16 | | | | | | |
| NG.ZA | Jelte de Jong | Zpch | 200900975 | 57.61 | | | |

Programmanr. 14 — Dames, 100m schoolslag — Junioren 2 en ouder
1-3-2025 - 17:46 — Spring Swim record: Tes Schouten 1.09.61 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| Finale A | | | | | | | |
| 1. | Jade Geurts | Wvz | 200402278 | 1:11.29 | **1:11.33** | 726 | +0,80 |
| | 50m: 33.75 100m: 1:11.33 | | | | | | |
| 2. | Sterre Hendriks | De Dolfijn | 200401288 | 1:12.17 | **1:11.53** | 720 | |
| | 50m: 33.28 100m: 1:11.53 | | | | | | |
| 3. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 1:12.37 | **1:12.27** | 698 | +0,74 |
| | 50m: 34.43 100m: 1:12.27 | | | | | | |
| 4. | Nina Zusterzeel | Psv | 200800656 | 1:12.26 | **1:12.77** | 684 | +0,71 |
| | 50m: 33.69 100m: 1:12.77 | | | | | | |
| 5. | Rafaela Mulders | De Reuring | 200701398 | 1:14.39 | **1:13.40** | 666 | +0,60 |
| | 50m: 34.78 100m: 1:13.40 | | | | | | |
| 6. | Jill Nai Chung Tong | Wvz | 200404272 | 1:14.17 | **1:14.39** | 640 | +0,69 |
| | 50m: 34.25 100m: 1:14.39 | | | | | | |
| 7. | Carla Moreno Palacios | De Dolfijn | 201002302 | 1:14.31 | **1:14.72** | 632 | +0,78 |
| | 50m: 34.84 100m: 1:14.72 | | | | | | |
| 8. | Paula Spans | Zpc Amersfoort | 201000064 | 1:14.77 | **1:15.20** | 620 | +0,80 |
| | 50m: 35.17 100m: 1:15.20 | | | | | | |
| Finale B | | | | | | | |
| 10. | Tess Vonk | De Geul | 200900024 | 1:16.54 | **1:16.15** | 597 | +0,65 |
| | 50m: 36.49 100m: 1:16.15 | | | | | | |
| 11. | Esmee Mulder | DZ&PC | 200800038 | 1:17.15 | **1:17.04** | 576 | |
| | 50m: 36.08 100m: 1:17.04 | | | | | | |
| 12. | Marre van der Wal | SG. Bolsward-Workum | 201000046 | 1:18.64 | **1:17.93** | 557 | +0,73 |
| | 50m: 36.65 100m: 1:17.93 | | | | | | |
| 13. | Lise Kleinbekman | DZ&PC | 200502870 | 1:18.68 | **1:18.02** | 555 | +0,75 |
| | 50m: 36.53 100m: 1:18.02 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 14, Dames, 100m schoolslag, Finale, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 14. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 1:17.43 | **1:18.24** | 550 | +0,73 |
| | 50m: 37.34 | 100m: 1:18.24 | | | | | |
| 15. | Yill van Bezouw | Hieronymus | 201100704 | 1:18.31 | **1:18.45** | 546 | +0,82 |
| | 50m: 36.81 | 100m: 1:18.45 | | | | | |
| 16. | Djelaysa Buunk | Z & PC De Zeeuwse Kı | 200900536 | 1:18.84 | **1:18.65** | 542 | |
| | 50m: 36.87 | 100m: 1:18.65 | | | | | |
| 17. | Fenna Zusterzeel | Psv | 201000008 | 1:19.35 | **1:19.28** | 529 | +0,73 |
| | 50m: 36.52 | 100m: 1:19.28 | | | | | |

Finale C

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 19. | Amber Kunst | Daw | 200900680 | 1:20.34 | **1:18.86** | 537 | |
| | 50m: 37.25 | 100m: 1:18.86 | | | | | |
| 20. | Rhodee van den Ham | De Duinkikkers | 200700090 | 1:21.14 | **1:18.96** | 535 | +0,79 |
| | 50m: 37.75 | 100m: 1:18.96 | | | | | |
| 21. | Sanne Keizer | Dedemsvaart-AC | 201001348 | 1:19.68 | **1:18.98** | 535 | +0,83 |
| | 50m: 36.65 | 100m: 1:18.98 | | | | | |
| 22. | Tess van de Steeg | Wvz | 201000016 | 1:20.62 | **1:20.07** | 513 | +0,79 |
| | 50m: 38.05 | 100m: 1:20.07 | | | | | |
| 23. | Breanna Belmar | Blue Marlins | 201004068 | 1:21.83 | **1:21.47** | 487 | +0,67 |
| | 50m: 38.42 | 100m: 1:21.47 | | | | | |
| 24. | Rixt Rothschaid | ZPC Hoogeveen | 200900026 | 1:21.37 | **1:21.64** | 484 | +0,90 |
| | 50m: 39.09 | 100m: 1:21.64 | | | | | |
| 25. | Mijke Ouderkerken | Blue Marlins | 200901254 | 1:22.12 | **1:21.72** | 483 | |
| | 50m: 38.20 | 100m: 1:21.72 | | | | | |
| 26. | Esther Dijsselhof | Dedemsvaart-AC | 200800784 | 1:22.26 | **1:23.16** | 458 | +0,74 |
| | 50m: 38.60 | 100m: 1:23.16 | | | | | |

Programmanr. 15 — Heren, 200m schoolslag — Junioren 1 en ouder
1-3-2025 - 17:55 — Spring Swim record: Luca Janssen 2:17.06 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|---|
| 1. | Storm Boxum | DZ&PC | 200700421 | | | 2:23.48 | **2:23.86** | 663 | +0,73 |
| | 50m: 32.20 | 100m: 1:08.18 | 150m: 1:45.67 | 200m: 2:23.86 | | | | | |
| 2. | Karsten van Groenigen | Zwemfed | VZF/10013/08 | | | 2:23.53 | **2:24.19** | 659 | |
| | 50m: 32.18 | 100m: 1:09.41 | 150m: 1:47.21 | 200m: 2:24.19 | | | | | |
| 3. | Bartel Vranken | Zwemfed | VZF/10017/07 | | | 2:24.09 | **2:24.36** | 656 | +0,70 |
| | 50m: 34.03 | 100m: 1:11.60 | 150m: 1:49.25 | 200m: 2:24.36 | | | | | |
| 4. | Joseph Van Wellen | Zwemfed | VZF/10016/08 | | | 2:26.28 | **2:27.41** | 616 | +0,75 |
| | 50m: 32.88 | 100m: 1:11.51 | 150m: 1:50.31 | 200m: 2:27.41 | | | | | |
| 5. | Jesse van der Meij | De Dolfijn | 200600841 | | | 2:27.27 | **2:27.95** | 610 | +0,83 |
| | 50m: 33.70 | 100m: 1:12.06 | 150m: 1:50.77 | 200m: 2:27.95 | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 15, Heren, 200m schoolslag, Finale, Junioren 1 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 6. | Sven Klink | Swol 1894 200500349 | 2:32.50 | **2:28.48** | 603 | +0,81 |
| | 50m: 33.27 | 100m: 1:11.02 150m: 1:49.33 200m: 2:28.48 | | | | |
| 7. | Bas Claerhout | Zwemfed VZF/10003/08 | 2:28.97 | **2:29.33** | 593 | +0,71 |
| | 50m: 33.54 | 100m: 1:11.73 150m: 1:50.86 200m: 2:29.33 | | | | |
| 8. | Joshua Agussalim | Wvz 200600153 | 2:29.19 | **2:30.03** | 585 | +0,56 |
| | 50m: 33.12 | 100m: 1:11.29 150m: 1:50.42 200m: 2:30.03 | | | | |

Programmanr. 16 — Dames, 200m vrije slag — Junioren 2 en ouder
1-3-2025 - 18:00 — Spring Swim record: Marjolein Delno 2:01.70 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 1. | Femke Spiering | Zpc Amersfoort 200204514 | 2:04.63 | **2:03.69** | 759 | |
| | 50m: 28.94 | 100m: 1:00.17 150m: 1:32.23 200m: 2:03.69 | | | | |
| 2. | Nore Michiels | Zwemfed VZF/20009/08 | 2:03.59 | **2:04.55** | 743 | +0,75 |
| | 50m: 28.71 | 100m: 1:00.27 150m: 1:32.80 200m: 2:04.55 | | | | |
| 3. | Sara Korthuis | DZ&PC 200600494 | 2:06.95 | **2:05.92** | 719 | +0,80 |
| | 50m: 29.60 | 100m: 1:01.94 150m: 1:34.91 200m: 2:05.92 | | | | |
| 4. | Noa Hollebosch | Zwemfed VZF/20007/07 | 2:05.89 | **2:06.10** | 716 | +0,72 |
| | 50m: 30.12 | 100m: 1:02.06 150m: 1:34.68 200m: 2:06.10 | | | | |
| 5. | Lana Ravelingien | Zwemfed VZF/20011/03 | 2:06.12 | **2:06.40** | 711 | +0,73 |
| | 50m: 29.62 | 100m: 1:01.67 150m: 1:34.40 200m: 2:06.40 | | | | |
| 6. | Jade van der Schrier | Azc 1 200800692 | 2:07.99 | **2:06.59** | 708 | +0,75 |
| | 50m: 30.25 | 100m: 1:02.32 150m: 1:34.96 200m: 2:06.59 | | | | |
| 7. | Bregje Dekkers | Psv 200900746 | 2:10.15 | **2:08.87** | 671 | +0,65 |
| | 50m: 30.49 | 100m: 1:03.30 150m: 1:36.62 200m: 2:08.87 | | | | |
| 8. | Julie van Nispen | Z&PV Nuenen 200800290 | 2:10.87 | **2:09.90** | 655 | +0,74 |
| | 50m: 30.37 | 100m: 1:03.13 150m: 1:36.35 200m: 2:09.90 | | | | |

Programmanr. 17 — Heren, 50m vlinderslag — Junioren 1 en ouder
1-3-2025 - 18:06 — Spring Swim record: Thom de Boer 23.92 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 17, Heren, 50m vlinderslag, Finale

Finale A

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | Michael Smink | Blue Marlins | 200302169 | 24.26 | **24.46** | 754 | +0,71 |
| 2. | Kia Afzali | De Vikings | 200305145 | 25.22 | **25.01** | 706 | |
| 3. | Patriks Francis Pone | De Dolfijn | 200504577 | 25.56 | **25.49** | 666 | +0,64 |
| 4. | Giovanni Phillipson | ZV De Zaan | 200801099 | 26.06 | **25.64** | 655 | +0,67 |
| 5. | Matthijs van Meerendonk | DZ&PC | 199900375 | 26.04 | **25.67** | 652 | +0,65 |
| | Jisse Lousma | Wvz | 200701493 | 26.14 | **25.67** | 652 | +0,78 |
| 7. | Lars Bulman | Blue Marlins | 200600125 | 25.71 | **25.81** | 642 | +0,71 |
| 8. | Lars Minnaert | Psv | 200502355 | 25.97 | **26.03** | 626 | +0,65 |

Finale B

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 10. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 26.40 | **26.04** | 625 | |
| 11. | Yarno van Dam | Acz | 200800115 | 26.24 | **26.05** | 624 | +0,73 |
| 12. | Floris Stork | DZ&PC | 200305075 | 26.44 | **26.26** | 609 | +0,69 |
| 13. | Lucas Bemer | De Duinkikkers | 200700219 | 26.55 | **26.28** | 608 | +0,74 |
| 14. | Jones Chuang | Psv | 200801173 | 26.65 | **26.31** | 606 | |
| 15. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 26.41 | **26.58** | 588 | +0,68 |
| 16. | Joshua Agussalim | Wvz | 200600153 | 26.42 | **26.71** | 579 | +0,66 |
| 17. | Bjorn Rijkaart | Wvz | 200601337 | 26.81 | **26.78** | 575 | +0,97 |

Finale C

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 19. | Tiamo van der Veen | Dedemsvaart-AC | 200600033 | 26.90 | **26.39** | 600 | +0,77 |
| 20. | Siem de Zeeuw | O Z & P C | 200800013 | 26.94 | **26.82** | 572 | +0,71 |
| 21. | Giulian Janssen | Psv | 200900125 | 26.99 | **26.88** | 568 | |
| 22. | Filip Piszczynski | Ksn (Sg) | 200802125 | 27.84 | **27.05** | 558 | +0,66 |
| 23. | Sven Koornstra | De Vikings | 200900189 | 27.69 | **27.16** | 551 | +0,70 |
| 24. | Gijs Vesseur | Zpc Amersfoort | 200700277 | 27.60 | **27.20** | 548 | +0,78 |
| 25. | Martijn Nies | Psv | 200902095 | 27.74 | **28.00** | 503 | +0,74 |
| 26. | Collard Jungeling | DZ&PC | 200701831 | 28.43 | **28.16** | 494 | |
| NG | Ivo Bot | Wiekslag | 200900509 | 28.51 | | | |

Programmanr. 18 — Dames, 200m wisselslag — Junioren 2 en ouder
1-3-2025 - 18:15 — Spring Swim record: Mare Schallenberg 2.19.17 — Resultaten Finale

Punten: AQUA 2024

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 1. | Zinke Delcommune | Zwemfed | VZF/20003/05 | | 2:21.41 | **2:20.32** | 726 | +0,75 |
| | 50m: 30.43 | 100m: 1:07.41 | 150m: 1:47.12 | 200m: 2:20.32 | | | | |
| 2. | Nikita van den Ouden | Psv | 199900622 | | 2:23.80 | **2:21.42** | 709 | |
| | 50m: 30.14 | 100m: 1:07.41 | 150m: 1:49.20 | 200m: 2:21.42 | | | | |
| 3. | Rhodee van den Ham | De Duinkikkers | 200700090 | | 2:28.92 | **2:26.01** | 644 | +0,80 |
| | 50m: 31.15 | 100m: 1:09.85 | 150m: 1:52.39 | 200m: 2:26.01 | | | | |
| 4. | Jill Nai Chung Tong | Wvz | 200404272 | | 2:28.51 | **2:28.61** | 611 | +0,71 |
| | 50m: 31.44 | 100m: 1:11.56 | 150m: 1:54.10 | 200m: 2:28.61 | | | | |
| 5. | Nova Nijziel | De Dolfijn | 200804416 | | 2:29.57 | **2:30.12** | 592 | +0,62 |
| | 50m: 31.70 | 100m: 1:10.35 | 150m: 1:55.68 | 200m: 2:30.12 | | | | |
| 6. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | | 2:23.81 | **2:30.15** | 592 | +0,74 |
| | 50m: 32.48 | 100m: 1:10.15 | 150m: 1:55.40 | 200m: 2:30.15 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 18, Dames, 200m wisselslag, Finale, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 7. | Niene Dewaelheyns | Zwemfed | VZF/20004/07 | 2:28.63 | **2:30.71** | 586 | +0,65 |
| | 50m: 30.32 | 100m: 1:09.63 | 150m: 1:55.37 | 200m: 2:30.71 | | | |
| 8. | Esmee Mulder | DZ&PC | 200800038 | 2:29.62 | **2:30.92** | 583 | +0,92 |
| | 50m: 31.75 | 100m: 1:11.23 | 150m: 1:55.04 | 200m: 2:30.92 | | | |

## 4 - Spring Swim sessie 4: Series 2-3-2025 - 9:00

Programmanr. 19 — Dames, 400m vrije slag — Junioren 2 en ouder
2-3-2025 - 9:00 — Spring Swim record: Serena Stel: 4.20.79 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Jade van der Schrier | Azc 1 | 200800692 | 4:27.03 | **4:24.16** | 707 | | Q |
| | 50m: 31.20 | 150m: 1:37.34 | 250m: 2:45.19 | 350m: 3:52.77 | | | | |
| | 100m: 1:03.77 | 200m: 2:10.99 | 300m: 3:18.93 | 400m: 4:24.16 | | | | |
| 2. | Nynke Boerefijn | Zpc Amersfoort | 200700114 | 4:29.78 | **4:27.61** | 680 | +0,80 | Q |
| | 50m: 30.66 | 150m: 1:39.09 | 250m: 2:47.80 | 350m: 3:54.95 | | | | |
| | 100m: 1:04.23 | 200m: 2:13.59 | 300m: 3:21.55 | 400m: 4:27.61 | | | | |
| 3. | Bregje Dekkers | Psv | 200900746 | 4:30.22 | **4:29.88** | 663 | +0,55 | Q |
| | 50m: 31.18 | 150m: 1:38.72 | 250m: 2:47.73 | 350m: 3:56.66 | | | | |
| | 100m: 1:04.61 | 200m: 2:13.14 | 300m: 3:22.18 | 400m: 4:29.88 | | | | |
| 4. | Sam De Bont | Zwemfed | VZF/20001/08 | 5:04.27 | **4:32.16** | 646 | | Q |
| | 50m: 30.73 | 150m: 1:39.55 | 250m: 2:49.36 | 350m: 3:58.52 | | | | |
| | 100m: 1:04.90 | 200m: 2:14.47 | 300m: 3:24.27 | 400m: 4:32.16 | | | | |
| 5. | Noa Hollebosch | Zwemfed | VZF/20007/07 | 4:27.28 | **4:32.72** | 642 | | Q |
| | 50m: 31.87 | 150m: 1:41.18 | 250m: 2:50.58 | 350m: 3:59.78 | | | | |
| | 100m: 1:06.29 | 200m: 2:16.10 | 300m: 3:25.12 | 400m: 4:32.72 | | | | |
| 6. | Lana Ravelingien | Zwemfed | VZF/20011/03 | 4:23.65 | **4:32.96** | 641 | +0,71 | Q |
| | 50m: 30.71 | 150m: 1:38.85 | 250m: 2:48.33 | 350m: 3:58.59 | | | | |
| | 100m: 1:04.35 | 200m: 2:13.39 | 300m: 3:23.24 | 400m: 4:32.96 | | | | |
| 7. | Fenne Metten | Zpc Amersfoort | 201000102 | 4:38.56 | **4:34.05** | 633 | +0,64 | Q |
| | 50m: 31.04 | 150m: 1:40.39 | 250m: 2:51.13 | 350m: 4:01.40 | | | | |
| | 100m: 1:05.39 | 200m: 2:16.06 | 300m: 3:26.36 | 400m: 4:34.05 | | | | |
| 8. | Julie van Nispen | Z&PV Nuenen | 200800290 | 4:27.91 | **4:35.90** | 620 | +0,71 | Q |
| | 50m: 31.01 | 150m: 1:40.15 | 250m: 2:50.45 | 350m: 4:01.32 | | | | |
| | 100m: 1:05.16 | 200m: 2:14.92 | 300m: 3:25.71 | 400m: 4:35.90 | | | | |
| 9. | Frouke Ludwig | DZ&PC | 200800112 | 4:26.97 | **4:37.18** | 612 | +0,77 | R |
| | 50m: 31.65 | 150m: 1:41.13 | 250m: 2:51.64 | 350m: 4:02.54 | | | | |
| | 100m: 1:05.99 | 200m: 2:16.66 | 300m: 3:27.00 | 400m: 4:37.18 | | | | |
| 10. | Nikita van den Ouden | Psv | 199900622 | 4:29.60 | **4:37.76** | 608 | +0,74 | R |
| | 50m: 31.28 | 150m: 1:41.46 | 250m: 2:52.19 | 350m: 4:03.82 | | | | |
| | 100m: 1:06.07 | 200m: 2:16.91 | 300m: 3:27.85 | 400m: 4:37.76 | | | | |
| 11. | Yill van Bezouw | Hieronymus | 201100704 | 4:46.03 | **4:38.29** | 605 | +0,68 | |
| | 50m: 31.03 | 150m: 1:41.77 | 250m: 2:53.01 | 350m: 4:04.43 | | | | |
| | 100m: 1:05.88 | 200m: 2:17.55 | 300m: 3:28.62 | 400m: 4:38.29 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 19, Dames, 400m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 12. | Fenna Westerneng | DZ&PC | 200900070 | | 4:38.43 | **4:42.10** | 580 | +0,77 |
| | 50m: 31.93 | 150m: 1:43.29 | 250m: 2:55.27 | 350m: 4:06.82 | | | | |
| | 100m: 1:07.38 | 200m: 2:19.46 | 300m: 3:31.39 | 400m: 4:42.10 | | | | |
| 13. | Marin Wieling | Zpc Amersfoort | 200501220 | | 4:39.89 | **4:42.49** | 578 | |
| | 50m: 31.27 | 150m: 1:42.67 | 250m: 2:55.28 | 350m: 4:07.65 | | | | |
| | 100m: 1:06.81 | 200m: 2:19.07 | 300m: 3:31.72 | 400m: 4:42.49 | | | | |
| 14. | Rhodee van den Ham | De Duinkikkers | 200700090 | | 4:37.90 | **4:43.63** | 571 | +0,80 |
| | 50m: 31.53 | 150m: 1:42.66 | 250m: 2:54.62 | 350m: 4:07.37 | | | | |
| | 100m: 1:06.52 | 200m: 2:19.10 | 300m: 3:30.76 | 400m: 4:43.63 | | | | |
| 15. | Maaike Issard | DZ&PC | 200300022 | | 4:44.51 | **4:44.00** | 569 | +0,67 |
| | 50m: 32.05 | 150m: 1:42.10 | 250m: 2:53.49 | 350m: 4:07.83 | | | | |
| | 100m: 1:07.26 | 200m: 2:17.85 | 300m: 3:30.34 | 400m: 4:44.00 | | | | |
| 16. | Elin Brinkhof | De Dolfijn | 200900078 | | 4:42.06 | **4:45.70** | 559 | +0,81 |
| | 50m: 32.09 | 150m: 1:42.74 | 250m: 2:55.49 | 350m: 4:09.65 | | | | |
| | 100m: 1:06.74 | 200m: 2:18.73 | 300m: 3:32.18 | 400m: 4:45.70 | | | | |
| 17. | Amé Hulleman | DZ&PC | 200202794 | | 4:35.83 | **4:47.03** | 551 | +0,85 |
| | 50m: 33.14 | 150m: 1:45.17 | 250m: 2:57.80 | 350m: 4:11.31 | | | | |
| | 100m: 1:08.95 | 200m: 2:21.45 | 300m: 3:34.58 | 400m: 4:47.03 | | | | |
| 18. | Imre Bouwland | ZPC Hoogeveen | 200700388 | | 4:43.19 | **4:49.98** | 534 | +0,78 |
| | 50m: 32.12 | 150m: 1:45.07 | 250m: 2:58.89 | 350m: 4:14.02 | | | | |
| | 100m: 1:08.21 | 200m: 2:22.02 | 300m: 3:36.36 | 400m: 4:49.98 | | | | |
| 19. | Milou Filemon | Blue Marlins | 201100078 | | 4:49.41 | **4:51.21** | 528 | +0,69 |
| | 50m: 32.40 | 150m: 1:45.76 | 250m: 3:01.47 | 350m: 4:15.75 | | | | |
| | 100m: 1:08.44 | 200m: 2:23.60 | 300m: 3:38.62 | 400m: 4:51.21 | | | | |
| 20. | Brechtje Slootweg | Zpc Amersfoort | 201101744 | | 4:59.91 | **4:51.51** | 526 | +0,81 |
| | 50m: 32.85 | 150m: 1:46.70 | 250m: 3:01.47 | 350m: 4:16.19 | | | | |
| | 100m: 1:09.16 | 200m: 2:24.18 | 300m: 3:39.21 | 400m: 4:51.51 | | | | |
| 21. | Djelaysa Buunk | Z & PC De Zeeuwse Kι | 200900536 | | 4:47.86 | **4:51.78** | 524 | +0,78 |
| | 50m: 32.47 | 150m: 1:45.78 | 250m: 3:00.62 | 350m: 4:15.67 | | | | |
| | 100m: 1:09.17 | 200m: 2:23.35 | 300m: 3:38.34 | 400m: 4:51.78 | | | | |
| 22. | Vera Wassink | DZ&PC | 200604976 | | 4:46.09 | **4:53.07** | 518 | +0,76 |
| | 50m: 31.76 | 150m: 1:45.57 | 250m: 3:00.95 | 350m: 4:16.38 | | | | |
| | 100m: 1:08.55 | 200m: 2:23.29 | 300m: 3:38.83 | 400m: 4:53.07 | | | | |
| 23. | Noa van Zalk | Zpc Amersfoort | 201102534 | | 4:53.83 | **4:53.64** | 515 | +0,77 |
| | 50m: 32.43 | 150m: 1:45.51 | 250m: 3:00.52 | 350m: 4:16.82 | | | | |
| | 100m: 1:08.76 | 200m: 2:23.01 | 300m: 3:38.69 | 400m: 4:53.64 | | | | |
| 24. | Yanique Bax | Zpc Amersfoort | 201001428 | | 4:58.73 | **4:53.71** | 514 | +0,67 |
| | 50m: 33.98 | 150m: 1:48.10 | 250m: 3:02.79 | 350m: 4:17.78 | | | | |
| | 100m: 1:11.21 | 200m: 2:25.17 | 300m: 3:40.44 | 400m: 4:53.71 | | | | |
| 25. | Mijke Ouderkerken | Blue Marlins | 200901254 | | 4:53.16 | **4:53.74** | 514 | |
| | 50m: 32.77 | 150m: 1:46.38 | 250m: 3:02.16 | 350m: 4:17.24 | | | | |
| | 100m: 1:08.92 | 200m: 2:24.14 | 300m: 3:39.60 | 400m: 4:53.74 | | | | |
| 26. | Raegan Belmar | Blue Marlins | 201004070 | | 4:57.98 | **4:54.52** | 510 | +0,84 |
| | 50m: 31.67 | 150m: 1:43.51 | 250m: 2:59.20 | 350m: 4:16.69 | | | | |
| | 100m: 1:06.87 | 200m: 2:21.13 | 300m: 3:38.11 | 400m: 4:54.52 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 19, Dames, 400m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 27. | Sofie Vos | ZPC Hoogeveen | 200800804 | | 5:00.15 | **5:00.90** | 478 | +0,74 |
| | 50m: 34.20 | 150m: 1:49.81 | 250m: 3:06.32 | 350m: 4:23.11 | | | | |
| | 100m: 1:12.06 | 200m: 2:28.02 | 300m: 3:44.78 | 400m: 5:00.90 | | | | |
| 28. | Kyara Balt | De Vikings | 201100306 | | 5:04.50 | **5:01.43** | 476 | |
| | 50m: 33.92 | 150m: 1:50.76 | 250m: 3:08.35 | 350m: 4:24.34 | | | | |
| | 100m: 1:11.80 | 200m: 2:30.00 | 300m: 3:46.66 | 400m: 5:01.43 | | | | |
| 29. | Lian Vonk | Zpc Amersfoort | 201001606 | | 5:04.01 | **5:02.44** | 471 | +0,56 |
| | 50m: 32.95 | 150m: 1:48.28 | 250m: 3:07.83 | 350m: 4:25.95 | | | | |
| | 100m: 1:09.62 | 200m: 2:27.65 | 300m: 3:46.87 | 400m: 5:02.44 | | | | |
| 30. | Daphne Dijsselhof | Dedemsvaart-AC | 200901690 | | 4:56.93 | **5:04.71** | 460 | +0,87 |
| | 50m: 32.81 | 150m: 1:48.58 | 250m: 3:07.45 | 350m: 4:26.37 | | | | |
| | 100m: 1:09.73 | 200m: 2:27.53 | 300m: 3:46.87 | 400m: 5:04.71 | | | | |
| 31. | Cynthia Koolman | Steenwijk 1934 | 200300232 | | 5:08.49 | **5:05.64** | 456 | +0,75 |
| | 50m: 35.08 | 150m: 1:51.27 | 250m: 3:09.08 | 350m: 4:27.05 | | | | |
| | 100m: 1:12.95 | 200m: 2:30.17 | 300m: 3:47.82 | 400m: 5:05.64 | | | | |
| 32. | Mare Offringa | SG. Bolsward-Workum | 201001110 | | 5:12.86 | **5:06.35** | 453 | +0,85 |
| | 50m: 34.09 | 150m: 1:51.11 | 250m: 3:10.27 | 350m: 4:28.64 | | | | |
| | 100m: 1:11.95 | 200m: 2:30.59 | 300m: 3:50.01 | 400m: 5:06.35 | | | | |
| 33. | Isa Segenhout | Orca Leeuwarden | 201000128 | | 5:25.50 | **5:10.42** | 435 | |
| | 50m: 34.30 | 150m: 1:53.21 | 250m: 3:13.12 | 350m: 4:31.93 | | | | |
| | 100m: 1:13.00 | 200m: 2:33.28 | 300m: 3:52.18 | 400m: 5:10.42 | | | | |
| 34. | Senna Boogmans | De Duinkikkers | 201000640 | | 5:00.15 | **5:12.16** | 428 | +0,85 |
| | 50m: 33.13 | 150m: 1:48.99 | 250m: 3:09.54 | 350m: 4:32.47 | | | | |
| | 100m: 1:10.44 | 200m: 2:28.87 | 300m: 3:51.22 | 400m: 5:12.16 | | | | |
| 35. | Kamila Makhmadiyarova | Blue Marlins | 201103178 | | 5:24.46 | **5:12.33** | 428 | +0,62 |
| | 50m: 34.92 | 150m: 1:55.09 | 250m: 3:15.84 | 350m: 4:35.43 | | | | |
| | 100m: 1:14.69 | 200m: 2:35.15 | 300m: 3:56.19 | 400m: 5:12.33 | | | | |
| 36. | Kiki Bootsman | Azuro | 200502850 | | 5:17.58 | **5:14.05** | 421 | |
| | 50m: 36.91 | 150m: 1:55.04 | 250m: 3:14.05 | 350m: 4:34.07 | | | | |
| | 100m: 1:15.99 | 200m: 2:35.13 | 300m: 3:53.80 | 400m: 5:14.05 | | | | |
| 37. | Anique Polinder | Dedemsvaart-AC | 200800008 | | 5:18.78 | **5:14.28** | 420 | +0,74 |
| | 50m: 35.08 | 150m: 1:54.49 | 250m: 3:15.52 | 350m: 4:36.84 | | | | |
| | 100m: 1:14.26 | 200m: 2:35.13 | 300m: 3:56.28 | 400m: 5:14.28 | | | | |
| 38. | Marjolie Spelde | ZC Borger | 200900266 | | 5:13.80 | **5:14.59** | 418 | +0,78 |
| | 50m: 33.29 | 150m: 1:51.73 | 250m: 3:14.32 | 350m: 4:37.10 | | | | |
| | 100m: 1:11.48 | 200m: 2:32.93 | 300m: 3:56.08 | 400m: 5:14.59 | | | | |
| 39. | Myron Dekker | ZPC Hoogeveen | 201000512 | | 5:39.61 | **5:17.99** | 405 | +0,69 |
| | 50m: 35.24 | 150m: 1:53.86 | 250m: 3:15.93 | 350m: 4:37.70 | | | | |
| | 100m: 1:13.99 | 200m: 2:34.94 | 300m: 3:56.99 | 400m: 5:17.99 | | | | |
| 40. | Elien Groothuismink | Swol 1894 | 200800920 | | 5:23.00 | **5:27.29** | 371 | +0,65 |
| | 50m: 34.99 | 150m: 1:56.38 | 250m: 3:21.36 | 350m: 4:46.34 | | | | |
| | 100m: 1:15.19 | 200m: 2:39.26 | 300m: 4:05.05 | 400m: 5:27.29 | | | | |
| 41. | Esther Dijsselhof | Dedemsvaart-AC | 200800784 | | 5:23.66 | **5:29.75** | 363 | +0,75 |
| | 50m: 34.59 | 150m: 1:54.40 | 250m: 3:19.18 | 350m: 4:46.36 | | | | |
| | 100m: 1:13.41 | 200m: 2:37.12 | 300m: 4:02.95 | 400m: 5:29.75 | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 19, Dames, 400m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 42. | Anna Schuurman | SG. Bolsward-Workum | 201000076 | 5:29.87 | **5:30.91** | 359 | +0,84 |
| | 50m: 36.76 | 150m: 1:59.27 | 250m: 3:23.80 | 350m: 4:49.85 | | | |
| | 100m: 1:17.67 | 200m: 2:41.42 | 300m: 4:06.96 | 400m: 5:30.91 | | | |
| 43. | Floortje Bakker | Blue Marlins | 201101124 | 5:45.26 | **5:44.82** | 318 | +0,78 |
| | 50m: 36.92 | 150m: 2:01.93 | 250m: 3:31.25 | 350m: 5:01.52 | | | |
| | 100m: 1:18.74 | 200m: 2:46.76 | 300m: 4:16.25 | 400m: 5:44.82 | | | |
| 44. | Jessica Dekkinga | Steenwijk 1934 | 200600180 | 5:53.29 | **5:45.90** | 315 | +0,85 |
| | 50m: 37.34 | 150m: 2:04.14 | 250m: 3:33.26 | 350m: 5:02.88 | | | |
| | 100m: 1:20.31 | 200m: 2:49.01 | 300m: 4:18.43 | 400m: 5:45.90 | | | |
| 45. | Sarah Brandes | SV Wildeshausen | 406178 | 5:52.71 | **5:47.14** | 311 | +0,60 |
| | 50m: 36.92 | 150m: 2:03.06 | 250m: 3:33.97 | 350m: 5:04.65 | | | |
| | 100m: 1:18.46 | 200m: 2:48.39 | 300m: 4:19.19 | 400m: 5:47.14 | | | |
| 46. | Syll Rinsma | DZ&PC | 201200798 | 5:48.19 | **5:48.31** | 308 | |
| | 50m: 35.91 | 150m: 2:02.66 | 250m: 3:33.55 | 350m: 5:05.21 | | | |
| | 100m: 1:18.20 | 200m: 2:47.97 | 300m: 4:19.79 | 400m: 5:48.31 | | | |
| 47. | Carlijn Aardema | ZC Borger | 201100272 | 5:46.71 | **5:50.26** | 303 | +0,92 |
| | 50m: 37.43 | 150m: 2:06.24 | 250m: 3:36.47 | 350m: 5:06.95 | | | |
| | 100m: 1:21.59 | 200m: 2:50.72 | 300m: 4:21.49 | 400m: 5:50.26 | | | |
| AFGEM | Isabella Ekberg | Zpc Amersfoort | 201202206 | 5:49.29 | | | |
| AFGEM | Lotte Lübbers | Ksn (Sg) | 200900190 | 4:55.73 | | | |
| AFGEM | Myrthe Natzijl | DZ&PC | 200400076 | 4:37.69 | | | |

Programmanr. 20 — Heren, 100m vlinderslag — Junioren 1 en ouder
2-3-2025 - 9:28 — Spring Swim record: Michael Smink: 54.05 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Michael Smink | Blue Marlins | 200302169 | 53.93 | **55.54** | 705 | +0,73 | A |
| | 50m: 25.21 | 100m: 55.54 | | | | | | |
| 2. | Bere Waerniers | Zwemfed | VZF/10018/08 | 55.89 | **55.81** | 695 | | A |
| | 50m: 26.07 | 100m: 55.81 | | | | | | |
| 3. | Émile Fouzaï | Zpc Amersfoort | 200500263 | 55.70 | **56.43** | 672 | +0,70 | A |
| | 50m: 26.71 | 100m: 56.43 | | | | | | |
| 4. | Austin Namesnik | Zpc Amersfoort | 200101817 | 54.68 | **56.58** | 667 | +0,63 | A |
| | 50m: 26.79 | 100m: 56.58 | | | | | | |
| 5. | Matthijs van Meerendonk | DZ&PC | 199900375 | 56.25 | **57.39** | 639 | | A |
| | 50m: 26.91 | 100m: 57.39 | | | | | | |
| 6. | Lars Bulman | Blue Marlins | 200600125 | 56.54 | **57.51** | 635 | | A |
| | 50m: 26.63 | 100m: 57.51 | | | | | | |
| 7. | Jisse Lousma | Wvz | 200701493 | 59.83 | **57.54** | 634 | +0,62 | A |
| | 50m: 26.94 | 100m: 57.54 | | | | | | |
| 8. | Bas Claerhout | Zwemfed | VZF/10003/08 | 57.65 | **58.20** | 613 | +0,72 | A |
| | 50m: 26.72 | 100m: 58.20 | | | | | | |
| 9. | Tiede Groener | Psv | 200700155 | 59.13 | **58.87** | 592 | +0,76 | B |
| | 50m: 27.07 | 100m: 58.87 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 20, Heren, 100m vlinderslag, Voorronde, Junioren 1 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|
| 10. | Joshua Agussalim | Wvz | 57.84 | **58.91** | 591 | +0,67 | B |
| | 50m: 26.85 100m: 58.91 | 200600153 | | | | | |
| 11. | Floris Stork | DZ&PC | 59.69 | **59.00** | 588 | +0,70 | B |
| | 50m: 28.34 100m: 59.00 | 200305075 | | | | | |
| 12. | Kia Afzali | De Vikings | NT | **59.16** | 584 | +0,67 | B |
| | 50m: 27.09 100m: 59.16 | 200305145 | | | | | |
| 13. | Levi Kindt | Zwemfed | 58.41 | **59.28** | 580 | +0,68 | B |
| | 50m: 26.90 100m: 59.28 | VZF/10007/07 | | | | | |
| 14. | Bartel Vranken | Zwemfed | 58.02 | **59.34** | 578 | +0,69 | B |
| | 50m: 27.32 100m: 59.34 | VZF/10017/07 | | | | | |
| 15. | Mikkel Grotelüschen | SV Wildeshausen | 58.92 | **59.48** | 574 | +0,75 | B |
| | 50m: 26.53 100m: 59.48 | 338479 | | | | | |
| 16. | Jasper Van Remoortere | Zwemfed | 59.61 | **59.59** | 571 | +0,72 | B |
| | 50m: 27.59 100m: 59.59 | VZF/10015/09 | | | | | |
| 17. | Pepijn van Egmond | Wvz | 59.02 | **59.83** | 564 | +0,67 | C |
| | 50m: 27.63 100m: 59.83 | 200402309 | | | | | |
| 18. | Ronis van Everdingen | Dwk | 1:00.86 | **1:00.15** | 555 | +0,81 | C |
| | 50m: 27.23 100m: 1:00.15 | 200300043 | | | | | |
| 19. | Bjorn Rijkaart | Wvz | 1:03.28 | **1:00.64** | 542 | +0,70 | C |
| | 50m: 27.92 100m: 1:00.64 | 200601337 | | | | | |
| 20. | Lars Minnaert | Psv | 1:00.51 | **1:00.72** | 540 | +0,62 | C |
| | 50m: 27.79 100m: 1:00.72 | 200502355 | | | | | |
| 21. | Jones Chuang | Psv | 58.22 | **1:00.77** | 538 | +0,61 | C |
| | 50m: 27.33 100m: 1:00.77 | 200801173 | | | | | |
| 22. | Donny van den Bosch | Wiekslag | 1:00.50 | **1:00.91** | 535 | | C |
| | 50m: 28.51 100m: 1:00.91 | 199502001 | | | | | |
| 23. | Martijn Nies | Psv | 1:03.07 | **1:01.26** | 525 | +0,80 | C |
| | 50m: 28.61 100m: 1:01.26 | 200902095 | | | | | |
| 24. | Jetze de Vries | De Vikings | 1:02.82 | **1:01.48** | 520 | | C |
| | 50m: 28.84 100m: 1:01.48 | 200602589 | | | | | |
| 25. | David Kuipers | HZ&PC Heerenveen | 1:02.37 | **1:01.58** | 517 | +0,85 | R |
| | 50m: 28.35 100m: 1:01.58 | 200003633 | | | | | |
| 26. | Tobian Vos | Zpc Amersfoort | 1:00.03 | **1:01.89** | 510 | +0,61 | R |
| | 50m: 27.88 100m: 1:01.89 | 200900005 | | | | | |
| 27. | Storm Tolsma | DZ&PC | 1:01.81 | **1:01.97** | 508 | | |
| | 50m: 28.56 100m: 1:01.97 | 200600277 | | | | | |
| 28. | Alexander Griston | De Dolfijn | 1:05.69 | **1:02.01** | 507 | +0,74 | |
| | 50m: 29.51 100m: 1:02.01 | 200803053 | | | | | |
| 29. | Sven Koornstra | De Vikings | 1:03.04 | **1:02.12** | 504 | +0,78 | |
| | 50m: 28.49 100m: 1:02.12 | 200900189 | | | | | |
| 30. | Lucas Bemer | De Duinkikkers | 1:02.07 | **1:02.20** | 502 | | |
| | 50m: 28.37 100m: 1:02.20 | 200700219 | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 20, Heren, 100m vlinderslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 31. | Stan Tibben | Dedemsvaart-AC | 200503591 | 1:01.93 | **1:02.28** | 500 | |
| | 50m: 28.42 | 100m: 1:02.28 | | | | | |
| 32. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | 1:02.36 | **1:03.03** | 482 | +0,75 |
| | 50m: 29.57 | 100m: 1:03.03 | | | | | |
| 33. | Floris van der Valk | Wiekslag | 200801891 | 1:04.64 | **1:03.36** | 475 | |
| | 50m: 29.21 | 100m: 1:03.36 | | | | | |
| | Bas Blanker | Acz | 200601497 | 1:02.21 | **1:03.36** | 475 | +0,66 |
| | 50m: 28.54 | 100m: 1:03.36 | | | | | |
| 35. | Collard Jungeling | DZ&PC | 200701831 | 1:00.66 | **1:03.93** | 462 | +0,72 |
| | 50m: 29.43 | 100m: 1:03.93 | | | | | |
| 36. | Evren Ege Orcunus | De Dolfijn | 201003253 | 1:04.67 | **1:04.02** | 460 | +0,69 |
| | 50m: 29.81 | 100m: 1:04.02 | | | | | |
| 37. | Tim Boerefijn | Wvz | 200802815 | 1:05.05 | **1:04.05** | 460 | +0,76 |
| | 50m: 29.19 | 100m: 1:04.05 | | | | | |
| 38. | Filip Piszczynski | Ksn (Sg) | 200802125 | 1:02.61 | **1:04.20** | 456 | +0,74 |
| | 50m: 29.29 | 100m: 1:04.20 | | | | | |
| 39. | Fynn Grotelüschen | SV Wildeshausen | 310328 | 1:04.65 | **1:04.36** | 453 | +0,72 |
| | 50m: 28.62 | 100m: 1:04.36 | | | | | |
| 40. | Jaydey Schonewille | Steenwijk 1934 | 200800025 | 1:02.66 | **1:04.71** | 446 | +0,75 |
| | 50m: 29.66 | 100m: 1:04.71 | | | | | |
| 41. | Jelte de Boer | De Vikings | 200700345 | 1:05.39 | **1:05.25** | 435 | |
| | 50m: 29.98 | 100m: 1:05.25 | | | | | |
| 42. | Sascha Timmer | Azc 1 | 200902987 | 1:05.26 | **1:05.38** | 432 | +0,61 |
| | 50m: 30.00 | 100m: 1:05.38 | | | | | |
| 43. | Tim van Erven | DZ&PC | 200700175 | 1:02.86 | **1:05.39** | 432 | +0,73 |
| | 50m: 30.21 | 100m: 1:05.39 | | | | | |
| 44. | Sven Potappel | Dwk | 201000127 | 1:07.95 | **1:05.60** | 428 | |
| | 50m: 30.47 | 100m: 1:05.60 | | | | | |
| 45. | Aidan van der Stelt | Blue Marlins | 200900901 | 1:06.65 | **1:05.99** | 420 | +0,79 |
| | 50m: 30.79 | 100m: 1:05.99 | | | | | |
| 46. | Daequan Ramos | ZPC Hoogeveen | 200901709 | 1:06.32 | **1:06.40** | 413 | +0,81 |
| | 50m: 29.86 | 100m: 1:06.40 | | | | | |
| 47. | Henry Watson | De Dolfijn | 201001703 | 1:11.62 | **1:06.57** | 409 | +0,75 |
| | 50m: 30.44 | 100m: 1:06.57 | | | | | |
| 48. | Jere Wiersma | DZ&PC | 200701037 | 1:06.85 | **1:07.30** | 396 | |
| | 50m: 30.64 | 100m: 1:07.30 | | | | | |
| 49. | Niek Sonneveld | Wvz | 200802631 | 1:13.09 | **1:07.31** | 396 | +0,73 |
| | 50m: 31.30 | 100m: 1:07.31 | | | | | |
| 50. | Nathan Magava | De Dolfijn | 201003067 | 1:07.92 | **1:07.48** | 393 | +0,62 |
| | 50m: 30.45 | 100m: 1:07.48 | | | | | |
| 51. | Mart Tempelman | Dedemsvaart-AC | 200801075 | 1:06.68 | **1:08.25** | 380 | +0,68 |
| | 50m: 30.26 | 100m: 1:08.25 | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 20, Heren, 100m vlinderslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 52. | Art Jin van der Ent | Blue Marlins | 200903785 | 1:10.12 | **1:08.37** | 378 | |
| | 50m: 32.00 100m: 1:08.37 | | | | | | |
| 53. | Brian Arturo Bloemsma | De Dolfijn | 200901155 | 1:12.47 | **1:08.69** | 373 | +0,58 |
| | 50m: 30.64 100m: 1:08.69 | | | | | | |
| 54. | Ruben Nooter | Dedemsvaart-AC | 200901577 | 1:09.87 | **1:09.01** | 367 | +0,72 |
| | 50m: 31.87 100m: 1:09.01 | | | | | | |
| 55. | Giovanni Wolfgang | MSV-Zeemacht | 201100859 | 1:09.96 | **1:09.09** | 366 | +0,65 |
| | 50m: 32.06 100m: 1:09.09 | | | | | | |
| 56. | Twan Wielage | Ksn (Sg) | 200902671 | 1:17.45 | **1:09.15** | 365 | +0,65 |
| | 50m: 32.12 100m: 1:09.15 | | | | | | |
| 57. | Kylian Kooijman | Steenwijk 1934 | 199900763 | 1:10.45 | **1:09.57** | 359 | +0,77 |
| | 50m: 30.78 100m: 1:09.57 | | | | | | |
| 58. | Cayden Malone | De Dolfijn | 201002195 | 1:15.72 | **1:10.10** | 351 | +0,69 |
| | 50m: 31.81 100m: 1:10.10 | | | | | | |
| 59. | Izayah Castillo | Blue Marlins | 201100311 | 1:25.61 | **1:11.08** | 336 | +0,71 |
| | 50m: 31.54 100m: 1:11.08 | | | | | | |
| 60. | Milan Schuilenburg | Zpc Amersfoort | 201000935 | 1:14.14 | **1:11.43** | 331 | |
| | 50m: 32.50 100m: 1:11.43 | | | | | | |
| 61. | Amor van der Veen | Dedemsvaart-AC | 201100197 | 1:11.08 | **1:12.09** | 322 | +0,55 |
| | 50m: 32.63 100m: 1:12.09 | | | | | | |
| 62. | Joey Snabel | Zpc Amersfoort | 201002847 | 1:13.39 | **1:12.51** | 317 | +0,67 |
| | 50m: 31.99 100m: 1:12.51 | | | | | | |
| 63. | Douwe Enzerink | Zpc Amersfoort | 201102657 | 1:12.91 | **1:12.53** | 316 | +0,60 |
| | 50m: 32.96 100m: 1:12.53 | | | | | | |
| 64. | Dyon Scholten | Steenwijk 1934 | 200900095 | 1:18.92 | **1:12.60** | 316 | +0,86 |
| | 50m: 32.48 100m: 1:12.60 | | | | | | |
| 65. | Robin Mintjes | HZ&PC Heerenveen | 201000957 | 1:16.80 | **1:12.67** | 315 | +0,85 |
| | 50m: 33.38 100m: 1:12.67 | | | | | | |
| 66. | Kasper Lubbers | Orca Leeuwarden | 201100025 | 1:12.75 | **1:13.22** | 308 | +0,64 |
| | 50m: 34.36 100m: 1:13.22 | | | | | | |
| 67. | Kyaro Giuliano | De Dolfijn | 201000489 | 1:15.13 | **1:14.86** | 288 | |
| | 50m: 34.46 100m: 1:14.86 | | | | | | |
| 68. | Marcelo Fritz Medina | De Dolfijn | 201201885 | 1:16.24 | **1:15.09** | 285 | +0,76 |
| | 50m: 35.59 100m: 1:15.09 | | | | | | |
| 69. | David van der Valk | Wiekslag | 201100519 | 1:24.38 | **1:15.47** | 281 | +0,50 |
| | 50m: 33.83 100m: 1:15.47 | | | | | | |
| 70. | Dirk Hoogeveen | Dedemsvaart-AC | 200702595 | 1:16.37 | **1:15.79** | 277 | +0,80 |
| | 50m: 33.43 100m: 1:15.79 | | | | | | |
| 71. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | 1:22.93 | **1:16.02** | 275 | +0,53 |
| | 50m: 33.48 100m: 1:16.02 | | | | | | |
| 72. | Daan Mulder | Ksn (Sg) | 201100267 | 1:22.05 | **1:16.65** | 268 | +0,83 |
| | 50m: 34.70 100m: 1:16.65 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 20, Heren, 100m vlinderslag, Voorronde, Junioren 1 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|
| 73. | Mathijs Haitsma | F.Z.C.'54 200700039 | 1:15.07 | **1:16.95** | 265 | +0,79 |
| | 50m: 33.30 | 100m: 1:16.95 | | | | |
| 74. | Milan Eikenaar | Swol 1894 201100599 | 1:26.58 | **1:17.16** | 263 | +0,83 |
| | 50m: 35.70 | 100m: 1:17.16 | | | | |
| 75. | Vince van Dam | Acz 201000405 | 1:18.04 | **1:20.45** | 232 | +0,70 |
| | 50m: 35.10 | 100m: 1:20.45 | | | | |
| 76. | Tim Koornstra | De Vikings 201200231 | 1:22.51 | **1:21.22** | 225 | +0,80 |
| | 50m: 36.77 | 100m: 1:21.22 | | | | |
| 77. | Joep Barwegen | HZ&PC Heerenveen 201201823 | 1:26.96 | **1:23.19** | 210 | +0,74 |
| | 50m: 38.04 | 100m: 1:23.19 | | | | |
| 78. | Guust Heijne | Dwk 201202139 | 1:29.13 | **1:23.46** | 208 | +0,78 |
| | 50m: 37.86 | 100m: 1:23.46 | | | | |
| 79. | Rio Babic | Steenwijk 1934 201200867 | 1:26.76 | **1:23.74** | 205 | |
| | 50m: 37.08 | 100m: 1:23.74 | | | | |
| 80. | Gijs Leeneman | HZ&PC Heerenveen 201200479 | 1:28.54 | **1:26.63** | 185 | +0,48 |
| | 50m: 39.59 | 100m: 1:26.63 | | | | |
| 81. | Revel Harmer | Blue Marlins 201103467 | 1:24.18 | **1:26.87** | 184 | +0,69 |
| | 50m: 35.64 | 100m: 1:26.87 | | | | |
| 82. | Stef van de Wal | Dwk 201200803 | 1:37.83 | **1:26.98** | 183 | +0,87 |
| | 50m: 38.25 | 100m: 1:26.98 | | | | |
| 83. | Quinten van Zanten | De Vikings 201102249 | 1:35.26 | **1:31.90** | 155 | +0,52 |
| | 50m: 41.50 | 100m: 1:31.90 | | | | |
| 84. | Casper Miltenburg | De Dolfijn 201201157 | 1:30.46 | **1:34.40** | 143 | +0,67 |
| | 50m: 40.38 | 100m: 1:34.40 | | | | |
| 85. | Arian Thies | SV Wildeshausen 447672 | 1:43.04 | **1:43.21** | 109 | |
| | 50m: 45.59 | 100m: 1:43.21 | | | | |
| NG.ZA | Erdi-Vahap Ilboga | SV Wildeshausen 324753 | 59.29 | | | |
| NG.ZA | Paul Pickart | SV Wildeshausen 481999 | 1:21.00 | | | |
| AFGEM | Sven Casper Hageman | Steenwijk 1934 201000009 | 1:11.14 | | | |
| AFGEM | Vasco Strampel | Steenwijk 1934 200702073 | 1:20.86 | | | |
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden 201100205 | 1:19.51 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 21 | Dames, 100m rugslag | Junioren 2 en ouder
2-3-2025 - 9:44 | Spring Swim record: Maaike de Waard 1:02.11 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Jinth Engelse | Blue Marlins | 200800204 | 1:01.80 | **1:03.29** | 743 | +0,63 A |
| | 50m: 30.79 | 100m: 1:03.29 | | | | | |
| 2. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 1:01.99 | **1:03.82** | 724 | +0,62 A |
| | 50m: 30.55 | 100m: 1:03.82 | | | | | |
| 3. | Sara Korthuis | DZ&PC | 200600494 | 1:02.73 | **1:05.85** | 659 | +0,71 A |
| | 50m: 32.34 | 100m: 1:05.85 | | | | | |
| 4. | Mare Schallenberg | Blue Marlins | 200600078 | 1:03.01 | **1:06.07** | 653 | +0,68 A |
| | 50m: 32.51 | 100m: 1:06.07 | | | | | |
| 5. | Malin Roozeboom | Wvz | 201100006 | 1:07.08 | **1:06.97** | 627 | +0,77 A |
| | 50m: 32.36 | 100m: 1:06.97 | | | | | |
| 6. | Nore Michiels | Zwemfed | VZF/20009/08 | 1:07.64 | **1:07.45** | 614 | +0,61 A |
| | 50m: 32.39 | 100m: 1:07.45 | | | | | |
| 7. | Nina van der Schrier | Azc 1 | 201000444 | 1:07.12 | **1:08.41** | 588 | +0,68 A |
| | 50m: 33.44 | 100m: 1:08.41 | | | | | |
| 8. | Arianne Kooijinga | DZ&PC | 200001544 | 1:09.50 | **1:08.64** | 582 | +0,59 A |
| | 50m: 33.03 | 100m: 1:08.64 | | | | | |
| 9. | Nienke Koster | ZPC Hoogeveen | 200900612 | 1:07.21 | **1:09.09** | 571 | +0,60 B |
| | 50m: 33.35 | 100m: 1:09.09 | | | | | |
| 10. | Fenna Zusterzeel | Psv | 201000008 | 1:07.63 | **1:09.12** | 570 | +0,59 B |
| | 50m: 33.43 | 100m: 1:09.12 | | | | | |
| 11. | Dionne Salomons | ZC Borger | 200200504 | 1:06.88 | **1:09.38** | 564 | +0,62 B |
| | 50m: 33.84 | 100m: 1:09.38 | | | | | |
| 12. | Esmee Mulder | DZ&PC | 200800038 | 1:08.44 | **1:10.09** | 547 | +0,60 B |
| | 50m: 33.77 | 100m: 1:10.09 | | | | | |
| 13. | Luus Gielens | Psv | 200900138 | 1:09.40 | **1:10.32** | 541 | +0,81 B |
| | 50m: 34.66 | 100m: 1:10.32 | | | | | |
| 14. | Jolijn Liezen | Steenwijk 1934 | 200500518 | 1:09.08 | **1:10.46** | 538 | +0,69 B |
| | 50m: 33.88 | 100m: 1:10.46 | | | | | |
| | Marlies Dijsselhof | Dedemsvaart-AC | 200601046 | 1:10.91 | **1:10.46** | 538 | +0,82 B |
| | 50m: 34.27 | 100m: 1:10.46 | | | | | |
| 16. | Jill Nai Chung Tong | Wvz | 200404272 | 1:08.48 | **1:10.53** | 537 | +0,76 B |
| | 50m: 32.58 | 100m: 1:10.53 | | | | | |
| 17. | Frédérique Nijziel | De Dolfijn | 201103114 | 1:10.50 | **1:10.62** | 535 | +0,68 C |
| | 50m: 33.05 | 100m: 1:10.62 | | | | | |
| 18. | Maud Roffel | DZ&PC | 200700840 | 1:10.46 | **1:10.85** | 529 | +0,73 C |
| | 50m: 34.52 | 100m: 1:10.85 | | | | | |
| 19. | Liv Heijdra | Feijenoord Albion | 200800736 | 1:09.63 | **1:10.93** | 528 | +0,62 C |
| | 50m: 33.65 | 100m: 1:10.93 | | | | | |
| 20. | Julia Dąbrowska | Blue Marlins | 201000300 | 1:11.71 | **1:11.41** | 517 | +0,63 C |
| | 50m: 33.98 | 100m: 1:11.41 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 21, Dames, 100m rugslag, Voorronde, Junioren 2 en ouder

| Rang | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|
| 21. | Anouk Steller | Wvz 201000004 | 1:09.47 | **1:11.42** | 517 | +0,65 | C |
| | 50m: 34.02 | 100m: 1:11.42 | | | | | |
| 22. | Imre Bouwland | ZPC Hoogeveen 200700388 | 1:12.70 | **1:11.76** | 509 | +0,69 | C |
| | 50m: 34.62 | 100m: 1:11.76 | | | | | |
| 23. | Marjolie Spelde | ZC Borger 200900266 | 1:12.57 | **1:11.91** | 506 | +0,73 | C |
| | 50m: 34.66 | 100m: 1:11.91 | | | | | |
| 24. | Nora Lynn Otten | ZPC Hoogeveen 200903338 | 1:11.82 | **1:12.67** | 490 | +0,81 | C |
| | 50m: 35.20 | 100m: 1:12.67 | | | | | |
| 25. | Simone Brobbel | SG Hoeksche Waard 201200058 | 1:13.76 | **1:13.14** | 481 | +0,90 | R |
| | 50m: 35.92 | 100m: 1:13.14 | | | | | |
| 26. | Elin Reinstra | TriVia 201100842 | 1:10.06 | **1:13.16** | 481 | +0,71 | R |
| | 50m: 35.75 | 100m: 1:13.16 | | | | | |
| 27. | Noortje Bisperink | Zpc Amersfoort 201100486 | 1:14.84 | **1:13.38** | 476 | +0,72 | |
| | 50m: 35.53 | 100m: 1:13.38 | | | | | |
| 28. | Raegan Belmar | Blue Marlins 201004070 | 1:11.07 | **1:13.46** | 475 | +0,80 | |
| | 50m: 34.97 | 100m: 1:13.46 | | | | | |
| 29. | Amber Kunst | Daw 200900680 | 1:14.19 | **1:13.59** | 472 | +0,62 | |
| | 50m: 35.46 | 100m: 1:13.59 | | | | | |
| 30. | Esmee van der Tuuk<br>** Eindtijd Back up tijd* | ZPC Hoogeveen 200800682 | 1:11.64 | **1:13.65** | 471 | +0,79 | |
| | 50m: 35.68 | 100m: 1:13.65 | | | | | |
| 31. | Ylène Zondervan | Zpc Amersfoort 201200016 | 1:13.33 | **1:13.78** | 469 | +0,69 | |
| | 50m: 36.20 | 100m: 1:13.78 | | | | | |
| 32. | Tess van de Steeg | Wvz 201000016 | 1:13.05 | **1:13.81** | 468 | +0,73 | |
| | 50m: 35.78 | 100m: 1:13.81 | | | | | |
| 33. | Julie van Nispen | Z&PV Nuenen 200800290 | 1:10.61 | **1:13.86** | 467 | +0,68 | |
| | 50m: 36.03 | 100m: 1:13.86 | | | | | |
| 34. | Yanique Bax | Zpc Amersfoort 201001428 | 1:14.27 | **1:14.27** | 459 | +0,70 | |
| | 50m: 35.70 | 100m: 1:14.27 | | | | | |
| 35. | Finja Richter | Wardenburger SC 383208 | 1:14.39 | **1:14.42** | 457 | +0,54 | |
| | 50m: 35.58 | 100m: 1:14.42 | | | | | |
| | Elke Kriesels | Hieronymus 201100898 | 1:14.07 | **1:14.42** | 457 | +0,62 | |
| | 50m: 36.13 | 100m: 1:14.42 | | | | | |
| 37. | Kim Bouman | Zpc Amersfoort 201000262 | 1:10.32 | **1:14.56** | 454 | +0,68 | |
| | 50m: 35.32 | 100m: 1:14.56 | | | | | |
| 38. | Sofie Vos | ZPC Hoogeveen 200800804 | 1:12.95 | **1:14.59** | 454 | +0,75 | |
| | 50m: 36.11 | 100m: 1:14.59 | | | | | |
| 39. | Vivian Nooter | Dedemsvaart-AC 200703614 | 1:15.06 | **1:14.72** | 451 | +0,67 | |
| | 50m: 35.91 | 100m: 1:14.72 | | | | | |
| 40. | Eva ter Horst | ZPC Hoogeveen 201200070 | 1:16.99 | **1:14.85** | 449 | +0,71 | |
| | 50m: 35.90 | 100m: 1:14.85 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 21, Dames, 100m rugslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 41. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 1:17.57 | **1:15.01** | 446 | +0,62 |
| | 50m: 35.27 100m: 1:15.01 | | | | | | |
| 42. | Carla Moreno Palacios | De Dolfijn | 201002302 | 1:14.60 | **1:15.46** | 438 | +0,73 |
| | 50m: 36.16 100m: 1:15.46 | | | | | | |
| 43. | Wieke Dekker | De Dolfijn | 201002020 | 1:16.27 | **1:15.49** | 438 | +0,63 |
| | 50m: 36.42 100m: 1:15.49 | | | | | | |
| 44. | Esmee Reuver | ZC Polaris | 201100846 | 1:15.02 | **1:15.72** | 434 | +0,70 |
| | 50m: 36.49 100m: 1:15.72 | | | | | | |
| 45. | Milou Filemon | Blue Marlins | 201100078 | 1:14.05 | **1:15.74** | 433 | +0,71 |
| | 50m: 36.99 100m: 1:15.74 | | | | | | |
| 46. | Julia Agricola | DZ&PC | 200800266 | 1:14.42 | **1:15.82** | 432 | +0,65 |
| | 50m: 36.03 100m: 1:15.82 | | | | | | |
| 47. | Ilse Jongepier | TriVia | 201000006 | 1:18.84 | **1:16.12** | 427 | +0,67 |
| | 50m: 37.35 100m: 1:16.12 | | | | | | |
| 48. | Mirthe de Haan | Zcnf'34 | 201000866 | 1:14.36 | **1:16.45** | 421 | +0,61 |
| | 50m: 36.91 100m: 1:16.45 | | | | | | |
| 49. | Fleur Van den Eijk | Blue Marlins | 200900304 | 1:16.71 | **1:16.61** | 419 | +0,68 |
| | 50m: 36.62 100m: 1:16.61 | | | | | | |
| 50. | Eva Maria Keet | Zpc Amersfoort | 201003006 | 1:17.38 | **1:16.74** | 416 | +0,91 |
| | 50m: 37.22 100m: 1:16.74 | | | | | | |
| 51. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 1:18.71 | **1:16.97** | 413 | +0,72 |
| | 50m: 37.04 100m: 1:16.97 | | | | | | |
| | Devenda van der Meer | DZ&PC | 200900948 | 1:21.90 | **1:16.97** | 413 | +0,64 |
| | 50m: 36.49 100m: 1:16.97 | | | | | | |
| 53. | Hanna Sampimon | Ksn (Sg) | 200901824 | 1:16.19 | **1:17.02** | 412 | +0,55 |
| | 50m: 38.05 100m: 1:17.02 | | | | | | |
| 54. | Lyanne Pathuis | Bubble | 200800042 | 1:15.63 | **1:17.43** | 405 | +0,71 |
| | 50m: 36.33 100m: 1:17.43 | | | | | | |
| 55. | Esmee van Peer | TriVia | 200201114 | 1:18.53 | **1:17.79** | 400 | +0,78 |
| | 50m: 37.60 100m: 1:17.79 | | | | | | |
| 56. | Evita Hoornweg | TriVia | 201002046 | 1:20.91 | **1:17.80** | 400 | +0,75 |
| | 50m: 36.85 100m: 1:17.80 | | | | | | |
| 57. | Femke ter Horst | ZPC Hoogeveen | 201000108 | 1:16.97 | **1:17.82** | 399 | +0,77 |
| | 50m: 37.09 100m: 1:17.82 | | | | | | |
| 58. | Hanna Heller | Zpc Amersfoort | 201102730 | 1:16.60 | **1:18.30** | 392 | +0,81 |
| | 50m: 39.23 100m: 1:18.30 | | | | | | |
| 59. | Lana Noordenbos | Orca Leeuwarden | 201100958 | 1:21.50 | **1:19.63** | 373 | +0,74 |
| | 50m: 38.00 100m: 1:19.63 | | | | | | |
| | Melody Paulussen | De Dolfijn | 201101106 | 1:19.60 | **1:19.63** | 373 | +0,71 |
| | 50m: 38.74 100m: 1:19.63 | | | | | | |
| 61. | Fenna Gabriels | ZPC Hoogeveen | 201201230 | 1:19.01 | **1:19.91** | 369 | +0,70 |
| | 50m: 38.68 100m: 1:19.91 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 21, Dames, 100m rugslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 62. | Sara van Dijk | TriVia | 201001120 | 1:24.93 | **1:20.26** | 364 | +0,74 |
| | 50m: 38.16 100m: 1:20.26 | | | | | | |
| 63. | S. Eagleton-Zambrano | Blue Marlins | 201103862 | 1:20.19 | **1:21.20** | 351 | +0,67 |
| | 50m: 39.85 100m: 1:21.20 | | | | | | |
| 64. | Jildau Folmer | SG. Bolsward-Workum | 201002600 | 1:18.40 | **1:21.38** | 349 | +0,84 |
| | 50m: 38.20 100m: 1:21.38 | | | | | | |
| 65. | Alena Ytsma | HZ&PC Heerenveen | 201201736 | 1:21.00 | **1:21.45** | 348 | +0,75 |
| | 50m: 39.69 100m: 1:21.45 | | | | | | |
| 66. | Kim Koeling | Ksn (Sg) | 201201216 | 1:22.12 | **1:21.50** | 348 | +0,86 |
| | 50m: 39.87 100m: 1:21.50 | | | | | | |
| 67. | Elize Schierbeek | TriVia | 201100652 | 1:23.66 | **1:21.53** | 347 | +0,74 |
| | 50m: 39.95 100m: 1:21.53 | | | | | | |
| 68. | Norell Kroeze | ZC Polaris | 201100378 | 1:20.86 | **1:21.56** | 347 | +0,73 |
| | 50m: 39.68 100m: 1:21.56 | | | | | | |
| 69. | Bente Toth | Zpc Amersfoort | 201102818 | 1:27.55 | **1:21.82** | 344 | +0,74 |
| | 50m: 39.83 100m: 1:21.82 | | | | | | |
| 70. | Femke van der Veen | Orca Leeuwarden | 201100962 | 1:22.37 | **1:22.21** | 339 | +0,82 |
| | 50m: 39.49 100m: 1:22.21 | | | | | | |
| 71. | Marlene Bührmann | SV Wildeshausen | 406182 | 1:15.90 | **1:22.26** | 338 | +0,63 |
| | 50m: 38.71 100m: 1:22.26 | | | | | | |
| 72. | Aline Strijker | Ksn (Sg) | 201100362 | 1:22.16 | **1:23.03** | 329 | +0,64 |
| | 50m: 40.41 100m: 1:23.03 | | | | | | |
| 73. | Fabiën van Halderen | ZPC Hoogeveen | 201200412 | 1:32.43 | **1:24.11** | 316 | +0,94 |
| | 50m: 40.70 100m: 1:24.11 | | | | | | |
| 74. | Jade van der Veen | ZPC Hoogeveen | 201200416 | 1:33.87 | **1:24.28** | 314 | +0,83 |
| | 50m: 41.16 100m: 1:24.28 | | | | | | |
| 75. | Evy Anna Nijdam | Orca Leeuwarden | 201100834 | 1:25.36 | **1:25.02** | 306 | +0,97 |
| | 50m: 41.42 100m: 1:25.02 | | | | | | |
| 76. | Emma Koeleman | Z&PC de Inktvis | 200901762 | 1:30.02 | **1:25.04** | 306 | +0,81 |
| | 50m: 40.94 100m: 1:25.04 | | | | | | |
| 77. | Yenthe Segeren | F.Z.C.'54 | 200801440 | 1:21.71 | **1:25.08** | 305 | +0,88 |
| | 50m: 40.51 100m: 1:25.08 | | | | | | |
| 78. | Jelena Krikke | DZ&PC | 200405874 | 1:29.69 | **1:25.82** | 298 | +0,71 |
| | 50m: 40.58 100m: 1:25.82 | | | | | | |
| 79. | Lena Diekamp | SV Wildeshausen | 427914 | 1:25.33 | **1:25.93** | 296 | +0,80 |
| | 50m: 41.02 100m: 1:25.93 | | | | | | |
| 80. | Nienke Smid | ZPC de Kanaalstreek | 201000468 | 1:25.99 | **1:26.04** | 295 | +0,77 |
| | 50m: 39.78 100m: 1:26.04 | | | | | | |
| 81. | Linthe Van Gelderen | Ksn (Sg) | 201201220 | 1:30.91 | **1:26.42** | 291 | +0,82 |
| | 50m: 42.24 100m: 1:26.42 | | | | | | |
| 82. | Ranomi Zeegers | De Vikings | 201201512 | 1:26.93 | **1:26.83** | 287 | +0,75 |
| | 50m: 27.94 100m: 1:26.83 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 21, Dames, 100m rugslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 83. | Sophie Feiertag | ZC Polaris | 200901144 | 1:29.19 | **1:27.16** | 284 | +0,72 |
| | 50m: 42.23 | 100m: 1:27.16 | | | | | |
| 84. | Saar Meems | ZC Polaris | 201200946 | 1:28.66 | **1:27.45** | 281 | +0,86 |
| | 50m: 43.12 | 100m: 1:27.45 | | | | | |
| 85. | Femke Griemink | Ksn (Sg) | 200802376 | 1:29.87 | **1:29.27** | 264 | +0,95 |
| | 50m: 42.93 | 100m: 1:29.27 | | | | | |
| 86. | Stella Hooisma | Z&PC de Inktvis | 200801888 | 1:32.04 | **1:29.88** | 259 | +0,81 |
| | 50m: 42.77 | 100m: 1:29.88 | | | | | |
| 87. | Floortje Bakker | Blue Marlins | 201101124 | 1:32.73 | **1:29.98** | 258 | +0,79 |
| | 50m: 43.54 | 100m: 1:29.98 | | | | | |
| 88. | Elske de Vries | De Vikings | 200800786 | 1:33.21 | **1:31.49** | 246 | +0,72 |
| | 50m: 45.79 | 100m: 1:31.49 | | | | | |
| 89. | Sophie Zwart | TriVia | 200902664 | 1:39.78 | **1:45.68** | 159 | +0,91 |
| | 50m: 49.93 | 100m: 1:45.68 | | | | | |
| DIS | Nicky Freriksen | Swol 1894 | 200802348 | 1:44.61 | | | |
| | *RL - Niet met ten minste één teen van elke voet in contact met de wand of met de aantikplaat indien er bij de start een rugslagvoetsteun is gebruikt.* | | | | | | |
| AFGEM | Denise Thül | Swol 1894 | 200902530 | 1:27.99 | | | |
| AFGEM | Carlein Polinder | Ksn (Sg) | 200600128 | 1:14.46 | | | |
| AFGEM | Chaya Bremer | MSV-Zeemacht | 200900372 | 1:17.69 | | | |
| AFGEM | Eefje Irvine | De Dolfijn | 200700164 | 1:04.54 | | | |
| AFGEM | Myrthe Natzijl | DZ&PC | 200400076 | 1:10.07 | | | |
| AFGEM | Ilse Wiltjer | DZ&PC | 200900868 | 1:15.55 | | | |

Programmanr. 22 — Heren, 50m vrije slag — Junioren 1 en ouder
2-3-2025 - 10:05 — Spring Swim record: Thom de Boer: 22.31 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Stan Franckx | Zwemfed | VZF/10005/02 | 23.17 | **23.68** | 688 | +0,67 | A |
| 2. | Seppe Lammens | Zwemfed | VZF/10009/07 | 23.42 | **23.99** | 662 | | A |
| 3. | Giovanni Phillipson | ZV De Zaan | 200801099 | 23.38 | **24.00** | 661 | +0,73 | A |
| 4. | Patriks Francis Pone | De Dolfijn | 200504577 | 23.81 | **24.04** | 658 | | A |
| 5. | Michael Smink | Blue Marlins | 200302169 | 23.07 | **24.22** | 643 | +0,68 | A |
| 6. | Joseph Van Wellen | Zwemfed | VZF/10016/08 | 24.11 | **24.28** | 638 | | A |
| 7. | Colin Bes | DZ&PC | 200500201 | 24.33 | **24.46** | 624 | +0,74 | A |
| 8. | Ruben Baars | Dwk | 200900471 | 24.54 | **24.50** | 621 | +0,68 | A |
| 9. | Floris Stork | DZ&PC | 200305075 | 26.01 | **24.61** | 613 | +0,69 | B |
| 10. | Felbe van 't Land | Zpc Amersfoort | 200900027 | 24.36 | **24.68** | 608 | +0,78 | B |
| 11. | Jelle Betten | DZ&PC | 200001535 | 24.28 | **24.71** | 605 | +0,76 | B |
| 12. | Darren Chen | Zpc Amersfoort | 200001149 | 24.79 | **24.95** | 588 | +0,68 | B |
| 13. | Alexander Van Hoey Billie | Zwemfed | VZF/10014/09 | 24.50 | **25.08** | 579 | +0,70 | B |
| 14. | Lucas Bemer | De Duinkikkers | 200700219 | 25.00 | **25.11** | 577 | +0,71 | B |
| 15. | Niek Issard | DZ&PC | 200700037 | 25.35 | **25.14** | 575 | | B |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 22, Heren, 50m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 16. | Giulian Janssen | Psv | 200900125 | 24.45 | **25.15** | 574 | +0,67 | B |
| 17. | Matthijs van Meerendonk | DZ&PC | 199900375 | 24.25 | **25.18** | 572 | +0,64 | C |
| 18. | Daan Sonneveld | Wvz | 200601085 | 24.83 | **25.43** | 555 | +0,68 | C |
| 19. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 25.10 | **25.44** | 555 | +0,66 | C |
| 20. | Gijs Vesseur | Zpc Amersfoort | 200700277 | 25.23 | **25.54** | 548 | +0,80 | C |
| 21. | Jorian Darwinkel | HZ&PC Heerenveen | 200300565 | 25.36 | **25.79** | 532 | +0,51 | C |
| 22. | Storm Boxum | DZ&PC | 200700421 | 26.33 | **25.87** | 528 | +0,62 | C |
| 23. | Lars Heddema | Steenwijk 1934 | 200603697 | 26.07 | **25.88** | 527 | +0,59 | C |
| 24. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 25.52 | **26.02** | 518 | +0,56 | C |
| 25. | Floris van der Valk | Wiekslag | 200801891 | 25.95 | **26.11** | 513 | +0,73 | R |
| 26. | Juan Cruz Slappendel | Orca Leeuwarden | 200903053 | 26.37 | **26.20** | 508 | +0,50 | R |
| 27. | Bas Blanker | Acz | 200601497 | 26.58 | **26.47** | 492 | +0,71 | |
| 28. | Gerjan Berends | ZPC Hoogeveen | 200900169 | 26.06 | **26.54** | 489 | +0,57 | |
| 29. | Jordey Thole | ZPC Hoogeveen | 200700385 | 26.65 | **26.70** | 480 | +0,79 | |
| 30. | Ruben Hoeve | Dedemsvaart-AC | 200302179 | 27.19 | **26.72** | 479 | +0,76 | |
| 31. | Luc Kerpels | ZPC Hoogeveen | 200503015 | 27.28 | **27.02** | 463 | +0,79 | |
| 32. | Ruben Trompetter | DZ&PC | 200500997 | 26.87 | **27.03** | 462 | | |
| 33. | Roan van der Stege | Swol 1894 | 200900107 | 27.86 | **27.07** | 460 | +0,71 | |
| 34. | Kay van Sleen | Steenwijk 1934 | 200400083 | 27.30 | **27.08** | 460 | +0,77 | |
| 35. | Ruben Nooter | Dedemsvaart-AC | 200901577 | 27.35 | **27.10** | 459 | +0,67 | |
| 36. | Enno Brahms | SV Wildeshausen | 397825 | 27.04 | **27.12** | 458 | +0,66 | |
| 37. | Daequan Ramos | ZPC Hoogeveen | 200901709 | 26.90 | **27.29** | 449 | +0,71 | |
| 38. | Joey Snabel | Zpc Amersfoort | 201002847 | 27.43 | **27.40** | 444 | +0,58 | |
| 39. | Art Jin van der Ent | Blue Marlins | 200903785 | 28.35 | **27.59** | 435 | +0,66 | |
| 40. | Ramon Vos | ZPC Hoogeveen | 201100051 | 27.59 | **27.84** | 423 | | |
| 41. | Mathijs de Wit | Ksn (Sg) | 201001215 | 27.52 | **27.85** | 423 | +0,80 | |
| | Jona Denke | SV Wildeshausen | 447339 | 27.63 | **27.85** | 423 | +0,72 | |
| 43. | Jente-Piebe Dijkstra | Wetterwille | 200800299 | 27.58 | **27.92** | 420 | +0,76 | |
| 44. | Thygo van de Peppel | Blue Marlins | 200901101 | 26.48 | **27.94** | 419 | +0,79 | |
| 45. | Ryan Huizinga | Bubble | 200700419 | 26.66 | **28.02** | 415 | +0,75 | |
| 46. | Tygo van de Wal | Dwk | 201001329 | 29.02 | **28.03** | 415 | +0,71 | |
| 47. | Baris Tomu | Zpch | 201000869 | 29.17 | **28.12** | 411 | | |
| 48. | Sascha Timmer | Azc 1 | 200902987 | 28.05 | **28.14** | 410 | +0,62 | |
| 49. | Roderick Veldhuizen | Ksn (Sg) | 200804031 | 28.27 | **28.31** | 402 | +0,76 | |
| 50. | Nordin Vermeer | Dwk | 201000227 | 28.96 | **28.46** | 396 | +0,69 | |
| 51. | Roan Dijkstra | Dedemsvaart-AC | 201002791 | 30.01 | **28.50** | 394 | | |
| 52. | Stijn Dijkstra | DZ&PC | 201000279 | 29.66 | **28.73** | 385 | +0,78 | |
| 53. | Leif Moormann | SV Wildeshausen | 484018 | 29.93 | **28.82** | 381 | +0,74 | |
| 54. | Thomas van Scheepen | Steenwijk 1934 | 200001387 | 28.38 | **28.90** | 378 | +0,71 | |
| 55. | Douwe Enzerink | Zpc Amersfoort | 201102657 | 30.02 | **29.16** | 368 | +0,58 | |
| 56. | Kick Germers | Swol 1894 | 201000185 | 29.65 | **29.17** | 368 | +0,83 | |
| 57. | Daniël Scheppink | Swol 1894 | 200902769 | 30.25 | **29.25** | 365 | | |
| 58. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | 29.69 | **29.37** | 360 | +0,73 | |
| 59. | Gijs Leeneman | HZ&PC Heerenveen | 201200479 | 37.08 | **29.49** | 356 | +0,74 | |
| 60. | Stan Rothschaid | ZPC Hoogeveen | 201000353 | 29.57 | **29.50** | 356 | +0,67 | |
| 61. | Kyaro Giuliano | De Dolfijn | 201000489 | 30.59 | **29.64** | 351 | | |
| 62. | Leroy Maring | ZPC de Kanaalstreek | 201100307 | 30.09 | **30.15** | 333 | +0,77 | |
| 63. | Alexander Jerebic | SV Wildeshausen | 427588 | 30.50 | **30.22** | 331 | +0,77 | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 22, Heren, 50m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|---|
| 64. | Jasper Cox | Zpc Amersfoort | 201003589 | | 32.96 | **31.50** | 292 | +0,53 |
| 65. | Danley Schneider | ZC Polaris | 201201323 | | 38.85 | **31.75** | 285 | +0,50 |
| 66. | Timo Vuist | Steenwijk 1934 | 201101245 | | 33.64 | **31.81** | 284 | +0,71 |
| 67. | Dex Kerpels | ZPC Hoogeveen | 201100087 | | 35.23 | **31.95** | 280 | +0,72 |
| 68. | Michiel de Wit | Ksn (Sg) | 201101867 | | 33.13 | **32.14** | 275 | +0,58 |
| 69. | Yannick Dijks | Orca Leeuwarden | 200700923 | | 32.59 | **32.26** | 272 | +0,71 |
| 70. | Rory Costello | De Dolfijn | 201102755 | | 34.13 | **32.31** | 271 | +0,75 |
| 71. | Milan van den Berg | Swol 1894 | 201100253 | | 37.98 | **33.29** | 247 | +0,58 |
| 72. | Sander Knol | ZPC de Kanaalstreek | 200701093 | S9 | 34.52 | **33.95** | 233 | |
| 73. | Daan van Meerveld | Zpc Amersfoort | 201200785 | | 35.47 | **34.15** | 229 | |
| 74. | Arian Thies | SV Wildeshausen | 447672 | | 34.05 | **34.34** | 225 | +0,69 |
| 75. | Vince Van Wijk | Ksn (Sg) | 201101019 | | 36.24 | **35.17** | 210 | +0,72 |
| 76. | Robin van den Berg | Swol 1894 | 201200355 | | 42.19 | **37.27** | 176 | +0,70 |
| NG.ZA | Paul Pickart | SV Wildeshausen | 481999 | | 29.93 | | | |
| AFGEM | Thomas Nauta | Arethusa | 200900339 | | 28.38 | | | |
| AFGEM | Victor de Haan | HZ&PC Heerenveen | 201001921 | | 28.92 | | | |
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden | 201100205 | | 31.12 | | | |

Programmanr. 23 — Dames, 50m schoolslag — Junioren 2 en ouder
2-3-2025 - 10:13 — Spring Swim record: Tes Schouten 31.97 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Sterre Hendriks | De Dolfijn | 200401288 | 31.99 | **32.68** | 710 | +0,70 | A |
| 2. | Hylcke de Beer | Psv | 200700006 | 32.32 | **33.23** | 675 | +0,73 | A |
| 3. | Nina Zusterzeel | Psv | 200800656 | 33.21 | **33.62** | 652 | | A |
| 4. | Mare Schallenberg | Blue Marlins | 200600078 | 32.70 | **34.04** | 628 | +0,70 | A |
| 5. | Jade Geurts | Wvz | 200402278 | 34.09 | **34.14** | 623 | +0,81 | A |
| 6. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 33.97 | **34.19** | 620 | +0,76 | A |
| 7. | Rafaela Mulders | De Reuring | 200701398 | 34.35 | **34.87** | 584 | +0,74 | A |
| 8. | Paula Spans | Zpc Amersfoort | 201000064 | 33.87 | **35.09** | 573 | | A |
| 9. | Megan Jonkman | Blue Marlins | 200600508 | 33.81 | **35.29** | 564 | | B |
| 10. | Tess Vonk | De Geul | 200900024 | 35.50 | **35.32** | 562 | +0,63 | B |
| 11. | Breanna Belmar | Blue Marlins | 201004068 | 36.74 | **35.45** | 556 | | B |
| 12. | Noa Hollebosch | Zwemfed | VZF/20007/07 | 35.28 | **35.53** | 552 | +0,68 | B |
| 13. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 34.14 | **35.62** | 548 | +0,68 | B |
| 14. | Lise Kleinbekman | DZ&PC | 200502870 | 35.64 | **35.78** | 541 | +0,73 | B |
| 15. | Liv Heijdra | Feijenoord Albion | 200800736 | 35.03 | **36.08** | 527 | +0,73 | B |
| 16. | Marre van der Wal | SG. Bolsward-Workum | 201000046 | 36.21 | **36.34** | 516 | +0,73 | B |
| 17. | Djelaysa Buunk | Z & PC De Zeeuwse Ku | 200900536 | 37.13 | **36.54** | 508 | +0,80 | C |
| 18. | Alessia Sluis | Dedemsvaart-AC | 200300896 | 37.03 | **36.98** | 490 | | C |
| 19. | Sara Korthuis | DZ&PC | 200600494 | 36.96 | **37.12** | 484 | +0,64 | C |
| 20. | Rhodee van den Ham | De Duinkikkers | 200700090 | 36.25 | **37.19** | 482 | +0,82 | C |
| 21. | Noa Jaffe | De Dolfijn | 201000726 | 38.95 | **37.64** | 464 | +0,75 | C |
| 22. | Kinley Cole | Psv | 200903696 | 38.49 | **37.66** | 464 | | C |
| 23. | Annelie Klinkhamer | Bubble | 200702606 | 36.68 | **37.88** | 456 | +0,74 | C |
| 24. | Charlie Klaver | De Dolfijn | 201102094 | 38.10 | **37.93** | 454 | +0,60 | C |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 23, Dames, 50m schoolslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 25. | Amber Kunst | Daw | 200900680 | 36.60 | **38.08** | 449 | +0,78 | R |
| 26. | Rixt Rothschaid | ZPC Hoogeveen | 200900026 | 38.61 | **38.36** | 439 | +0,74 | R |
| 27. | Wieke Dekker | De Dolfijn | 201002020 | 38.00 | **38.44** | 436 | | |
| 28. | Gerlin van de Krol | Dwk | 201101412 | 39.92 | **38.61** | 430 | +0,69 | |
| 29. | Amber Tiesinga | DZ&PC | 200600782 | 39.18 | **38.64** | 429 | +0,79 | |
| 30. | Meike van der Klugt | Wvz | 201100808 | 37.33 | **38.66** | 429 | +0,56 | |
| 31. | Sterre van der Wal | Steenwijk 1934 | 200502356 | 37.61 | **38.95** | 419 | +0,80 | |
| 32. | Lianne van Wier | HZ&PC Heerenveen | 200200438 | 39.79 | **39.53** | 401 | +0,70 | |
| 33. | Hanna Heller | Zpc Amersfoort | 201102730 | 39.79 | **39.63** | 398 | +0,83 | |
| 34. | Isa Kerpels | ZPC Hoogeveen | 200800880 | 39.64 | **39.68** | 396 | +0,69 | |
| 35. | Evita Hoornweg | TriVia | 201002046 | 39.17 | **39.71** | 395 | +0,77 | |
| 36. | Feyona Vonk | F.Z.C.'54 | 200600814 | 39.80 | **39.74** | 395 | +0,76 | |
| 37. | Leonie van Wier | HZ&PC Heerenveen | 200200436 | 39.96 | **39.79** | 393 | +0,69 | |
| 38. | Lola Verheijen | Psv | 201100832 | 40.32 | **39.80** | 393 | | |
| 39. | Anique Polinder | Dedemsvaart-AC | 200800008 | 39.94 | **39.86** | 391 | +0,80 | |
| 40. | Vivian Nooter | Dedemsvaart-AC | 200703614 | 41.31 | **39.96** | 388 | +0,78 | |
| 41. | Lea Jerebic | SV Wildeshausen | 405121 | 39.67 | **40.76** | 366 | +0,73 | |
| 42. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 41.83 | **40.77** | 365 | +0,62 | |
| 43. | Maud Roffel | DZ&PC | 200700840 | 39.42 | **40.84** | 364 | +0,71 | |
| 44. | Minke Bouman | Blue Marlins | 201100104 | 39.21 | **41.09** | 357 | | |
| 45. | Fenna Boterman | TriVia | 200701710 | 42.12 | **41.68** | 342 | +0,74 | |
| 46. | Britt Jellesma | SG. Bolsward-Workum | 201000310 | 41.57 | **41.69** | 342 | +0,75 | |
| 47. | Finja Richter | Wardenburger SC | 383208 | 40.49 | **41.88** | 337 | +0,73 | |
| 48. | Myron Dekker | ZPC Hoogeveen | 201000512 | 43.61 | **41.97** | 335 | +0,74 | |
| 49. | Chantal Peters | ZPC Hoogeveen | 201001578 | 44.10 | **42.12** | 331 | +0,62 | |
| 50. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 41.75 | **42.24** | 328 | +0,83 | |
| 51. | Jildau Folmer | SG. Bolsward-Workum | 201002600 | 43.29 | **42.33** | 326 | | |
| 52. | Devenda van der Meer | DZ&PC | 200900948 | 42.65 | **42.81** | 316 | +0,71 | |
| 53. | Melissa Zeegers | De Vikings | 201002612 | 45.75 | **43.01** | 311 | +0,77 | |
| 54. | Aline Strijker | Ksn (Sg) | 201100362 | 43.17 | **43.12** | 309 | +0,70 | |
| 55. | Gabriela Borges | Blue Marlins | 201201726 | 45.07 | **43.37** | 303 | | |
| 56. | Kamila Makhmadiyarova | Blue Marlins | 201103178 | 45.18 | **43.59** | 299 | +0,74 | |
| 57. | Jessica Dekkinga | Steenwijk 1934 | 200600180 | 42.29 | **43.74** | 296 | +0,67 | |
| 58. | Lian Vonk | Zpc Amersfoort | 201001606 | 49.33 | **44.00** | 291 | +0,72 | |
| 59. | Marlies Brouwer | DZ&PC | 201101152 | 43.38 | **44.07** | 289 | +0,78 | |
| 60. | Myrthe te Winkel | Swol 1894 | 200804336 | 45.34 | **44.32** | 284 | +0,83 | |
| 61. | Cynthia Koolman | Steenwijk 1934 | 200300232 | 44.20 | **44.96** | 272 | +0,53 | |
| 62. | Lena Diekamp | SV Wildeshausen | 427914 | 42.67 | **45.06** | 271 | +0,78 | |
| 63. | Jessica Lerer | De Kempvis | 201002354 | 44.31 | **46.03** | 254 | +0,63 | |
| 64. | Femke De Vries | De Vikings | 201200202 | 48.23 | **46.10** | 253 | +0,70 | |
| 65. | Anna Nauta | TriVia | 201001114 | 45.21 | **46.16** | 252 | +0,61 | |
| 66. | Nicky Zhang | Blue Marlins | 201003292 | 47.74 | **46.41** | 248 | | |
| 67. | Nienke Smid | ZPC de Kanaalstreek | 201000468 | 45.01 | **46.79** | 242 | +0,76 | |
| 68. | Nicky Freriksen | Swol 1894 | 200802348 | 47.05 | **47.11** | 237 | +0,79 | |
| 69. | Noelie Hallbauer | SV Wildeshausen | 397699 | 43.15 | **48.23** | 221 | | |
| AFGEM | Isabella Ekberg | Zpc Amersfoort | 201202206 | 43.58 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 24 | Heren, 200m rugslag | Junioren 1 en ouder
2-3-2025 - 10:21 | Spring Swim record: Niels Dijkshoorn: 2.03.08 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Stan Franckx | Zwemfed | VZF/10005/02 | 2:05.18 | **2:08.22** | 665 | +0,64 Q |
| | 50m: 29.24 | 100m: 1:01.06 | 150m: 1:34.20 | 200m: 2:08.22 | | | |
| 2. | Bram Loots | Kzc | 200700197 | 2:05.25 | **2:08.83** | 655 | +0,68 Q |
| | 50m: 30.82 | 100m: 1:03.49 | 150m: 1:36.58 | 200m: 2:08.83 | | | |
| 3. | Tiamo van der Veen | Dedemsvaart-AC | 200600033 | 2:10.05 | **2:08.92** | 654 | +0,64 Q |
| | 50m: 30.10 | 100m: 1:02.36 | 150m: 1:36.02 | 200m: 2:08.92 | | | |
| 4. | Giovanni Phillipson | ZV De Zaan | 200801099 | 2:08.20 | **2:10.00** | 638 | +0,69 Q |
| | 50m: 29.62 | 100m: 1:02.14 | 150m: 1:36.15 | 200m: 2:10.00 | | | |
| 5. | Yarno van Dam | Acz | 200800115 | 2:11.01 | **2:10.75** | 627 | +0,67 Q |
| | 50m: 29.81 | 100m: 1:03.09 | 150m: 1:37.32 | 200m: 2:10.75 | | | |
| 6. | Sven Klink | Swol 1894 | 200500349 | 2:09.93 | **2:12.56** | 601 | +0,75 Q |
| | 50m: 31.47 | 100m: 1:04.82 | 150m: 1:38.91 | 200m: 2:12.56 | | | |
| 7. | Jisse Lousma | Wvz | 200701493 | 2:13.74 | **2:12.65** | 600 | +0,54 Q |
| | 50m: 31.57 | 100m: 1:05.65 | 150m: 1:39.93 | 200m: 2:12.65 | | | |
| 8. | Denzel Barthen | Wvz | 200700147 | 2:19.03 | **2:13.76** | 585 | +0,78 Q |
| | 50m: 30.45 | 100m: 1:04.45 | 150m: 1:39.32 | 200m: 2:13.76 | | | |
| 9. | Nikodim Markovic | Blue Marlins | 200700255 | 2:11.25 | **2:14.35** | 578 | +0,61 R |
| | 50m: 30.28 | 100m: 1:03.39 | 150m: 1:38.12 | 200m: 2:14.35 | | | |
| 10. | Daan Sonneveld | Wvz | 200601085 | 2:06.32 | **2:14.74** | 573 | +0,58 R |
| | 50m: 31.73 | 100m: 1:06.72 | 150m: 1:41.49 | 200m: 2:14.74 | | | |
| 11. | Colin Bes | DZ&PC | 200500201 | 2:14.73 | **2:15.46** | 564 | +0,63 |
| | 50m: 31.94 | 100m: 1:07.22 | 150m: 1:42.16 | 200m: 2:15.46 | | | |
| 12. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | 2:15.42 | **2:16.40** | 552 | +0,65 |
| | 50m: 32.78 | 100m: 1:07.05 | 150m: 1:42.03 | 200m: 2:16.40 | | | |
| 13. | Jaydey Schonewille | Steenwijk 1934 | 200800025 | 2:12.32 | **2:16.67** | 549 | +0,71 |
| | 50m: 31.70 | 100m: 1:06.55 | 150m: 1:42.15 | 200m: 2:16.67 | | | |
| 14. | Adriaan Coppelmans | Azc 1 | 200903243 | 2:20.25 | **2:17.55** | 538 | +0,57 |
| | 50m: 31.67 | 100m: 1:06.67 | 150m: 1:42.42 | 200m: 2:17.55 | | | |
| 15. | Tobian Vos | Zpc Amersfoort | 200900005 | 2:14.77 | **2:19.23** | 519 | +0,75 |
| | 50m: 31.91 | 100m: 1:07.00 | 150m: 1:43.92 | 200m: 2:19.23 | | | |
| 16. | Niek Sonneveld | Wvz | 200802631 | 2:22.98 | **2:19.96** | 511 | +0,74 |
| | 50m: 32.81 | 100m: 1:09.04 | 150m: 1:45.14 | 200m: 2:19.96 | | | |
| 17. | Sverre van der Zwaan | Wvz | 200900737 | 2:23.02 | **2:20.04** | 510 | +0,62 |
| | 50m: 32.52 | 100m: 1:08.01 | 150m: 1:43.87 | 200m: 2:20.04 | | | |
| 18. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 2:13.65 | **2:20.20** | 508 | +0,64 |
| | 50m: 32.19 | 100m: 1:08.36 | 150m: 1:44.98 | 200m: 2:20.20 | | | |
| 19. | Luc Kerpels | ZPC Hoogeveen | 200503015 | 2:18.97 | **2:21.71** | 492 | +0,73 |
| | 50m: 33.28 | 100m: 1:08.93 | 150m: 1:45.53 | 200m: 2:21.71 | | | |
| 20. | Mart Tempelman | Dedemsvaart-AC | 200801075 | 2:21.51 | **2:23.31** | 476 | +0,70 |
| | 50m: 33.09 | 100m: 1:08.55 | 150m: 1:45.57 | 200m: 2:23.31 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 24, Heren, 200m rugslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 21. | Tim Boerefijn | Wvz | 200802815 | 2:29.64 | **2:23.32** | 476 | +0,73 |
| | 50m: 33.19 | 100m: 1:09.85 | 150m: 1:47.43 | 200m: 2:23.32 | | | |
| 22. | Amor van der Veen | Dedemsvaart-AC | 201100197 | 2:30.94 | **2:23.65** | 472 | +0,73 |
| | 50m: 33.30 | 100m: 1:10.39 | 150m: 1:48.12 | 200m: 2:23.65 | | | |
| 23. | Karsten van Groenigen | Zwemfed | VZF/10013/08 | 2:29.70 | **2:23.79** | 471 | +0,71 |
| | 50m: 33.84 | 100m: 1:10.23 | 150m: 1:47.93 | 200m: 2:23.79 | | | |
| 24. | Abel op den Velde | De Duinkikkers | 201000079 | 2:22.38 | **2:23.98** | 469 | +0,77 |
| | 50m: 33.31 | 100m: 1:09.58 | 150m: 1:46.89 | 200m: 2:23.98 | | | |
| 25. | Tim van Erven | DZ&PC | 200700175 | 2:19.76 | **2:23.99** | 469 | +0,84 |
| | 50m: 33.24 | 100m: 1:09.78 | 150m: 1:47.32 | 200m: 2:23.99 | | | |
| 26. | Jere Wiersma | DZ&PC | 200701037 | 2:25.11 | **2:24.76** | 462 | +0,66 |
| | 50m: 34.17 | 100m: 1:11.48 | 150m: 1:48.68 | 200m: 2:24.76 | | | |
| 27. | Ivo Bot | Wiekslag | 200900509 | 2:29.25 | **2:25.77** | 452 | +0,60 |
| | 50m: 32.09 | 100m: 1:09.60 | 150m: 1:48.19 | 200m: 2:25.77 | | | |
| 28. | Xander Kragting | Zpc Amersfoort | 200900077 | 2:27.47 | **2:26.49** | 445 | +0,68 |
| | 50m: 33.74 | 100m: 1:10.37 | 150m: 1:48.22 | 200m: 2:26.49 | | | |
| 29. | Thijmen Pruijssers | Hieronymus | 201000129 | 2:30.00 | **2:26.60** | 444 | +0,68 |
| | 50m: 34.79 | 100m: 1:12.00 | 150m: 1:49.96 | 200m: 2:26.60 | | | |
| 30. | Tim Zuurman | Dedemsvaart-AC | 200700131 | 2:24.23 | **2:26.97** | 441 | +0,76 |
| | 50m: 34.54 | 100m: 1:11.73 | 150m: 1:49.63 | 200m: 2:26.97 | | | |
| 31. | Sven Koornstra | De Vikings | 200900189 | 2:23.49 | **2:27.54** | 436 | +0,75 |
| | 50m: 35.28 | 100m: 1:14.13 | 150m: 1:51.49 | 200m: 2:27.54 | | | |
| 32. | Tycho Wienbelt | De Vikings | 201001397 | 2:32.58 | **2:27.80** | 434 | +0,72 |
| | 50m: 34.52 | 100m: 1:12.09 | 150m: 1:50.20 | 200m: 2:27.80 | | | |
| 33. | Jelte de Jong | Zpch | 200900975 | 2:24.76 | **2:28.13** | 431 | +0,69 |
| | 50m: 35.68 | 100m: 1:13.46 | 150m: 1:50.47 | 200m: 2:28.13 | | | |
| 34. | Dax van den Nouland | Blue Marlins | 201000071 | 2:32.28 | **2:29.53** | 419 | +0,69 |
| | 50m: 34.69 | 100m: 1:12.67 | 150m: 1:51.15 | 200m: 2:29.53 | | | |
| 35. | Sven Mulder | Wvz | 200901655 | 2:35.54 | **2:30.49** | 411 | +0,63 |
| | 50m: 34.24 | 100m: 1:12.70 | 150m: 1:52.97 | 200m: 2:30.49 | | | |
| 36. | Henry Watson | De Dolfijn | 201001703 | 2:38.94 | **2:31.07** | 406 | +0,66 |
| | 50m: 34.76 | 100m: 1:12.79 | 150m: 1:52.07 | 200m: 2:31.07 | | | |
| 37. | Enno Brahms | SV Wildeshausen | 397825 | 2:21.85 | **2:32.39** | 396 | +0,60 |
| | 50m: 35.87 | 100m: 1:14.21 | 150m: 1:52.97 | 200m: 2:32.39 | | | |
| 38. | Oden Hankins | Blue Marlins | 200902301 | 2:48.60 | **2:32.79** | 393 | +0,80 |
| | 50m: 36.01 | 100m: 1:14.83 | 150m: 1:54.65 | 200m: 2:32.79 | | | |
| 39. | Twan Wielage | Ksn (Sg) | 200902671 | 2:26.53 | **2:33.59** | 386 | +0,82 |
| | 50m: 34.60 | 100m: 1:13.33 | 150m: 1:53.62 | 200m: 2:33.59 | | | |
| 40. | Cayden Malone | De Dolfijn | 201002195 | 2:42.61 | **2:33.67** | 386 | +0,69 |
| | 50m: 36.13 | 100m: 1:15.49 | 150m: 1:54.79 | 200m: 2:33.67 | | | |
| 41. | Milan Eikenaar | Swol 1894 | 201100599 | 2:32.49 | **2:34.20** | 382 | +0,88 |
| | 50m: 35.68 | 100m: 1:14.71 | 150m: 1:55.30 | 200m: 2:34.20 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 24, Heren, 200m rugslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 42. | Yorre van der Wal | SG. Bolsward-Workum | 201000017 | 2:38.64 | **2:34.74** | 378 | +0,81 |
| | 50m: 35.60 | 100m: 1:14.35 | 150m: 1:54.78 | 200m: 2:34.74 | | | |
| 43. | Stijn Dijkstra | DZ&PC | 201000279 | 2:34.07 | **2:34.86** | 377 | +0,65 |
| | 50m: 36.37 | 100m: 1:14.88 | 150m: 1:54.77 | 200m: 2:34.86 | | | |
| 44. | Gijs Nooter | Dedemsvaart-AC | 201000725 | 2:38.45 | **2:38.88** | 349 | +0,64 |
| | 50m: 36.39 | 100m: 1:16.55 | 150m: 1:58.69 | 200m: 2:38.88 | | | |
| 45. | Roan Dijkstra | Dedemsvaart-AC | 201002791 | 2:40.48 | **2:39.46** | 345 | +0,82 |
| | 50m: 37.16 | 100m: 1:17.62 | 150m: 1:58.87 | 200m: 2:39.46 | | | |
| 46. | Jasper Cox | Zpc Amersfoort | 201003589 | 2:53.82 | **2:42.59** | 326 | +0,69 |
| | 50m: 38.44 | 100m: 1:20.68 | 150m: 2:02.05 | 200m: 2:42.59 | | | |
| 47. | Yannick Dijks | Orca Leeuwarden | 200700923 | 2:42.14 | **2:43.66** | 319 | +0,70 |
| | 50m: 38.28 | 100m: 1:20.18 | 150m: 2:02.51 | 200m: 2:43.66 | | | |
| 48. | Sven Potappel | Dwk | 201000127 | 2:41.00 | **2:43.89** | 318 | +0,72 |
| | 50m: 38.64 | 100m: 1:21.96 | 150m: 2:04.39 | 200m: 2:43.89 | | | |
| 49. | Revel Harmer | Blue Marlins | 201103467 | 2:34.49 | **2:45.58** | 308 | +0,80 |
| | 50m: 37.69 | 100m: 1:19.58 | 150m: 2:02.34 | 200m: 2:45.58 | | | |
| 50. | David van der Valk | Wiekslag | 201100519 | 2:40.32 | **2:47.76** | 296 | +0,68 |
| | 50m: 40.05 | 100m: 1:22.50 | 150m: 2:06.72 | 200m: 2:47.76 | | | |
| 51. | Marcelo Fritz Medina | De Dolfijn | 201201885 | 2:48.93 | **2:47.94** | 295 | +0,64 |
| | 50m: 39.75 | 100m: 1:23.16 | 150m: 2:06.63 | 200m: 2:47.94 | | | |
| 52. | Guust Heijne | Dwk | 201202139 | 2:51.17 | **2:49.47** | 288 | +0,68 |
| | 50m: 41.16 | 100m: 1:24.31 | 150m: 2:07.35 | 200m: 2:49.47 | | | |
| 53. | Tim Koornstra | De Vikings | 201200231 | 2:51.99 | **2:52.33** | 273 | +0,74 |
| | 50m: 41.66 | 100m: 1:26.48 | 150m: 2:09.69 | 200m: 2:52.33 | | | |
| 54. | Jona Denke | SV Wildeshausen | 447339 | 2:44.90 | **2:53.73** | 267 | +0,65 |
| | 50m: 39.30 | 100m: 1:24.22 | 150m: 2:09.39 | 200m: 2:53.73 | | | |
| 55. | Gijs Leeneman | HZ&PC Heerenveen | 201200479 | 2:55.83 | **2:55.28** | 260 | +0,69 |
| | 50m: 41.01 | 100m: 1:26.48 | 150m: 2:10.86 | 200m: 2:55.28 | | | |
| 56. | Leif Moormann | SV Wildeshausen | 484018 | 2:47.20 | **2:56.74** | 253 | +0,80 |
| | 50m: 41.89 | 100m: 1:25.51 | 150m: 2:11.34 | 200m: 2:56.74 | | | |
| 57. | Roan Krikke | HZ&PC Heerenveen | 201200501 | 3:10.82 | **3:05.60** | 219 | +0,73 |
| | 50m: 42.83 | 100m: 1:31.11 | 150m: 2:19.94 | 200m: 3:05.60 | | | |
| DIS | Danley Schneider | ZC Polaris | 201201323 | 2:54.00 | | | |
| | *RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.* | | | | | | |
| DIS | Lars Thül | Swol 1894 | 201200119 | 3:03.36 | | | |
| | *RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.* | | | | | | |
| AFGEM | Colin Beuker | ZPC Hoogeveen | 200802023 | 2:29.54 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 25 | Dames, 200m vlinderslag | Junioren 2 en ouder
2-3-2025 - 10:41 | Spring Swim record: Evy Rozeboom: 2.19.17 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Femke Spiering | Zpc Amersfoort | 200204514 | 2:13.38 | **2:17.36** | 697 | +0,79 | Q |
| | ** Spring Swim record* | | | | | | | |
| | 50m: 30.18 | 100m: 1:04.97 | 150m: 1:41.09 | 200m: 2:17.36 | | | | |
| 2. | Frouke Ludwig | DZ&PC | 200800112 | 2:23.65 | **2:26.08** | 579 | +0,80 | Q |
| | 50m: 31.72 | 100m: 1:08.72 | 150m: 1:47.00 | 200m: 2:26.08 | | | | |
| 3. | Julia Agricola | DZ&PC | 200800266 | 2:32.73 | **2:40.57** | 436 | | Q |
| | 50m: 34.25 | 100m: 1:15.10 | 150m: 1:57.31 | 200m: 2:40.57 | | | | |
| AFGEM | Sam De Bont | Zwemfed | VZF/20001/08 | 2:23.63 | | | | |
| AFGEM | Niene Dewaelheyns | Zwemfed | VZF/20004/07 | 2:23.69 | | | | |
| AFGEM | Fenne Metten | Zpc Amersfoort | 201000102 | 2:37.88 | | | | |
| AFGEM | Nikita van den Ouden | Psv | 199900622 | 2:27.78 | | | | |
| AFGEM | Odenza Soselisa | Blue Marlins | 201101780 | 2:37.02 | | | | |
| AFGEM | Elin Brinkhof | De Dolfijn | 200900078 | 2:39.30 | | | | |
| AFGEM | Nova Nijziel | De Dolfijn | 200804416 | 2:24.43 | | | | |

Programmanr. 26 | Heren, 50m rugslag | Junioren 1 en ouder
2-3-2025 - 11:04 | Spring Swim record: Jay de Vries: 26.68 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Stan Franckx | Zwemfed | VZF/10005/02 | 25.20 | **26.53** | 699 | +0,58 | A |
| | ** Spring Swim record* | | | | | | | |
| 2. | Giovanni Phillipson | ZV De Zaan | 200801099 | 26.75 | **26.98** | 665 | +0,69 | A |
| 3. | Daan Sonneveld | Wvz | 200601085 | 26.39 | **27.47** | 630 | +0,55 | A |
| 4. | Jelle Betten | DZ&PC | 200001535 | 27.08 | **27.64** | 618 | +0,59 | A |
| 5. | Lars Minnaert | Psv | 200502355 | 26.75 | **27.78** | 609 | +0,62 | A |
| 6. | Niek Issard | DZ&PC | 200700037 | 27.85 | **27.87** | 603 | +0,67 | A |
| 7. | Jisse Lousma | Wvz | 200701493 | 28.37 | **28.03** | 593 | +0,53 | A |
| | Tiamo van der Veen | Dedemsvaart-AC | 200600033 | 28.22 | **28.03** | 593 | +0,63 | A |
| 9. | Alexander Van Hoey Billie | Zwemfed | VZF/10014/09 | 27.04 | **28.31** | 575 | +0,70 | B |
| 10. | Lars Heddema | Steenwijk 1934 | 200603697 | 29.01 | **28.41** | 569 | +0,66 | B |
| 11. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 27.11 | **28.56** | 560 | +0,61 | B |
| 12. | Michael Smink | Blue Marlins | 200302169 | 27.08 | **28.68** | 553 | +0,76 | B |
| 13. | Kia Afzali | De Vikings | 200305145 | NT | **28.90** | 541 | +0,66 | B |
| 14. | Jaydey Schonewille | Steenwijk 1934 | 200800025 | 29.71 | **29.12** | 528 | +0,69 | B |
| 15. | Matthijs van Meerendonk | DZ&PC | 199900375 | 28.39 | **29.14** | 527 | +0,61 | B |
| 16. | Adriaan Coppelmans | Azc 1 | 200903243 | 29.84 | **29.28** | 520 | +0,55 | B |
| 17. | Niek Sonneveld | Wvz | 200802631 | 29.98 | **29.53** | 507 | +0,61 | C |
| 18. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 29.40 | **29.92** | 487 | +0,59 | C |
| 19. | Luc Kerpels | ZPC Hoogeveen | 200503015 | 30.33 | **30.04** | 481 | +0,74 | C |
| 20. | Ivo Bot | Wiekslag | 200900509 | 31.54 | **30.11** | 478 | +0,61 | C |
| 21. | Pepijn van Egmond | Wvz | 200402309 | 30.76 | **30.23** | 472 | +0,79 | C |
| 22. | Giulian Janssen | Psv | 200900125 | 30.56 | **30.28** | 470 | +0,61 | C |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 26, Heren, 50m rugslag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|---|
| 23. | Bjorn Rijkaart | Wvz | 200601337 | | 30.21 | **30.34** | 467 | +0,64 | C |
| 24. | Abel op den Velde | De Duinkikkers | 201000079 | | 31.62 | **30.38** | 465 | +0,68 | C |
| 25. | Sverre van der Zwaan | Wvz | 200900737 | | 31.30 | **30.71** | 450 | +0,60 | R |
| 26. | Jorian Darwinkel | HZ&PC Heerenveen | 200300565 | | 30.41 | **30.92** | 441 | +0,66 | R |
| 27. | Jere Wiersma | DZ&PC | 200701037 | | 31.65 | **30.98** | 439 | +0,64 | |
| 28. | Fynn Grotelüschen | SV Wildeshausen | 310328 | | 29.70 | **31.09** | 434 | +0,77 | |
| 29. | Gijs Vesseur | Zpc Amersfoort | 200700277 | | 31.63 | **31.13** | 432 | +0,74 | |
| 30. | Amor van der Veen | Dedemsvaart-AC | 201100197 | | 32.04 | **31.39** | 422 | +0,69 | |
| 31. | Dyon Scholten | Steenwijk 1934 | 200900095 | | 34.70 | **32.20** | 391 | +0,63 | |
| 32. | Xander Kragting | Zpc Amersfoort | 200900077 | | 32.51 | **32.35** | 385 | +0,68 | |
| 33. | Roan van der Stege | Swol 1894 | 200900107 | | 32.84 | **32.51** | 380 | +0,78 | |
| 34. | Ruben Trompetter | DZ&PC | 200500997 | | 34.39 | **32.92** | 366 | +0,86 | |
| 35. | Sascha Timmer | Azc 1 | 200902987 | | 33.74 | **32.98** | 364 | +0,73 | |
| 36. | Ryan Huizinga | Bubble | 200700419 | | 30.92 | **33.40** | 350 | +0,67 | |
| 37. | Yorre van der Wal | SG. Bolsward-Workum | 201000017 | | 35.47 | **33.56** | 345 | +0,77 | |
| 38. | Giovanni Wolfgang | MSV-Zeemacht | 201100859 | | 36.78 | **33.71** | 340 | +0,62 | |
| 39. | Roderick Veldhuizen | Ksn (Sg) | 200804031 | | 39.19 | **34.13** | 328 | +0,69 | |
| 40. | Daniël Scheppink | Swol 1894 | 200902769 | | 34.71 | **34.54** | 316 | +0,79 | |
| | Enno Brahms | SV Wildeshausen | 397825 | | 33.01 | **34.54** | 316 | +0,60 | |
| 42. | Gijs Nooter | Dedemsvaart-AC | 201000725 | | 36.67 | **34.91** | 306 | +0,62 | |
| 43. | Matthijs Wierbos | ZPC Hoogeveen | 200901965 | | 37.88 | **34.92** | 306 | +0,75 | |
| 44. | Alexander Jerebic | SV Wildeshausen | 427588 | | 35.20 | **35.21** | 299 | +0,68 | |
| 45. | Jasper Cox | Zpc Amersfoort | 201003589 | | 37.03 | **35.56** | 290 | +0,70 | |
| 46. | Robin Mintjes | HZ&PC Heerenveen | 201000957 | | 39.32 | **35.89** | 282 | +0,87 | |
| 47. | Leroy Maring | ZPC de Kanaalstreek | 201100307 | | 36.53 | **36.53** | 267 | +0,69 | |
| 48. | Danley Schneider | ZC Polaris | 201201323 | | 40.04 | **37.82** | 241 | +0,75 | |
| 49. | Dex Kerpels | ZPC Hoogeveen | 201100087 | | 41.22 | **38.26** | 233 | +0,73 | |
| 50. | Milan van den Berg | Swol 1894 | 201100253 | | 43.03 | **38.85** | 222 | +0,61 | |
| 51. | Rory Costello | De Dolfijn | 201102755 | | 45.94 | **39.98** | 204 | +0,70 | |
| 52. | Arian Thies | SV Wildeshausen | 447672 | | 56.83 | **43.70** | 156 | +0,70 | |
| 53. | Robin van den Berg | Swol 1894 | 201200355 | | 53.22 | **46.28** | 131 | +0,79 | |
| 54. | Sander Knol | ZPC de Kanaalstreek | 200701093 | S9 | 49.72 | **49.45** | 108 | +0,88 | |
| NG.ZA | Erdi-Vahap Ilboga | SV Wildeshausen | 324753 | | 27.80 | | | | |
| AFGEM | Vasco Strampel | Steenwijk 1934 | 200702073 | | 32.47 | | | | |
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden | 201100205 | | 37.86 | | | | |
| AFGEM | Colin Beuker | ZPC Hoogeveen | 200802023 | | 29.80 | | | | |
| AFGEM | Thygo van de Peppel | Blue Marlins | 200901101 | | 32.68 | | | | |
| AFGEM | Christiaan Wilbrink | TriVia | 200803819 | | 35.08 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 27 | Dames, 100m vrije slag | Junioren 2 en ouder
2-3-2025 - 11:12 | Spring Swim record: Sam van Nunen: 55.05 | Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|
| 1. | Femke Spiering | Zpc Amersfoort | 200204514 | 55.55 | **56.48** | 767 | +0,76 | A |
| | 50m: 27.48 | 100m: 56.48 | | | | | | |
| 2. | Nore Michiels | Zwemfed | VZF/20009/08 | 57.32 | **57.20** | 738 | | A |
| | 50m: 27.72 | 100m: 57.20 | | | | | | |
| 3. | Elise Tanis | De Dolfijn | 200200120 | 58.06 | **57.48** | 728 | +0,72 | A |
| | 50m: 27.78 | 100m: 57.48 | | | | | | |
| 4. | Sara Korthuis | DZ&PC | 200600494 | 55.71 | **58.15** | 703 | +0,77 | A |
| | 50m: 27.92 | 100m: 58.15 | | | | | | |
| 5. | Nynke Boerefijn | Zpc Amersfoort | 200700114 | 57.65 | **58.61** | 686 | | A |
| | 50m: 28.43 | 100m: 58.61 | | | | | | |
| 6. | Lana Ravelingien | Zwemfed | VZF/20011/03 | 56.94 | **58.67** | 684 | +0,67 | A |
| | 50m: 28.40 | 100m: 58.67 | | | | | | |
| 7. | Noa Hollebosch | Zwemfed | VZF/20007/07 | 58.63 | **58.90** | 676 | +0,68 | A |
| | 50m: 28.63 | 100m: 58.90 | | | | | | |
| 8. | Hylcke de Beer | Psv | 200700006 | 58.88 | **59.19** | 666 | +0,73 | A |
| | 50m: 28.12 | 100m: 59.19 | | | | | | |
| 9. | Mare Schallenberg | Blue Marlins | 200600078 | 57.97 | **59.31** | 662 | | B |
| | 50m: 29.19 | 100m: 59.31 | | | | | | |
| 10. | Kinge Zandringa | De Dolfijn | 199801422 | 58.17 | **59.99** | 640 | +0,74 | B |
| | 50m: 28.93 | 100m: 59.99 | | | | | | |
| 11. | Maaike Issard | DZ&PC | 200300022 | 59.73 | **1:00.04** | 638 | +0,83 | B |
| | 50m: 29.01 | 100m: 1:00.04 | | | | | | |
| 12. | Arianne Kooijinga | DZ&PC | 200001544 | 1:00.30 | **1:00.62** | 620 | +0,74 | B |
| | 50m: 29.50 | 100m: 1:00.62 | | | | | | |
| 13. | Jade van der Schrier | Azc 1 | 200800692 | 1:00.54 | **1:00.75** | 616 | +0,76 | B |
| | 50m: 29.67 | 100m: 1:00.75 | | | | | | |
| 14. | Marin Wieling | Zpc Amersfoort | 200501220 | 59.90 | **1:01.03** | 608 | +0,73 | B |
| | 50m: 29.28 | 100m: 1:01.03 | | | | | | |
| 15. | Luus Gielens | Psv | 200900138 | 1:00.88 | **1:01.27** | 601 | | B |
| | 50m: 29.92 | 100m: 1:01.27 | | | | | | |
| 16. | Rhodee van den Ham | De Duinkikkers | 200700090 | 1:03.11 | **1:01.34** | 599 | +0,80 | B |
| | 50m: 30.04 | 100m: 1:01.34 | | | | | | |
| 17. | Fenna Westerneng | DZ&PC | 200900070 | 1:00.46 | **1:01.59** | 591 | +0,75 | C |
| | 50m: 29.76 | 100m: 1:01.59 | | | | | | |
| 18. | Femke Backx | Orca Leeuwarden | 200106430 | 1:04.35 | **1:01.61** | 591 | +0,74 | C |
| | 50m: 29.25 | 100m: 1:01.61 | | | | | | |
| 19. | Jolijn Liezen | Steenwijk 1934 | 200500518 | 1:00.65 | **1:01.73** | 587 | +0,76 | C |
| | 50m: 29.69 | 100m: 1:01.73 | | | | | | |
| 20. | Lola Verheijen | Psv | 201100832 | 1:00.90 | **1:01.89** | 583 | +0,61 | C |
| | 50m: 29.74 | 100m: 1:01.89 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 27, Dames, 100m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 21. | Breanna Belmar | Blue Marlins | 201004068 | 1:02.09 | **1:01.90** | 582 | +0,76 | C |
| | 50m: 29.92 | 100m: 1:01.90 | | | | | | |
| 22. | Bregje Dekkers | Psv | 200900746 | 1:01.90 | **1:01.96** | 581 | +0,66 | C |
| | 50m: 30.44 | 100m: 1:01.96 | | | | | | |
| 23. | Alessia Sluis | Dedemsvaart-AC | 200300896 | 1:02.57 | **1:02.00** | 580 | +0,75 | C |
| | 50m: 29.92 | 100m: 1:02.00 | | | | | | |
| 24. | Malin Roozeboom | Wvz | 201100006 | 1:00.84 | **1:02.06** | 578 | +0,66 | C |
| | 50m: 29.99 | 100m: 1:02.06 | | | | | | |
| 25. | Julie van Nispen | Z&PV Nuenen | 200800290 | 1:00.36 | **1:02.19** | 574 | +0,73 | R |
| | 50m: 29.87 | 100m: 1:02.19 | | | | | | |
| 26. | Nina van der Schrier | Azc 1 | 201000444 | 1:01.50 | **1:02.24** | 573 | +0,53 | R |
| | 50m: 30.15 | 100m: 1:02.24 | | | | | | |
| 27. | Leonie van Wier | HZ&PC Heerenveen | 200200436 | 1:02.78 | **1:02.32** | 571 | +0,75 | |
| | 50m: 30.35 | 100m: 1:02.32 | | | | | | |
| 28. | Kinley Cole | Psv | 200903696 | 1:00.66 | **1:02.33** | 570 | +0,55 | |
| | 50m: 29.63 | 100m: 1:02.33 | | | | | | |
| 29. | Frédérique Nijziel | De Dolfijn | 201103114 | 1:01.44 | **1:02.75** | 559 | | |
| | 50m: 30.16 | 100m: 1:02.75 | | | | | | |
| 30. | Liv Heijdra | Feijenoord Albion | 200800736 | 1:02.10 | **1:03.09** | 550 | +0,75 | |
| | 50m: 29.71 | 100m: 1:03.09 | | | | | | |
| 31. | Julia Dąbrowska | Blue Marlins | 201000300 | 1:03.06 | **1:03.24** | 546 | +0,73 | |
| | 50m: 30.27 | 100m: 1:03.24 | | | | | | |
| 32. | Fenna Zusterzeel | Psv | 201000008 | 1:02.05 | **1:03.39** | 542 | +0,71 | |
| | 50m: 29.73 | 100m: 1:03.39 | | | | | | |
| 33. | Daphne Dijsselhof | Dedemsvaart-AC | 200901690 | 1:02.75 | **1:03.55** | 538 | +0,84 | |
| | 50m: 31.08 | 100m: 1:03.55 | | | | | | |
| 34. | Amber Kunst | Daw | 200900680 | 1:03.37 | **1:03.74** | 533 | +0,66 | |
| | 50m: 31.01 | 100m: 1:03.74 | | | | | | |
| 35. | Mijke Ouderkerken | Blue Marlins | 200901254 | 1:04.28 | **1:04.02** | 526 | +0,74 | |
| | 50m: 31.16 | 100m: 1:04.02 | | | | | | |
| 36. | Vera Wassink | DZ&PC | 200604976 | 1:00.14 | **1:04.09** | 525 | +0,74 | |
| | 50m: 30.53 | 100m: 1:04.09 | | | | | | |
| 37. | Ilse Jongepier | TriVia | 201000006 | 1:04.89 | **1:04.21** | 522 | +0,73 | |
| | 50m: 31.21 | 100m: 1:04.21 | | | | | | |
| 38. | Fardau Cazemier | Zcnf'34 | 200901736 | 1:06.78 | **1:04.23** | 521 | | |
| | 50m: 31.00 | 100m: 1:04.23 | | | | | | |
| 39. | Esmee van Peer | TriVia | 200201114 | 1:03.66 | **1:04.31** | 519 | +0,80 | |
| | 50m: 30.67 | 100m: 1:04.31 | | | | | | |
| 40. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 1:03.81 | **1:04.50** | 515 | | |
| | 50m: 30.85 | 100m: 1:04.50 | | | | | | |
| | Ananda van der Wiel | Wvz | 200701562 | 1:03.49 | **1:04.50** | 515 | +0,65 | |
| | 50m: 30.24 | 100m: 1:04.50 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 27, Dames, 100m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 42. | Nienke Koster | ZPC Hoogeveen | 200900612 | 1:03.26 | **1:04.66** | 511 | |
| | 50m: 30.72 | 100m: 1:04.66 | | | | | |
| 43. | Lea Jerebic | SV Wildeshausen | 405121 | 1:06.67 | **1:04.83** | 507 | +0,69 |
| | 50m: 31.01 | 100m: 1:04.83 | | | | | |
| 44. | Aniek Vuist | Steenwijk 1934 | 200600958 | 1:05.36 | **1:05.17** | 499 | |
| | 50m: 32.00 | 100m: 1:05.17 | | | | | |
| 45. | Fleur Van den Eijk | Blue Marlins | 200900304 | 1:04.05 | **1:05.24** | 497 | +0,65 |
| | 50m: 30.77 | 100m: 1:05.24 | | | | | |
| 46. | Karlijn Dijkshoorn | Steenwijk 1934 | 200803926 | 1:03.16 | **1:05.26** | 497 | +0,59 |
| | 50m: 31.25 | 100m: 1:05.26 | | | | | |
| 47. | Anouk Steller | Wvz | 201000004 | 1:05.36 | **1:05.44** | 493 | +0,78 |
| | 50m: 31.62 | 100m: 1:05.44 | | | | | |
| 48. | Yanique Bax | Zpc Amersfoort | 201001428 | 1:08.11 | **1:05.79** | 485 | |
| | 50m: 31.80 | 100m: 1:05.79 | | | | | |
| 49. | Lian Vonk | Zpc Amersfoort | 201001606 | 1:06.32 | **1:05.87** | 483 | +0,58 |
| | 50m: 31.69 | 100m: 1:05.87 | | | | | |
| 50. | Evita Hoornweg | TriVia | 201002046 | 1:09.64 | **1:05.90** | 483 | +0,76 |
| | 50m: 31.87 | 100m: 1:05.90 | | | | | |
| 51. | Marlies Dijsselhof | Dedemsvaart-AC | 200601046 | 1:04.75 | **1:06.06** | 479 | +0,72 |
| | 50m: 31.21 | 100m: 1:06.06 | | | | | |
| 52. | Amber Tiesinga | DZ&PC | 200600782 | 1:05.91 | **1:06.11** | 478 | +0,86 |
| | 50m: 32.17 | 100m: 1:06.11 | | | | | |
| 53. | Elke Kriesels | Hieronymus | 201100898 | 1:04.94 | **1:06.21** | 476 | +0,81 |
| | 50m: 31.71 | 100m: 1:06.21 | | | | | |
| 54. | Hanna Heller | Zpc Amersfoort | 201102730 | 1:04.76 | **1:06.30** | 474 | |
| | 50m: 31.39 | 100m: 1:06.30 | | | | | |
| 55. | Manou Longayroux | Blue Marlins | 201000580 | 1:05.37 | **1:06.31** | 474 | +0,69 |
| | 50m: 32.07 | 100m: 1:06.31 | | | | | |
| 56. | Ylène Zondervan | Zpc Amersfoort | 201200016 | 1:04.58 | **1:06.35** | 473 | +0,82 |
| | 50m: 31.62 | 100m: 1:06.35 | | | | | |
| 57. | Kim Bouman | Zpc Amersfoort | 201000262 | 1:06.55 | **1:06.73** | 465 | +0,67 |
| | 50m: 31.57 | 100m: 1:06.73 | | | | | |
| 58. | Nora Lynn Otten | ZPC Hoogeveen | 200903338 | 1:06.45 | **1:06.74** | 465 | |
| | 50m: 32.41 | 100m: 1:06.74 | | | | | |
| 59. | Milou Filemon | Blue Marlins | 201100078 | 1:05.00 | **1:06.75** | 464 | +0,67 |
| | 50m: 31.99 | 100m: 1:06.75 | | | | | |
| 60. | Mare Offringa | SG. Bolsward-Workum | 201001110 | 1:07.56 | **1:07.10** | 457 | +0,72 |
| | 50m: 32.53 | 100m: 1:07.10 | | | | | |
| 61. | Eva Maria Keet | Zpc Amersfoort | 201003006 | 1:06.87 | **1:07.47** | 450 | +0,98 |
| | 50m: 32.00 | 100m: 1:07.47 | | | | | |
| 62. | Esmee van der Tuuk | ZPC Hoogeveen | 200800682 | 1:07.12 | **1:07.58** | 447 | +0,86 |
| | 50m: 32.59 | 100m: 1:07.58 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 27, Dames, 100m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 63. | Isa Segenhout | Orca Leeuwarden | 201000128 | 1:09.83 | **1:07.90** | 441 | +0,77 |
| | 50m: 32.41 100m: 1:07.90 | | | | | | |
| | Marjolie Spelde | ZC Borger | 200900266 | 1:07.56 | **1:07.90** | 441 | +0,77 |
| | 50m: 32.02 100m: 1:07.90 | | | | | | |
| 65. | Kyara Balt | De Vikings | 201100306 | 1:09.60 | **1:07.91** | 441 | +0,81 |
| | 50m: 32.82 100m: 1:07.91 | | | | | | |
| 66. | Marlies Brouwer | DZ&PC | 201101152 | 1:07.85 | **1:08.01** | 439 | +0,66 |
| | 50m: 32.59 100m: 1:08.01 | | | | | | |
| 67. | Lyanne Pathuis | Bubble | 200800042 | 1:07.62 | **1:08.10** | 437 | +0,81 |
| | 50m: 32.93 100m: 1:08.10 | | | | | | |
| 68. | Kim Koeling | Ksn (Sg) | 201201216 | 1:08.97 | **1:08.13** | 437 | +0,76 |
| | 50m: 32.79 100m: 1:08.13 | | | | | | |
| 69. | Hanna Sampimon | Ksn (Sg) | 200901824 | 1:09.48 | **1:08.30** | 433 | |
| | 50m: 33.37 100m: 1:08.30 | | | | | | |
| 70. | Norell Kroeze | ZC Polaris | 201100378 | 1:05.81 | **1:08.44** | 431 | +0,73 |
| | 50m: 33.10 100m: 1:08.44 | | | | | | |
| 71. | Feyona Vonk | F.Z.C.'54 | 200600814 | 1:08.11 | **1:08.53** | 429 | +0,70 |
| | 50m: 32.72 100m: 1:08.53 | | | | | | |
| 72. | Elize Schierbeek | TriVia | 201100652 | 1:09.24 | **1:08.58** | 428 | +0,74 |
| | 50m: 33.51 100m: 1:08.58 | | | | | | |
| 73. | Noortje Bisperink | Zpc Amersfoort | 201100486 | 1:09.01 | **1:08.61** | 428 | +0,73 |
| | 50m: 32.91 100m: 1:08.61 | | | | | | |
| 74. | Marlene Bührmann | SV Wildeshausen | 406182 | 1:07.00 | **1:09.21** | 417 | +0,59 |
| | 50m: 32.71 100m: 1:09.21 | | | | | | |
| 75. | Sara van Dijk | TriVia | 201001120 | 1:11.35 | **1:09.46** | 412 | |
| | 50m: 33.15 100m: 1:09.46 | | | | | | |
| 76. | Lana Noordenbos | Orca Leeuwarden | 201100958 | 1:09.75 | **1:09.51** | 411 | +0,70 |
| | 50m: 32.93 100m: 1:09.51 | | | | | | |
| 77. | Kamila Makhmadiyarova | Blue Marlins | 201103178 | 1:11.93 | **1:09.81** | 406 | +0,78 |
| | 50m: 33.33 100m: 1:09.81 | | | | | | |
| 78. | Fenna Boterman | TriVia | 200701710 | 1:12.53 | **1:09.82** | 406 | |
| | 50m: 32.20 100m: 1:09.82 | | | | | | |
| 79. | Lily Zandstra | Dedemsvaart-AC | 200701418 | 1:08.33 | **1:09.84** | 405 | +0,84 |
| | 50m: 33.23 100m: 1:09.84 | | | | | | |
| 80. | Chantal Peters | ZPC Hoogeveen | 201001578 | 1:10.52 | **1:09.99** | 403 | +0,84 |
| | 50m: 33.75 100m: 1:09.99 | | | | | | |
| 81. | Esmee Reuver | ZC Polaris | 201100846 | 1:09.89 | **1:10.16** | 400 | +0,76 |
| | 50m: 33.51 100m: 1:10.16 | | | | | | |
| 82. | Jildau Folmer | SG. Bolsward-Workum | 201002600 | 1:10.03 | **1:10.32** | 397 | |
| | 50m: 33.34 100m: 1:10.32 | | | | | | |
| 83. | Finja Richter | Wardenburger SC | 383208 | 1:08.69 | **1:10.53** | 394 | +0,76 |
| | 50m: 33.43 100m: 1:10.53 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 27, Dames, 100m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 84. | Melody Paulussen | De Dolfijn | 201101106 | 1:08.57 | **1:10.91** | 387 | +0,61 |
| | 50m: 33.27 100m: 1:10.91 | | | | | | |
| 85. | Eva ter Horst | ZPC Hoogeveen | 201200070 | 1:13.22 | **1:11.15** | 383 | +0,88 |
| | 50m: 33.87 100m: 1:11.15 | | | | | | |
| 86. | Femke Griemink | Ksn (Sg) | 200802376 | 1:12.27 | **1:11.42** | 379 | +0,79 |
| | 50m: 34.55 100m: 1:11.42 | | | | | | |
| 87. | Devenda van der Meer | DZ&PC | 200900948 | 1:09.84 | **1:11.62** | 376 | +0,75 |
| | 50m: 33.38 100m: 1:11.62 | | | | | | |
| 88. | Myron Dekker | ZPC Hoogeveen | 201000512 | 1:12.02 | **1:11.63** | 376 | +0,68 |
| | 50m: 34.05 100m: 1:11.63 | | | | | | |
| 89. | S. Eagleton-Zambrano | Blue Marlins | 201103862 | 1:11.34 | **1:11.69** | 375 | +0,52 |
| | 50m: 34.97 100m: 1:11.69 | | | | | | |
| 90. | Charlie Klaver | De Dolfijn | 201102094 | 1:12.55 | **1:11.85** | 372 | +0,70 |
| | 50m: 35.31 100m: 1:11.85 | | | | | | |
| 91. | Gabriela Borges | Blue Marlins | 201201726 | 1:19.32 | **1:11.96** | 371 | |
| | 50m: 34.19 100m: 1:11.96 | | | | | | |
| 92. | Jade van der Veen | ZPC Hoogeveen | 201200416 | 1:18.99 | **1:11.97** | 370 | +0,75 |
| | 50m: 35.21 100m: 1:11.97 | | | | | | |
| 93. | Femke van der Veen | Orca Leeuwarden | 201100962 | 1:11.84 | **1:12.02** | 370 | +0,70 |
| | 50m: 34.08 100m: 1:12.02 | | | | | | |
| 94. | Emma Koeleman | Z&PC de Inktvis | 200901762 | 1:11.76 | **1:12.08** | 369 | +0,78 |
| | 50m: 34.99 100m: 1:12.08 | | | | | | |
| 95. | Jessica Lerer | De Kempvis | 201002354 | 1:10.77 | **1:12.21** | 367 | +0,63 |
| | 50m: 33.47 100m: 1:12.21 | | | | | | |
| 96. | Anna Nauta | TriVia | 201001114 | 1:12.79 | **1:12.77** | 358 | +0,60 |
| | 50m: 33.54 100m: 1:12.77 | | | | | | |
| 97. | Ranomi Zeegers | De Vikings | 201201512 | 1:14.34 | **1:13.18** | 352 | +0,81 |
| | 50m: 35.97 100m: 1:13.18 | | | | | | |
| | Britt Jellesma | SG. Bolsward-Workum | 201000310 | 1:13.89 | **1:13.18** | 352 | +0,52 |
| | 50m: 34.07 100m: 1:13.18 | | | | | | |
| 99. | Linthe Van Gelderen | Ksn (Sg) | 201201220 | 1:19.68 | **1:13.34** | 350 | +0,69 |
| | 50m: 35.86 100m: 1:13.34 | | | | | | |
| 100. | Evy Anna Nijdam | Orca Leeuwarden | 201100834 | 1:12.85 | **1:13.38** | 349 | +0,90 |
| | 50m: 34.81 100m: 1:13.38 | | | | | | |
| 101. | Yenthe Segeren | F.Z.C.'54 | 200801440 | 1:14.02 | **1:13.51** | 348 | +0,78 |
| | 50m: 34.36 100m: 1:13.51 | | | | | | |
| 102. | Anna Schuurman | SG. Bolsward-Workum | 201000076 | 1:13.70 | **1:13.70** | 345 | +0,64 |
| | 50m: 35.76 100m: 1:13.70 | | | | | | |
| 103. | Jelena Krikke | DZ&PC | 200405874 | 1:12.33 | **1:13.73** | 344 | +0,80 |
| | 50m: 34.64 100m: 1:13.73 | | | | | | |
| 104. | Sarah Brandes | SV Wildeshausen | 406178 | 1:12.00 | **1:13.87** | 343 | +0,59 |
| | 50m: 35.37 100m: 1:13.87 | | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 27, Dames, 100m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 105. | Laura Tjoonk | Ksn (Sg) | 201004120 | 1:12.14 | **1:13.90** | 342 | |
| | 50m: 35.70 | 100m: 1:13.90 | | | | | |
| 106. | Gerlin van de Krol | Dwk | 201101412 | 1:16.62 | **1:14.00** | 341 | |
| | 50m: 35.15 | 100m: 1:14.00 | | | | | |
| 107. | Myrthe te Winkel | Swol 1894 | 200804336 | 1:21.38 | **1:14.05** | 340 | +0,64 |
| | 50m: 36.04 | 100m: 1:14.05 | | | | | |
| 108. | Floortje Bakker | Blue Marlins | 201101124 | 1:13.98 | **1:14.21** | 338 | +0,79 |
| | 50m: 36.31 | 100m: 1:14.21 | | | | | |
| 109. | Annelie Klinkhamer | Bubble | 200702606 | 1:14.39 | **1:14.41** | 335 | |
| | 50m: 34.87 | 100m: 1:14.41 | | | | | |
| 110. | Noelie Hallbauer | SV Wildeshausen | 397699 | 1:09.70 | **1:14.49** | 334 | |
| | 50m: 35.49 | 100m: 1:14.49 | | | | | |
| 111. | Fabiën van Halderen | ZPC Hoogeveen | 201200412 | 1:18.02 | **1:14.79** | 330 | +0,86 |
| | 50m: 35.92 | 100m: 1:14.79 | | | | | |
| 112. | Bente Toth | Zpc Amersfoort | 201102818 | 1:15.20 | **1:14.91** | 328 | +0,72 |
| | 50m: 35.54 | 100m: 1:14.91 | | | | | |
| 113. | Elske de Vries | De Vikings | 200800786 | 1:16.65 | **1:16.91** | 303 | |
| | 50m: 36.81 | 100m: 1:16.91 | | | | | |
| 114. | Nienke Smid | ZPC de Kanaalstreek | 201000468 | 1:15.03 | **1:17.43** | 297 | +0,78 |
| | 50m: 36.47 | 100m: 1:17.43 | | | | | |
| 115. | Renske Van Ommen | ZC Polaris | 201200948 | 1:21.89 | **1:17.49** | 297 | +0,86 |
| | 50m: 36.69 | 100m: 1:17.49 | | | | | |
| 116. | Carlijn Aardema | ZC Borger | 201100272 | 1:16.42 | **1:17.74** | 294 | +0,88 |
| | 50m: 36.73 | 100m: 1:17.74 | | | | | |
| 117. | Lena Diekamp | SV Wildeshausen | 427914 | 1:11.87 | **1:18.16** | 289 | +0,87 |
| | 50m: 37.58 | 100m: 1:18.16 | | | | | |
| 118. | Saar Meems | ZC Polaris | 201200946 | 1:21.66 | **1:18.77** | 282 | +0,94 |
| | 50m: 38.60 | 100m: 1:18.77 | | | | | |
| 119. | Sophie Feiertag | ZC Polaris | 200901144 | 1:16.16 | **1:18.99** | 280 | +0,85 |
| | 50m: 37.11 | 100m: 1:18.99 | | | | | |
| 120. | Anna de Lange | Steenwijk 1934 | 200801762 | 1:22.38 | **1:20.08** | 269 | +0,63 |
| | 50m: 38.42 | 100m: 1:20.08 | | | | | |
| 121. | Isabella Walta | Neptunia '24 | 200704902 | 1:17.98 | **1:20.22** | 267 | +0,56 |
| | 50m: 39.25 | 100m: 1:20.22 | | | | | |
| 122. | Nicky Freriksen | Swol 1894 | 200802348 | 1:26.32 | **1:23.66** | 236 | +0,97 |
| | 50m: 38.77 | 100m: 1:23.66 | | | | | |
| 123. | Nicky Zhang | Blue Marlins | 201003292 | 1:26.67 | **1:27.57** | 205 | |
| | 50m: 41.03 | 100m: 1:27.57 | | | | | |
| 124. | Sophie Zwart | TriVia | 200902664 | 1:30.77 | **1:34.91** | 161 | +0,95 |
| | 50m: 42.80 | 100m: 1:34.91 | | | | | |
| AFGEM | Denise Thül | Swol 1894 | 200902530 | 1:10.09 | | | |
| AFGEM | Lotte Lübbers | Ksn (Sg) | 200900190 | 1:01.85 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 27, Dames, 100m vrije slag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| AFGEM | Carlein Polinder | Ksn (Sg) | 200600128 | 1:02.74 | | | |
| AFGEM | Chaya Bremer | MSV-Zeemacht | 200900372 | 1:07.88 | | | |
| AFGEM | Eefje Irvine | De Dolfijn | 200700164 | 1:01.54 | | | |
| AFGEM | Ilse Wiltjer | DZ&PC | 200900868 | 1:06.60 | | | |

Programmanr. 28 — Heren, 100m schoolslag — Junioren 1 en ouder
2-3-2025 - 11:34 — Spring Swim record: Koen de Groot: 1.02.99 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Bartel Vranken | Zwemfed | VZF/10017/07 | 1:03.78 | **1:04.79** | 676 | +0,68 A |
| | 50m: 30.38 | 100m: 1:04.79 | | | | | |
| 2. | Storm Boxum | DZ&PC | 200700421 | 1:04.39 | **1:05.74** | 647 | +0,74 A |
| | 50m: 30.54 | 100m: 1:05.74 | | | | | |
| 3. | Karsten van Groenigen | Zwemfed | VZF/10013/08 | 1:05.53 | **1:06.11** | 636 | +0,70 A |
| | 50m: 31.20 | 100m: 1:06.11 | | | | | |
| 4. | Jesse van der Meij | De Dolfijn | 200600841 | 1:07.18 | **1:07.01** | 611 | A |
| | 50m: 32.03 | 100m: 1:07.01 | | | | | |
| 5. | Ruben Baars | Dwk | 200900471 | 1:08.16 | **1:08.69** | 567 | +0,73 A |
| | 50m: 32.31 | 100m: 1:08.69 | | | | | |
| 6. | Floris van der Valk | Wiekslag | 200801891 | 1:10.00 | **1:09.01** | 559 | +0,68 A |
| | 50m: 31.78 | 100m: 1:09.01 | | | | | |
| 7. | Nikodim Markovic | Blue Marlins | 200700255 | 1:05.62 | **1:09.50** | 548 | A |
| | 50m: 32.55 | 100m: 1:09.50 | | | | | |
| 8. | Tiede Groener | Psv | 200700155 | 1:11.51 | **1:09.53** | 547 | +0,75 A |
| | 50m: 32.65 | 100m: 1:09.53 | | | | | |
| 9. | Jetze de Vries | De Vikings | 200602589 | 1:09.09 | **1:09.65** | 544 | +0,71 B |
| | 50m: 32.17 | 100m: 1:09.65 | | | | | |
| 10. | Joshua Agussalim | Wvz | 200600153 | 1:08.60 | **1:09.84** | 540 | +0,66 B |
| | 50m: 32.48 | 100m: 1:09.84 | | | | | |
| 11. | Ruben Hoeve | Dedemsvaart-AC | 200302179 | 1:10.29 | **1:10.04** | 535 | +0,76 B |
| | 50m: 31.28 | 100m: 1:10.04 | | | | | |
| 12. | Rick Offringa | DZ&PC | 200300979 | 1:07.85 | **1:10.15** | 533 | B |
| | 50m: 32.35 | 100m: 1:10.15 | | | | | |
| 13. | Q. Brouwer von Gonzenba | TriVia | 200700001 | 1:08.74 | **1:11.57** | 501 | +0,68 B |
| | 50m: 32.90 | 100m: 1:11.57 | | | | | |
| 14. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 1:10.03 | **1:12.15** | 489 | +0,75 B |
| | 50m: 33.43 | 100m: 1:12.15 | | | | | |
| 15. | Alexander Griston | De Dolfijn | 200803053 | 1:11.38 | **1:13.02** | 472 | +0,72 B |
| | 50m: 34.22 | 100m: 1:13.02 | | | | | |
| 16. | Kay van Sleen | Steenwijk 1934 | 200400083 | 1:11.82 | **1:13.44** | 464 | +0,79 B |
| | 50m: 34.07 | 100m: 1:13.44 | | | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 28, Heren, 100m schoolslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 17. | Jelte de Boer | De Vikings | 200700345 | 1:13.07 | **1:13.81** | 457 | +0,70 | C |
| | 50m: 34.28 | 100m: 1:13.81 | | | | | | |
| 18. | Brian Arturo Bloemsma | De Dolfijn | 200901155 | 1:14.24 | **1:14.73** | 440 | +0,52 | C |
| | 50m: 34.64 | 100m: 1:14.73 | | | | | | |
| 19. | Milan Schuilenburg | Zpc Amersfoort | 201000935 | 1:14.63 | **1:14.95** | 437 | +0,61 | C |
| | 50m: 35.76 | 100m: 1:14.95 | | | | | | |
| 20. | Mathijs Boersma | ZPC Hoogeveen | 201000313 | 1:18.16 | **1:14.97** | 436 | +0,80 | C |
| | 50m: 34.52 | 100m: 1:14.97 | | | | | | |
| 21. | Stan Tibben | Dedemsvaart-AC | 200503591 | 1:21.30 | **1:15.35** | 430 | | C |
| | 50m: 35.09 | 100m: 1:15.35 | | | | | | |
| 22. | Cayden Malone | De Dolfijn | 201002195 | 1:19.46 | **1:15.55** | 426 | | C |
| | 50m: 35.45 | 100m: 1:15.55 | | | | | | |
| 23. | Nathan Magava | De Dolfijn | 201003067 | 1:16.51 | **1:15.61** | 425 | +0,57 | C |
| | 50m: 35.34 | 100m: 1:15.61 | | | | | | |
| 24. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | 1:17.52 | **1:15.89** | 421 | +0,70 | C |
| | 50m: 35.48 | 100m: 1:15.89 | | | | | | |
| 25. | Kick Germers | Swol 1894 | 201000185 | 1:16.76 | **1:16.54** | 410 | +0,70 | R |
| | 50m: 36.57 | 100m: 1:16.54 | | | | | | |
| 26. | Tygo van de Wal | Dwk | 201001329 | 1:15.38 | **1:16.76** | 406 | +0,73 | R |
| | 50m: 34.57 | 100m: 1:16.76 | | | | | | |
| 27. | Kylian Kooijman | Steenwijk 1934 | 199900763 | 1:19.11 | **1:17.26** | 399 | +0,78 | |
| | 50m: 35.28 | 100m: 1:17.26 | | | | | | |
| 28. | Ruben Trompetter | DZ&PC | 200500997 | 1:20.43 | **1:17.33** | 397 | +0,83 | |
| | 50m: 36.24 | 100m: 1:17.33 | | | | | | |
| 29. | Ruben Nooter | Dedemsvaart-AC | 200901577 | 1:15.50 | **1:17.35** | 397 | +0,69 | |
| | 50m: 35.42 | 100m: 1:17.35 | | | | | | |
| 30. | Gerjan Berends | ZPC Hoogeveen | 200900169 | 1:15.05 | **1:17.48** | 395 | +0,65 | |
| | 50m: 36.44 | 100m: 1:17.48 | | | | | | |
| 31. | Luca Monster | SG Hoeksche Waard | 201100343 | 1:15.74 | **1:18.10** | 386 | +0,69 | |
| | 50m: 35.88 | 100m: 1:18.10 | | | | | | |
| 32. | Sven Potappel | Dwk | 201000127 | 1:20.94 | **1:18.27** | 383 | | |
| | 50m: 36.38 | 100m: 1:18.27 | | | | | | |
| 33. | Oden Hankins | Blue Marlins | 200902301 | 1:27.12 | **1:19.24** | 369 | | |
| | 50m: 35.92 | 100m: 1:19.24 | | | | | | |
| 34. | Abe Pasop | Dedemsvaart-AC | 201000501 | 1:18.69 | **1:19.56** | 365 | +0,73 | |
| | 50m: 36.91 | 100m: 1:19.56 | | | | | | |
| 35. | Kasper Lubbers | Orca Leeuwarden | 201100025 | 1:24.81 | **1:21.20** | 343 | | |
| | 50m: 38.46 | 100m: 1:21.20 | | | | | | |
| 36. | Daequan Ramos | ZPC Hoogeveen | 200901709 | 1:19.66 | **1:21.28** | 342 | +0,75 | |
| | 50m: 36.97 | 100m: 1:21.28 | | | | | | |
| 37. | Joey Snabel | Zpc Amersfoort | 201002847 | 1:20.54 | **1:21.64** | 338 | +0,74 | |
| | 50m: 37.78 | 100m: 1:21.64 | | | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 28, Heren, 100m schoolslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 38. | Art Jin van der Ent | Blue Marlins | 200903785 | 1:23.61 | **1:21.80** | 336 | |
| | 50m: 38.90 | 100m: 1:21.80 | | | | | |
| 39. | Kyaro Giuliano | De Dolfijn | 201000489 | 1:23.61 | **1:21.92** | 334 | +0,85 |
| | 50m: 39.17 | 100m: 1:21.92 | | | | | |
| 40. | Douwe Enzerink | Zpc Amersfoort | 201102657 | 1:24.32 | **1:23.32** | 318 | +0,70 |
| | 50m: 39.39 | 100m: 1:23.32 | | | | | |
| 41. | Yorre van der Wal | SG. Bolsward-Workum | 201000017 | 1:23.73 | **1:23.35** | 317 | |
| | 50m: 39.39 | 100m: 1:23.35 | | | | | |
| 42. | Jente-Piebe Dijkstra | Wetterwille | 200800299 | 1:22.92 | **1:24.55** | 304 | +0,73 |
| | 50m: 38.67 | 100m: 1:24.55 | | | | | |
| 43. | Luca Karsten Schüler | HZ&PC Heerenveen | 201101451 | 1:28.94 | **1:24.85** | 301 | +0,66 |
| | 50m: 40.02 | 100m: 1:24.85 | | | | | |
| 44. | Sven Mulder | Wvz | 200901655 | 1:30.96 | **1:25.21** | 297 | +0,72 |
| | 50m: 40.74 | 100m: 1:25.21 | | | | | |
| 45. | Dirk Hoogeveen | Dedemsvaart-AC | 200702595 | 1:24.29 | **1:25.48** | 294 | +0,89 |
| | 50m: 39.37 | 100m: 1:25.48 | | | | | |
| 46. | Thomas van Scheepen | Steenwijk 1934 | 200001387 | 1:21.17 | **1:26.49** | 284 | +0,77 |
| | 50m: 40.34 | 100m: 1:26.49 | | | | | |
| 47. | Milan Eikenaar | Swol 1894 | 201100599 | 1:27.28 | **1:27.80** | 271 | +0,85 |
| | 50m: 41.05 | 100m: 1:27.80 | | | | | |
| 48. | Joep Barwegen | HZ&PC Heerenveen | 201201823 | 1:33.90 | **1:28.50** | 265 | +0,60 |
| | 50m: 41.33 | 100m: 1:28.50 | | | | | |
| | Alexander Jerebic | SV Wildeshausen | 427588 | 1:27.15 | **1:28.50** | 265 | +0,74 |
| | 50m: 41.75 | 100m: 1:28.50 | | | | | |
| 50. | Daan Mulder | Ksn (Sg) | 201100267 | 1:34.55 | **1:28.51** | 265 | +0,82 |
| | 50m: 40.83 | 100m: 1:28.51 | | | | | |
| 51. | Mathijs de Wit | Ksn (Sg) | 201001215 | 1:19.67 | **1:28.60** | 264 | +0,80 |
| | 50m: 41.30 | 100m: 1:28.60 | | | | | |
| 52. | Tim Koornstra | De Vikings | 201200231 | 1:31.26 | **1:29.31** | 258 | +0,76 |
| | 50m: 42.70 | 100m: 1:29.31 | | | | | |
| 53. | Stef van de Wal | Dwk | 201200803 | 1:30.77 | **1:29.74** | 254 | +0,74 |
| | 50m: 42.90 | 100m: 1:29.74 | | | | | |
| 54. | Michiel de Wit | Ksn (Sg) | 201101867 | 1:31.17 | **1:31.05** | 243 | +0,77 |
| | 50m: 42.82 | 100m: 1:31.05 | | | | | |
| 55. | Nordin Vermeer | Dwk | 201000227 | 1:21.40 | **1:31.40** | 241 | +0,71 |
| | 50m: 41.64 | 100m: 1:31.40 | | | | | |
| 56. | Rio Babic | Steenwijk 1934 | 201200867 | 1:30.73 | **1:31.47** | 240 | |
| | 50m: 44.22 | 100m: 1:31.47 | | | | | |
| 57. | Vince Van Wijk | Ksn (Sg) | 201101019 | 1:36.26 | **1:33.55** | 224 | +0,65 |
| | 50m: 45.09 | 100m: 1:33.55 | | | | | |
| AFGEM | Thomas Nauta | Arethusa | 200900339 | 1:15.10 | | | |
| AFGEM | Sven Casper Hageman | Steenwijk 1934 | 201000009 | 1:17.41 | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 28, Heren, 100m schoolslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| AFGEM | Thygo van de Peppel | Blue Marlins | 200901101 | 1:10.09 | | | |

Programmanr. 29 — Dames, 200m schoolslag — Junioren 2 en ouder
2-3-2025 - 11:45 — Spring Swim record: Djanilla Brink 2:35.76 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Jade Geurts | Wvz | 200402278 | 2:37.88 | **2:35.33** | 694 | +0,83 Q |
| | ** Spring Swim record* | | | | | | |
| | 50m: 34.89 | 100m: 1:14.11 | 150m: 1:54.47 | 200m: 2:35.33 | | | |
| 2. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 2:33.30 | **2:35.64** | 690 | +0,74 Q |
| | 50m: 35.45 | 100m: 1:14.63 | 150m: 1:55.07 | 200m: 2:35.64 | | | |
| 3. | Rafaela Mulders | De Reuring | 200701398 | 2:39.93 | **2:38.74** | 650 | Q |
| | 50m: 35.95 | 100m: 1:15.74 | 150m: 1:56.89 | 200m: 2:38.74 | | | |
| 4. | Nina Zusterzeel | Psv | 200800656 | 2:38.87 | **2:42.51** | 606 | Q |
| | 50m: 37.75 | 100m: 1:19.08 | 150m: 2:00.50 | 200m: 2:42.51 | | | |
| 5. | Carla Moreno Palacios | De Dolfijn | 201002302 | 2:42.47 | **2:43.01** | 600 | +0,78 Q |
| | 50m: 35.43 | 100m: 1:16.04 | 150m: 1:58.84 | 200m: 2:43.01 | | | |
| 6. | Robine Moot | Zpc Amersfoort | 200900330 | 2:40.28 | **2:43.63** | 594 | Q |
| | 50m: 37.19 | 100m: 1:18.78 | 150m: 2:00.90 | 200m: 2:43.63 | | | |
| 7. | Tess Vonk | De Geul | 200900024 | 2:46.42 | **2:45.71** | 571 | +0,69 Q |
| | 50m: 38.37 | 100m: 1:21.24 | 150m: 2:02.68 | 200m: 2:45.71 | | | |
| 8. | Esmee Mulder | DZ&PC | 200800038 | 2:43.03 | **2:46.26** | 566 | +0,74 Q |
| | 50m: 37.65 | 100m: 1:19.59 | 150m: 2:02.19 | 200m: 2:46.26 | | | |
| 9. | Paula Spans | Zpc Amersfoort | 201000064 | 2:44.02 | **2:46.32** | 565 | +0,79 R |
| | 50m: 37.83 | 100m: 1:20.06 | 150m: 2:03.41 | 200m: 2:46.32 | | | |
| 10. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 2:44.73 | **2:48.62** | 542 | +0,77 R |
| | 50m: 37.82 | 100m: 1:20.38 | 150m: 2:04.35 | 200m: 2:48.62 | | | |
| 11. | Yill van Bezouw | Hieronymus | 201100704 | 2:45.66 | **2:48.73** | 541 | +0,78 |
| | 50m: 37.62 | 100m: 1:20.69 | 150m: 2:04.49 | 200m: 2:48.73 | | | |
| 12. | Marre van der Wal | SG. Bolsward-Workum | 201000046 | 2:47.36 | **2:50.79** | 522 | +0,76 |
| | 50m: 38.01 | 100m: 1:21.37 | 150m: 2:06.00 | 200m: 2:50.79 | | | |
| 13. | Lise Kleinbekman | DZ&PC | 200502870 | 2:52.35 | **2:52.08** | 510 | +0,76 |
| | 50m: 39.01 | 100m: 1:22.95 | 150m: 2:07.53 | 200m: 2:52.08 | | | |
| 14. | Djelaysa Buunk | Z & PC De Zeeuwse Kı | 200900536 | 2:54.22 | **2:52.61** | 506 | +0,78 |
| | 50m: 38.76 | 100m: 1:23.11 | 150m: 2:07.90 | 200m: 2:52.61 | | | |
| 15. | Tess van de Steeg | Wvz | 201000016 | 2:55.89 | **2:53.00** | 502 | +0,81 |
| | 50m: 39.34 | 100m: 1:23.69 | 150m: 2:07.41 | 200m: 2:53.00 | | | |
| 16. | Amber Kunst | Daw | 200900680 | 2:51.12 | **2:55.38** | 482 | +0,83 |
| | 50m: 40.18 | 100m: 1:24.89 | 150m: 2:10.43 | 200m: 2:55.38 | | | |
| 17. | Rixt Rothschaid | ZPC Hoogeveen | 200900026 | 2:59.15 | **2:56.58** | 472 | +0,62 |
| | 50m: 40.64 | 100m: 1:25.63 | 150m: 2:11.10 | 200m: 2:56.58 | | | |



SportgeneeskundeFriesland
LUDWIG KLINIEK
VERKLEY KABELS & LEIDINGEN

Programmanr. 29, Dames, 200m schoolslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 18. | Isa Kerpels | ZPC Hoogeveen | 200800880 | 2:57.88 | **2:56.80** | 470 | +0,71 |
| | 50m: 40.43 | 100m: 1:25.34 | 150m: 2:10.58 | 200m: 2:56.80 | | | |
| 19. | Meike van der Klugt | Wvz | 201100808 | 2:53.61 | **2:57.79** | 463 | +0,86 |
| | 50m: 40.07 | 100m: 1:25.79 | 150m: 2:11.96 | 200m: 2:57.79 | | | |
| 20. | Odenza Soselisa | Blue Marlins | 201101780 | 3:02.16 | **2:58.02** | 461 | +0,73 |
| | 50m: 40.24 | 100m: 1:26.16 | 150m: 2:11.30 | 200m: 2:58.02 | | | |
| 21. | Sanne Keizer | Dedemsvaart-AC | 201001348 | 3:12.96 | **2:58.14** | 460 | +0,83 |
| | 50m: 38.38 | 100m: 1:23.37 | 150m: 2:10.75 | 200m: 2:58.14 | | | |
| 22. | Gerlin van de Krol | Dwk | 201101412 | 3:10.34 | **2:59.19** | 452 | |
| | 50m: 39.60 | 100m: 1:24.17 | 150m: 2:11.67 | 200m: 2:59.19 | | | |
| 23. | Noa van Zalk | Zpc Amersfoort | 201102534 | 3:00.52 | **2:59.50** | 449 | +0,58 |
| | 50m: 39.55 | 100m: 1:25.43 | 150m: 2:11.99 | 200m: 2:59.50 | | | |
| 24. | Noa Jaffe | De Dolfijn | 201000726 | 3:02.72 | **3:00.68** | 441 | |
| | 50m: 41.88 | 100m: 1:28.43 | 150m: 2:14.46 | 200m: 3:00.68 | | | |
| 25. | Wieke Dekker | De Dolfijn | 201002020 | 3:00.47 | **3:02.72** | 426 | +0,64 |
| | 50m: 41.00 | 100m: 1:27.97 | 150m: 2:15.34 | 200m: 3:02.72 | | | |
| 26. | Elien Groothuismink | Swol 1894 | 200800920 | 3:19.04 | **3:03.53** | 420 | +0,79 |
| | 50m: 42.56 | 100m: 1:28.18 | 150m: 2:16.04 | 200m: 3:03.53 | | | |
| 27. | Alena Ytsma | HZ&PC Heerenveen | 201201736 | 3:05.43 | **3:04.78** | 412 | +0,80 |
| | 50m: 42.11 | 100m: 1:28.95 | 150m: 2:16.18 | 200m: 3:04.78 | | | |
| 28. | Laura Tjoonk | Ksn (Sg) | 201004120 | 3:09.90 | **3:06.20** | 403 | +0,62 |
| | 50m: 43.11 | 100m: 1:30.57 | 150m: 2:19.37 | 200m: 3:06.20 | | | |
| 29. | Ylène Zondervan | Zpc Amersfoort | 201200016 | 3:02.28 | **3:06.50** | 401 | |
| | 50m: 41.82 | 100m: 1:28.78 | 150m: 2:16.93 | 200m: 3:06.50 | | | |
| 30. | Ilse Jongepier | TriVia | 201000006 | 3:14.32 | **3:06.99** | 398 | +0,83 |
| | 50m: 43.48 | 100m: 1:30.86 | 150m: 2:19.73 | 200m: 3:06.99 | | | |
| 31. | Esther Dijsselhof | Dedemsvaart-AC | 200800784 | 3:05.00 | **3:07.34** | 395 | +0,76 |
| | 50m: 40.51 | 100m: 1:28.30 | 150m: 2:17.37 | 200m: 3:07.34 | | | |
| 32. | Elin Reinstra | TriVia | 201100842 | 2:58.86 | **3:08.04** | 391 | +0,77 |
| | 50m: 43.15 | 100m: 1:30.88 | 150m: 2:19.19 | 200m: 3:08.04 | | | |
| 33. | Anique Polinder | Dedemsvaart-AC | 200800008 | 3:14.15 | **3:11.37** | 371 | +0,64 |
| | 50m: 42.44 | 100m: 1:32.41 | 150m: 2:23.19 | 200m: 3:11.37 | | | |
| 34. | Norell Kroeze | ZC Polaris | 201100378 | 3:07.63 | **3:11.95** | 367 | +0,72 |
| | 50m: 43.12 | 100m: 1:33.22 | 150m: 2:22.24 | 200m: 3:11.95 | | | |
| 35. | Hanna Heller | Zpc Amersfoort | 201102730 | 3:18.41 | **3:14.10** | 355 | +0,92 |
| | 50m: 42.48 | 100m: 1:31.75 | 150m: 2:23.07 | 200m: 3:14.10 | | | |
| 36. | Syll Rinsma | DZ&PC | 201200798 | 3:11.66 | **3:16.07** | 345 | +0,64 |
| | 50m: 43.79 | 100m: 1:34.15 | 150m: 2:26.25 | 200m: 3:16.07 | | | |
| 37. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 3:28.51 | **3:16.45** | 343 | +0,60 |
| | 50m: 43.96 | 100m: 1:34.36 | 150m: 2:25.58 | 200m: 3:16.45 | | | |
| 38. | Kyara Balt | De Vikings | 201100306 | 3:11.76 | **3:16.86** | 341 | |
| | 50m: 45.11 | 100m: 1:35.48 | 150m: 2:26.29 | 200m: 3:16.86 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 29, Dames, 200m schoolslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 39. | Minke Bouman | Blue Marlins | 201100104 | 3:02.92 | **3:17.45** | 338 | +0,72 |
| | ** Eindtijd Back up tijd* | | | | | | |
| | 50m: 42.53 | 100m: 1:32.13 | 150m: 2:25.22 | 200m: 3:17.45 | | | |
| 40. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 3:13.39 | **3:17.54** | 337 | +0,74 |
| | 50m: 44.63 | 100m: 1:35.66 | 150m: 2:26.49 | 200m: 3:17.54 | | | |
| 41. | Brechtje Slootweg | Zpc Amersfoort | 201101744 | 3:31.45 | **3:18.32** | 333 | +0,80 |
| | 50m: 43.65 | 100m: 1:33.89 | 150m: 2:25.69 | 200m: 3:18.32 | | | |
| 42. | Esmee Reuver | ZC Polaris | 201100846 | 3:11.86 | **3:18.46** | 332 | +0,84 |
| | 50m: 45.31 | 100m: 1:35.44 | 150m: 2:27.33 | 200m: 3:18.46 | | | |
| 43. | Renske Van Ommen | ZC Polaris | 201200948 | 3:22.75 | **3:18.47** | 332 | |
| | 50m: 44.96 | 100m: 1:35.59 | 150m: 2:27.44 | 200m: 3:18.47 | | | |
| 44. | Aline Strijker | Ksn (Sg) | 201100362 | 3:25.78 | **3:20.41** | 323 | +0,74 |
| | 50m: 45.34 | 100m: 1:36.46 | 150m: 2:28.57 | 200m: 3:20.41 | | | |
| 45. | Lena Diekamp | SV Wildeshausen | 427914 | 3:20.87 | **3:23.15** | 310 | +0,81 |
| | 50m: 46.45 | 100m: 1:37.02 | 150m: 2:30.53 | 200m: 3:23.15 | | | |
| 46. | Jessica Dekkinga | Steenwijk 1934 | 200600180 | 3:19.56 | **3:23.27** | 309 | |
| | 50m: 46.54 | 100m: 1:38.33 | 150m: 2:31.93 | 200m: 3:23.27 | | | |
| 47. | Fenna Gabriels | ZPC Hoogeveen | 201201230 | 3:22.87 | **3:34.26** | 264 | +0,76 |
| | 50m: 47.29 | 100m: 1:43.03 | 150m: 2:39.29 | 200m: 3:34.26 | | | |
| 48. | Floortje Bakker | Blue Marlins | 201101124 | 3:37.85 | **3:40.48** | 242 | +0,63 |
| | 50m: 50.26 | 100m: 1:45.58 | 150m: 2:42.43 | 200m: 3:40.48 | | | |
| 49. | Femke De Vries | De Vikings | 201200202 | 3:43.11 | **3:44.35** | 230 | +0,81 |
| | 50m: 49.17 | 100m: 1:48.44 | 150m: 2:48.05 | 200m: 3:44.35 | | | |
| DIS | Jill Nai Chung Tong | Wvz | 200404272 | 2:37.34 | | | |
| | *SL - Het keer- en/of eindpunt met één hand aangetikt.* | | | | | | |

Programmanr. 30 — Heren, 200m vrije slag — Junioren 1 en ouder
2-3-2025 - 12:04 — Spring Swim record: Stan Pijnenburg 1:49.98 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Bere Waerniers | Zwemfed | VZF/10018/08 | 1:55.16 | **1:53.21** | 731 | +0,74 | Q |
| | 50m: 26.15 | 100m: 54.23 | 150m: 1:23.45 | 200m: 1:53.21 | | | | |
| 2. | Émile Fouzaï | Zpc Amersfoort | 200500263 | 1:53.06 | **1:53.39** | 727 | | Q |
| | 50m: 26.68 | 100m: 55.48 | 150m: 1:24.65 | 200m: 1:53.39 | | | | |
| 3. | Bas Claerhout | Zwemfed | VZF/10003/08 | 1:53.03 | **1:53.50** | 725 | +0,71 | Q |
| | 50m: 26.25 | 100m: 55.17 | 150m: 1:24.35 | 200m: 1:53.50 | | | | |
| 4. | Austin Namesnik | Zpc Amersfoort | 200101817 | 1:51.62 | **1:53.72** | 721 | +0,64 | Q |
| | 50m: 26.61 | 100m: 54.99 | 150m: 1:24.33 | 200m: 1:53.72 | | | | |
| 5. | Lucas Peters | Zpc Amersfoort | 200301325 | 1:50.07 | **1:54.10** | 714 | +0,69 | Q |
| | 50m: 26.76 | 100m: 55.59 | 150m: 1:25.18 | 200m: 1:54.10 | | | | |



SGF SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 30, Heren, 200m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|---|
| 6. | Seppe Lammens | Zwemfed | VZF/10009/07 | | 1:53.88 | **1:55.86** | 682 | +0,77 | Q |
| | 50m: 26.93 | 100m: 56.32 | 150m: 1:26.02 | 200m: 1:55.86 | | | | | |
| 7. | Levi Kindt | Zwemfed | VZF/10007/07 | | 1:54.69 | **1:56.19** | 676 | +0,68 | Q |
| | 50m: 26.63 | 100m: 55.97 | 150m: 1:26.70 | 200m: 1:56.19 | | | | | |
| 8. | Jasper Van Remoortere | Zwemfed | VZF/10015/09 | | 1:56.65 | **1:57.07** | 661 | +0,80 | Q |
| | 50m: 27.84 | 100m: 57.47 | 150m: 1:27.48 | 200m: 1:57.07 | | | | | |
| 9. | Sven Klink | Swol 1894 | 200500349 | | 1:53.34 | **1:57.19** | 659 | | R |
| | 50m: 27.61 | 100m: 57.19 | 150m: 1:27.40 | 200m: 1:57.19 | | | | | |
| 10. | Tieme Wiersma | DZ&PC | 200701031 | | 1:59.57 | **1:57.63** | 651 | +0,72 | R |
| | 50m: 27.40 | 100m: 57.25 | 150m: 1:27.49 | 200m: 1:57.63 | | | | | |
| 11. | Ronis van Everdingen | Dwk | 200300043 | | 2:00.12 | **1:59.11** | 627 | +0,77 | |
| | 50m: 27.30 | 100m: 57.20 | 150m: 1:28.40 | 200m: 1:59.11 | | | | | |
| 12. | Tobian Vos | Zpc Amersfoort | 200900005 | | 2:00.74 | **1:59.57** | 620 | +0,77 | |
| | 50m: 27.67 | 100m: 58.04 | 150m: 1:29.53 | 200m: 1:59.57 | | | | | |
| 13. | Olivier Wilbers | ZPC Hoogeveen | 200600181 | | 2:00.43 | **1:59.58** | 620 | +0,74 | |
| | 50m: 28.25 | 100m: 58.48 | 150m: 1:28.82 | 200m: 1:59.58 | | | | | |
| 14. | Colin Bes | DZ&PC | 200500201 | | 1:58.23 | **1:59.70** | 618 | +0,88 | |
| | 50m: 27.68 | 100m: 57.76 | 150m: 1:29.24 | 200m: 1:59.70 | | | | | |
| 15. | Tim Boerefijn | Wvz | 200802815 | | 2:00.97 | **2:00.07** | 613 | | |
| | 50m: 27.79 | 100m: 58.11 | 150m: 1:29.35 | 200m: 2:00.07 | | | | | |
| 16. | Floris Stork | DZ&PC | 200305075 | | 1:53.97 | **2:00.27** | 609 | +0,69 | |
| | 50m: 27.65 | 100m: 58.21 | 150m: 1:29.42 | 200m: 2:00.27 | | | | | |
| 17. | Darren Chen | Zpc Amersfoort | 200001149 | | 2:00.75 | **2:00.80** | 602 | | |
| | 50m: 27.93 | 100m: 58.71 | 150m: 1:29.66 | 200m: 2:00.80 | | | | | |
| 18. | Felbe van 't Land | Zpc Amersfoort | 200900027 | | 2:03.59 | **2:01.55** | 590 | +0,84 | |
| | 50m: 27.76 | 100m: 58.30 | 150m: 1:30.61 | 200m: 2:01.55 | | | | | |
| 19. | Giovanni Phillipson | ZV De Zaan | 200801099 | | 1:53.84 | **2:02.23** | 581 | | |
| | 50m: 26.56 | 100m: 56.03 | 150m: 1:28.82 | 200m: 2:02.23 | | | | | |
| 20. | Tim van Erven | DZ&PC | 200700175 | | 2:00.57 | **2:02.61** | 575 | +0,78 | |
| | 50m: 28.46 | 100m: 59.38 | 150m: 1:31.18 | 200m: 2:02.61 | | | | | |
| 21. | Storm Tolsma | DZ&PC | 200600277 | | 2:04.29 | **2:03.16** | 568 | +0,25 | |
| | 50m: 28.61 | 100m: 1:00.13 | 150m: 1:31.68 | 200m: 2:03.16 | | | | | |
| 22. | Jetze de Vries | De Vikings | 200602589 | | 2:02.93 | **2:04.67** | 547 | +0,56 | |
| | 50m: 28.63 | 100m: 1:00.15 | 150m: 1:32.06 | 200m: 2:04.67 | | | | | |
| 23. | Jones Chuang | Psv | 200801173 | | 2:05.18 | **2:05.39** | 538 | | |
| | 50m: 28.24 | 100m: 59.60 | 150m: 1:32.58 | 200m: 2:05.39 | | | | | |
| 24. | Niek Issard | DZ&PC | 200700037 | | 2:08.12 | **2:05.64** | 535 | | |
| | 50m: 28.44 | 100m: 1:00.37 | 150m: 1:33.56 | 200m: 2:05.64 | | | | | |
| 25. | Bas Blanker | Acz | 200601497 | | 2:02.47 | **2:05.85** | 532 | +0,58 | |
| | 50m: 28.70 | 100m: 1:00.98 | 150m: 1:34.68 | 200m: 2:05.85 | | | | | |
| 26. | Bjorn Rijkaart | Wvz | 200601337 | | 2:10.10 | **2:07.41** | 513 | +0,71 | |
| | 50m: 28.88 | 100m: 1:01.50 | 150m: 1:35.97 | 200m: 2:07.41 | | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 30, Heren, 200m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 26. | Daan Sonneveld | Wvz | 200601085 | 1:59.00 | **2:07.41** | 513 | +0,69 |
| | 50m: 28.48 | 100m: 1:01.02 | 150m: 1:34.91 | 200m: 2:07.41 | | | |
| 28. | Lars Heddema | Steenwijk 1934 | 200603697 | 2:17.69 | **2:07.47** | 512 | +0,73 |
| | 50m: 29.57 | 100m: 1:01.84 | 150m: 1:35.00 | 200m: 2:07.47 | | | |
| 29. | Juan Cruz Slappendel | Orca Leeuwarden | 200903053 | 2:06.32 | **2:07.88** | 507 | |
| | 50m: 28.41 | 100m: 1:00.35 | 150m: 1:34.32 | 200m: 2:07.88 | | | |
| 30. | Ramon Vos | ZPC Hoogeveen | 201100051 | 2:10.21 | **2:08.00** | 506 | +0,73 |
| | 50m: 29.27 | 100m: 1:02.05 | 150m: 1:35.64 | 200m: 2:08.00 | | | |
| 31. | Roan van der Stege | Swol 1894 | 200900107 | 2:12.94 | **2:08.17** | 504 | |
| | 50m: 29.19 | 100m: 1:01.23 | 150m: 1:34.77 | 200m: 2:08.17 | | | |
| 32. | Sverre van der Zwaan | Wvz | 200900737 | 2:10.24 | **2:08.52** | 499 | +0,58 |
| | 50m: 29.69 | 100m: 1:02.66 | 150m: 1:36.35 | 200m: 2:08.52 | | | |
| 33. | Xander Kragting | Zpc Amersfoort | 200900077 | 2:08.21 | **2:09.18** | 492 | +0,76 |
| | 50m: 29.37 | 100m: 1:02.24 | 150m: 1:35.85 | 200m: 2:09.18 | | | |
| 34. | Alexander Griston | De Dolfijn | 200803053 | 2:10.74 | **2:09.55** | 488 | +0,80 |
| | 50m: 30.47 | 100m: 1:03.79 | 150m: 1:38.02 | 200m: 2:09.55 | | | |
| 35. | Baris Tomu | Zpch | 201000869 | 2:13.02 | **2:09.78** | 485 | +0,53 |
| | 50m: 29.65 | 100m: 1:02.76 | 150m: 1:36.28 | 200m: 2:09.78 | | | |
| 36. | Aidan van der Stelt | Blue Marlins | 200900901 | 2:10.39 | **2:09.84** | 484 | +0,77 |
| | 50m: 29.87 | 100m: 1:03.32 | 150m: 1:36.96 | 200m: 2:09.84 | | | |
| 37. | Thijmen Pruijssers | Hieronymus | 201000129 | 2:13.42 | **2:10.73** | 474 | +0,81 |
| | 50m: 29.49 | 100m: 1:02.60 | 150m: 1:37.16 | 200m: 2:10.73 | | | |
| 38. | Abel op den Velde | De Duinkikkers | 201000079 | 2:08.57 | **2:11.29** | 468 | +0,84 |
| | 50m: 30.10 | 100m: 1:03.75 | 150m: 1:37.74 | 200m: 2:11.29 | | | |
| 39. | Dyon Scholten | Steenwijk 1934 | 200900095 | 2:13.32 | **2:11.77** | 463 | +0,89 |
| | 50m: 29.92 | 100m: 1:03.22 | 150m: 1:37.31 | 200m: 2:11.77 | | | |
| 40. | Jordey Thole | ZPC Hoogeveen | 200700385 | 2:14.99 | **2:11.80** | 463 | +0,80 |
| | 50m: 30.24 | 100m: 1:03.82 | 150m: 1:39.27 | 200m: 2:11.80 | | | |
| 41. | Dax van den Nouland | Blue Marlins | 201000071 | 2:18.04 | **2:12.62** | 454 | +0,74 |
| | 50m: 30.72 | 100m: 1:04.22 | 150m: 1:38.89 | 200m: 2:12.62 | | | |
| 42. | Tycho Wienbelt | De Vikings | 201001397 | 2:14.73 | **2:12.73** | 453 | +0,76 |
| | 50m: 30.70 | 100m: 1:04.57 | 150m: 1:39.42 | 200m: 2:12.73 | | | |
| 43. | Henry Watson | De Dolfijn | 201001703 | 2:20.61 | **2:13.15** | 449 | +0,67 |
| | 50m: 30.71 | 100m: 1:04.67 | 150m: 1:39.35 | 200m: 2:13.15 | | | |
| 44. | Mattias Stolk | HZ&PC Heerenveen | 201000525 | 2:13.21 | **2:13.52** | 445 | |
| | 50m: 30.31 | 100m: 1:04.39 | 150m: 1:39.01 | 200m: 2:13.52 | | | |
| 45. | Evren Ege Orcunus | De Dolfijn | 201003253 | 2:14.32 | **2:15.07** | 430 | |
| | 50m: 30.52 | 100m: 1:04.39 | 150m: 1:39.63 | 200m: 2:15.07 | | | |
| 46. | Donny van den Bosch | Wiekslag | 199502001 | 2:10.14 | **2:15.42** | 427 | |
| | 50m: 30.20 | 100m: 1:03.73 | 150m: 1:38.42 | 200m: 2:15.42 | | | |
| 47. | Giovanni Wolfgang | MSV-Zeemacht | 201100859 | 2:23.72 | **2:15.76** | 424 | +0,65 |
| | 50m: 30.65 | 100m: 1:06.47 | 150m: 1:43.38 | 200m: 2:15.76 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 30, Heren, 200m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 48. | Stan Rothschaid | ZPC Hoogeveen | 201000353 | 2:30.22 | **2:18.22** | 401 | +0,71 |
| | 50m: 31.56 | 100m: 1:07.38 | 150m: 1:43.82 | 200m: 2:18.22 | | | |
| 49. | Sascha Timmer | Azc 1 | 200902987 | 2:18.54 | **2:19.32** | 392 | |
| | 50m: 31.38 | 100m: 1:06.57 | 150m: 1:43.13 | 200m: 2:19.32 | | | |
| 50. | Ryan Huizinga | Bubble | 200700419 | 2:09.11 | **2:20.06** | 386 | +0,80 |
| | 50m: 31.42 | 100m: 1:06.73 | 150m: 1:43.06 | 200m: 2:20.06 | | | |
| 51. | David van der Valk | Wiekslag | 201100519 | 2:21.49 | **2:21.80** | 372 | +0,71 |
| | 50m: 32.53 | 100m: 1:09.24 | 150m: 1:46.21 | 200m: 2:21.80 | | | |
| 52. | Vince van Dam | Acz | 201000405 | 2:27.32 | **2:25.28** | 346 | +0,73 |
| | 50m: 32.60 | 100m: 1:08.73 | 150m: 1:46.68 | 200m: 2:25.28 | | | |
| 53. | Luca Karsten Schüler | HZ&PC Heerenveen | 201101451 | 2:25.63 | **2:26.64** | 336 | |
| | 50m: 31.84 | 100m: 1:09.24 | 150m: 1:48.93 | 200m: 2:26.64 | | | |
| 54. | Marcelo Fritz Medina | De Dolfijn | 201201885 | 2:31.40 | **2:26.91** | 334 | +0,78 |
| | 50m: 33.54 | 100m: 1:11.26 | 150m: 1:49.74 | 200m: 2:26.91 | | | |
| 55. | Jasper Cox | Zpc Amersfoort | 201003589 | 2:43.13 | **2:27.48** | 330 | +0,51 |
| | 50m: 33.51 | 100m: 1:11.51 | 150m: 1:50.91 | 200m: 2:27.48 | | | |
| 56. | Guust Heijne | Dwk | 201202139 | 2:41.09 | **2:28.92** | 321 | +0,73 |
| | 50m: 33.97 | 100m: 1:11.78 | 150m: 1:51.45 | 200m: 2:28.92 | | | |
| 57. | Gijs Leeneman | HZ&PC Heerenveen | 201200479 | 2:38.40 | **2:30.72** | 309 | +0,73 |
| | 50m: 34.37 | 100m: 1:12.39 | 150m: 1:53.59 | 200m: 2:30.72 | | | |
| 58. | Leroy Maring | ZPC de Kanaalstreek | 201100307 | 2:39.61 | **2:31.15** | 307 | |
| | 50m: 34.06 | 100m: 1:12.61 | 150m: 1:53.73 | 200m: 2:31.15 | | | |
| 59. | Leif Moormann | SV Wildeshausen | 484018 | 2:33.05 | **2:31.75** | 303 | |
| | 50m: 32.97 | 100m: 1:11.08 | 150m: 1:51.90 | 200m: 2:31.75 | | | |
| 60. | Yannick Dijks | Orca Leeuwarden | 200700923 | 2:36.49 | **2:33.97** | 290 | |
| | 50m: 34.05 | 100m: 1:14.50 | 150m: 1:55.66 | 200m: 2:33.97 | | | |
| 61. | Revel Harmer | Blue Marlins | 201103467 | 2:30.75 | **2:34.74** | 286 | +0,68 |
| | 50m: 34.58 | 100m: 1:14.03 | 150m: 1:55.81 | 200m: 2:34.74 | | | |
| 62. | Lars Thül | Swol 1894 | 201200119 | 2:35.55 | **2:37.15** | 273 | |
| | 50m: 34.88 | 100m: 1:15.97 | 150m: 1:57.77 | 200m: 2:37.15 | | | |
| 63. | Dex Kerpels | ZPC Hoogeveen | 201100087 | 2:59.27 | **2:38.70** | 265 | |
| | 50m: 35.75 | 100m: 1:17.39 | 150m: 1:58.87 | 200m: 2:38.70 | | | |
| 64. | Casper Miltenburg | De Dolfijn | 201201157 | 2:51.34 | **2:43.42** | 243 | +0,55 |
| | 50m: 37.39 | 100m: 1:19.45 | 150m: 2:03.04 | 200m: 2:43.42 | | | |
| 65. | Danley Schneider | ZC Polaris | 201201323 | 2:49.43 | **2:46.31** | 230 | +0,89 |
| | 50m: 37.96 | 100m: 1:20.72 | 150m: 2:05.05 | 200m: 2:46.31 | | | |
| 66. | Sem Britstra | Ksn (Sg) | 201202037 | 2:49.92 | **2:48.53** | 221 | +0,65 |
| | 50m: 36.68 | 100m: 1:20.79 | 150m: 2:06.90 | 200m: 2:48.53 | | | |
| 67. | Sander Knol | ZPC de Kanaalstreek | 200701093 S9 | 3:09.34 | **3:03.69** | 171 | +0,81 |
| | 50m: 40.56 | 100m: 1:27.13 | 150m: 2:15.41 | 200m: 3:03.69 | | | |
| 68. | Roan Krikke | HZ&PC Heerenveen | 201200501 | 2:59.29 | **3:04.74** | 168 | |
| | 50m: 40.36 | 100m: 1:29.10 | 150m: 2:18.98 | 200m: 3:04.74 | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 30, Heren, 200m vrije slag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| NG.ZA | Paul Pickart | SV Wildeshausen | 481999 | 2:37.00 | | | |
| AFGEM | Victor de Haan | HZ&PC Heerenveen | 201001921 | 2:19.02 | | | |

Programmanr. 31 — Dames, 50m vlinderslag — Junioren 2 en ouder
2-3-2025 - 12:24 — Spring Swim record: Kim Busch 26.75 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Kinge Zandringa | De Dolfijn | 199801422 | 26.71 | **27.79** | 679 | +0,71 | A |
| 2. | Sara Korthuis | DZ&PC | 200600494 | 27.21 | **28.02** | 662 | +0,73 | A |
| 3. | Elise Tanis | De Dolfijn | 200200120 | 27.21 | **28.06** | 659 | +0,70 | A |
| 4. | Jinth Engelse | Blue Marlins | 200800204 | 27.64 | **28.23** | 648 | | A |
| 5. | Zinke Delcommune | Zwemfed | VZF/20003/05 | 28.41 | **28.50** | 629 | +0,74 | A |
| 6. | Niene Dewaelheyns | Zwemfed | VZF/20004/07 | 28.18 | **28.99** | 598 | +0,61 | A |
| 7. | Megan Jonkman | Blue Marlins | 200600508 | 27.89 | **29.23** | 583 | | A |
| 8. | Liv Heijdra | Feijenoord Albion | 200800736 | 29.91 | **29.35** | 576 | +0,72 | ? |
| | Mare Schallenberg | Blue Marlins | 200600078 | 28.01 | **29.35** | 576 | +0,73 | ? |
| 10. | Alinda Dingshoff | De Dolfijn | 200000928 | 29.20 | **29.42** | 572 | +0,76 | B |
| 11. | Arianne Kooijinga | DZ&PC | 200001544 | 29.79 | **29.46** | 570 | +0,67 | B |
| 12. | Frédérique Nijziel | De Dolfijn | 201103114 | 29.18 | **29.54** | 565 | +0,70 | B |
| 13. | Jolijn Liezen | Steenwijk 1934 | 200500518 | 28.81 | **29.68** | 557 | +0,75 | B |
| 14. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 28.50 | **29.71** | 555 | +0,72 | B |
| 15. | Elin Brinkhof | De Dolfijn | 200900078 | 30.23 | **30.05** | 537 | +0,67 | B |
| 16. | Lola Verheijen | Psv | 201100832 | 30.66 | **30.26** | 526 | +0,74 | B |
| 17. | Nova Nijziel | De Dolfijn | 200804416 | 29.93 | **30.30** | 524 | +0,74 | C |
| 18. | Tess Vonk | De Geul | 200900024 | 30.34 | **30.34** | 522 | +0,57 | C |
| 19. | Alessia Sluis | Dedemsvaart-AC | 200300896 | 30.28 | **30.38** | 520 | | C |
| 20. | Rafaela Mulders | De Reuring | 200701398 | 28.64 | **30.45** | 516 | +0,69 | C |
| 21. | Marin Wieling | Zpc Amersfoort | 200501220 | 28.99 | **30.48** | 514 | +0,76 | C |
| 22. | Carla Moreno Palacios | De Dolfijn | 201002302 | 30.72 | **30.92** | 493 | +0,78 | C |
| 23. | Julia Dąbrowska | Blue Marlins | 201000300 | 31.05 | **30.94** | 492 | +0,71 | C |
| 24. | Karlijn Dijkshoorn | Steenwijk 1934 | 200803926 | 31.72 | **31.04** | 487 | +0,75 | C |
| 25. | Dionne Salomons | ZC Borger | 200200504 | 30.22 | **31.05** | 487 | | R |
| 26. | Isis Verhoeff | Zpc Amersfoort | 200902962 | 31.47 | **31.06** | 486 | +0,72 | R |
| 27. | Ananda van der Wiel | Wvz | 200701562 | 30.71 | **31.09** | 485 | +0,65 | |
| 28. | Esmee Mulder | DZ&PC | 200800038 | 30.10 | **31.11** | 484 | +0,62 | |
| 29. | Jade van der Schrier | Azc 1 | 200800692 | 30.30 | **31.23** | 478 | +0,72 | |
| 30. | Aniek Vuist | Steenwijk 1934 | 200600958 | 31.32 | **31.37** | 472 | +0,75 | |
| 31. | Lianne van Wier | HZ&PC Heerenveen | 200200438 | 31.22 | **31.39** | 471 | +0,71 | |
| 32. | Fenna Westerneng | DZ&PC | 200900070 | 31.96 | **31.47** | 467 | +0,74 | |
| 33. | Amber Tiesinga | DZ&PC | 200600782 | 31.87 | **31.59** | 462 | +0,77 | |
| 34. | Fleur Van den Eijk | Blue Marlins | 200900304 | 31.73 | **31.70** | 457 | +0,65 | |
| 35. | Kinley Cole | Psv | 200903696 | 31.67 | **31.88** | 450 | +0,50 | |
| 36. | Anouk Steller | Wvz | 201000004 | 32.11 | **31.91** | 448 | +0,81 | |
| 37. | Kim Bouman | Zpc Amersfoort | 201000262 | 30.88 | **31.92** | 448 | +0,82 | |
| | Nienke Koster | ZPC Hoogeveen | 200900612 | 31.25 | **31.92** | 448 | +0,73 | |
| 39. | Jade Geurts | Wvz | 200402278 | 32.02 | **31.96** | 446 | +0,74 | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 31, Dames, 50m vlinderslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 40. | Femke ter Horst | ZPC Hoogeveen | 201000108 | 32.15 | **32.08** | 441 | |
| | Vera Wassink | DZ&PC | 200604976 | 31.74 | **32.08** | 441 | |
| 42. | Nina van der Schrier | Azc 1 | 201000444 | 33.50 | **32.24** | 435 | +0,81 |
| 43. | Julia Agricola | DZ&PC | 200800266 | 30.58 | **32.25** | 434 | |
| 44. | Vivian Nooter | Dedemsvaart-AC | 200703614 | 31.89 | **32.42** | 427 | +0,80 |
| 45. | Simone Brobbel | SG Hoeksche Waard | 201200058 | 32.75 | **32.53** | 423 | |
| 46. | Yanique Bax | Zpc Amersfoort | 201001428 | 35.69 | **32.71** | 416 | +0,53 |
| 47. | Daphne Dijsselhof | Dedemsvaart-AC | 200901690 | 32.94 | **32.79** | 413 | +0,85 |
| 48. | Marjolie Spelde | ZC Borger | 200900266 | 33.24 | **32.99** | 406 | +0,79 |
| 49. | Kiki Bootsman | Azuro | 200502850 | 33.26 | **33.06** | 403 | +0,78 |
| 50. | Elke Kriesels | Hieronymus | 201100898 | 32.28 | **33.07** | 403 | +0,81 |
| 51. | Esmee van Peer | TriVia | 200201114 | 33.70 | **33.10** | 402 | +0,81 |
| 52. | Hanna Sampimon | Ksn (Sg) | 200901824 | 35.39 | **33.18** | 399 | +0,69 |
| 53. | Evita Hoornweg | TriVia | 201002046 | 32.08 | **33.32** | 394 | |
| 54. | Esmee van der Tuuk | ZPC Hoogeveen | 200800682 | 33.43 | **33.44** | 389 | |
| 55. | Fardau Cazemier | Zcnf'34 | 200901736 | 34.61 | **33.94** | 372 | +0,78 |
| 56. | Maud Roffel | DZ&PC | 200700840 | 32.91 | **33.97** | 371 | +0,71 |
| 57. | Ilse Jongepier | TriVia | 201000006 | 35.01 | **34.03** | 369 | +0,85 |
| 58. | Melody Paulussen | De Dolfijn | 201101106 | 35.80 | **34.15** | 366 | +0,81 |
| 59. | Lea Jerebic | SV Wildeshausen | 405121 | 33.55 | **34.42** | 357 | +0,61 |
| 60. | Sterre van der Wal | Steenwijk 1934 | 200502356 | 32.63 | **34.45** | 356 | +0,80 |
| 61. | Chantal Peters | ZPC Hoogeveen | 201001578 | 35.35 | **34.58** | 352 | +0,90 |
| 62. | Isa Segenhout | Orca Leeuwarden | 201000128 | 35.27 | **34.68** | 349 | +0,74 |
| | Feyona Vonk | F.Z.C.'54 | 200600814 | 35.31 | **34.68** | 349 | +0,68 |
| 64. | Minke Bouman | Blue Marlins | 201100104 | 35.18 | **34.77** | 346 | +0,63 |
| 65. | Emma Koeleman | Z&PC de Inktvis | 200901762 | 34.18 | **34.79** | 346 | +0,82 |
| 66. | Noa Jaffe | De Dolfijn | 201000726 | 36.46 | **34.86** | 344 | +0,69 |
| 67. | Fenna Boterman | TriVia | 200701710 | 34.16 | **35.01** | 339 | +0,75 |
| 68. | Bente Toth | Zpc Amersfoort | 201102818 | 39.52 | **35.29** | 331 | +0,75 |
| 69. | Sarah Brandes | SV Wildeshausen | 406178 | 34.70 | **35.58** | 323 | +0,58 |
| 70. | Anna Nauta | TriVia | 201001114 | 40.81 | **35.64** | 322 | +0,76 |
| 71. | Mare Offringa | SG. Bolsward-Workum | 201001110 | 36.32 | **35.69** | 320 | +0,86 |
| 72. | Finja Richter | Wardenburger SC | 383208 | 33.80 | **35.70** | 320 | +0,70 |
| 73. | Charlie Klaver | De Dolfijn | 201102094 | 35.51 | **35.76** | 318 | +0,70 |
| 74. | Elize Schierbeek | TriVia | 201100652 | 36.75 | **35.78** | 318 | +0,76 |
| 75. | Jelena Krikke | DZ&PC | 200405874 | 36.28 | **35.83** | 316 | +0,83 |
| 76. | Jessica Lerer | De Kempvis | 201002354 | 36.03 | **35.86** | 316 | +0,63 |
| 77. | Myrthe Bruinsma | Zpc Amersfoort | 201101108 | 35.98 | **35.87** | 315 | +0,82 |
| | Femke van der Veen | Orca Leeuwarden | 201100962 | 34.33 | **35.87** | 315 | +0,91 |
| 79. | Lian Vonk | Zpc Amersfoort | 201001606 | 36.02 | **35.92** | 314 | |
| 80. | Mirthe de Haan | Zcnf'34 | 201000866 | 35.23 | **36.01** | 312 | |
| 81. | Eva Maria Keet | Zpc Amersfoort | 201003006 | 35.81 | **36.02** | 311 | +0,89 |
| 82. | Devenda van der Meer | DZ&PC | 200900948 | 36.12 | **36.08** | 310 | +0,74 |
| 83. | Annelie Klinkhamer | Bubble | 200702606 | 34.16 | **36.15** | 308 | |
| 84. | Britt Jellesma | SG. Bolsward-Workum | 201000310 | 35.02 | **36.53** | 299 | |
| 85. | Marlene Bührmann | SV Wildeshausen | 406182 | 35.10 | **36.74** | 294 | +0,75 |
| 86. | Noortje Bisperink | Zpc Amersfoort | 201100486 | 37.38 | **36.82** | 292 | |
| 87. | Lyanne Pathuis | Bubble | 200800042 | 38.64 | **37.05** | 286 | +0,78 |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 31, Dames, 50m vlinderslag, Voorronde, Junioren 2 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 88. | Jade van der Veen | ZPC Hoogeveen | 201200416 | 43.66 | **37.17** | 283 | +0,53 |
| 89. | Yenthe Segeren | F.Z.C.'54 | 200801440 | 36.72 | **37.20** | 283 | |
| 90. | Ranomi Zeegers | De Vikings | 201201512 | 38.55 | **38.04** | 264 | +0,82 |
| 91. | Marlies Brouwer | DZ&PC | 201101152 | 39.88 | **38.25** | 260 | +0,76 |
| 92. | Isabella Walta | Neptunia '24 | 200704902 | 37.37 | **38.59** | 253 | +0,77 |
| 93. | Saar Meems | ZC Polaris | 201200946 | 45.73 | **38.64** | 252 | +0,79 |
| 94. | Emma Juliette Jansen | Zpc Amersfoort | 201200158 | 40.46 | **39.53** | 236 | |
| 95. | Cynthia Koolman | Steenwijk 1934 | 200300232 | 39.97 | **39.60** | 234 | +0,70 |
| 96. | Lana Noordenbos | Orca Leeuwarden | 201100958 | 41.15 | **39.67** | 233 | +0,78 |
| 97. | Noelie Hallbauer | SV Wildeshausen | 397699 | 38.80 | **39.81** | 231 | |
| 98. | Anna Schuurman | SG. Bolsward-Workum | 201000076 | 38.30 | **40.10** | 226 | +0,81 |
| 99. | Stella Hooisma | Z&PC de Inktvis | 200801888 | 38.50 | **40.20** | 224 | |
| 100. | Melissa Zeegers | De Vikings | 201002612 | 47.25 | **40.28** | 223 | |
| 101. | Elske de Vries | De Vikings | 200800786 | 41.03 | **40.41** | 220 | +0,58 |
| 102. | Hanna Fluks | Neptunia '24 | 200604826 | NT | **40.84** | 214 | +0,91 |
| 103. | Kim Koeling | Ksn (Sg) | 201201216 | 45.08 | **40.92** | 212 | +0,82 |
| 104. | Anna de Lange | Steenwijk 1934 | 200801762 | 47.51 | **43.18** | 181 | +0,75 |
| 105. | Sophie Feiertag | ZC Polaris | 200901144 | 41.34 | **43.64** | 175 | +0,80 |
| 106. | Fabiën van Halderen | ZPC Hoogeveen | 201200412 | 42.19 | **43.71** | 174 | |
| 107. | Iris Segeren | F.Z.C.'54 | 201200244 | 49.56 | **44.64** | 163 | +0,77 |
| 108. | Evy Anna Nijdam | Orca Leeuwarden | 201100834 | 44.00 | **46.28** | 147 | |
| NG.ZA | Lana Ravelingien | Zwemfed | VZF/20011/03 | 30.55 | | | |
| AFGEM | Isabella Ekberg | Zpc Amersfoort | 201202206 | 40.16 | | | |
| AFGEM | Femke Spiering | Zpc Amersfoort | 200204514 | 27.30 | | | |
| AFGEM | Lotte Lübbers | Ksn (Sg) | 200900190 | 30.46 | | | |
| AFGEM | Carlein Polinder | Ksn (Sg) | 200600128 | 31.33 | | | |
| AFGEM | Chaya Bremer | MSV-Zeemacht | 200900372 | 36.72 | | | |
| AFGEM | Eefje Irvine | De Dolfijn | 200700164 | 30.97 | | | |

Programmanr. 32 — Heren, 200m wisselslag — Junioren 1 en ouder
2-3-2025 - 12:38 — Spring Swim record: Thomas Jansen: 2.03.42 — Resultaten Voorronde

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 1. | Nikodim Markovic | Blue Marlins | 200700255 | 2:06.91 | **2:10.32** | 669 | +0,72 | Q |
| | 50m: 26.91 | 100m: 1:00.28 | 150m: 1:38.86 | 200m: 2:10.32 | | | | |
| 2. | Tiede Groener | Psv | 200700155 | 2:09.11 | **2:11.09** | 657 | | Q |
| | 50m: 28.11 | 100m: 1:03.03 | 150m: 1:41.92 | 200m: 2:11.09 | | | | |
| 3. | Yarno van Dam | Acz | 200800115 | 2:12.59 | **2:11.17** | 656 | +0,71 | Q |
| | 50m: 27.20 | 100m: 1:00.37 | 150m: 1:40.40 | 200m: 2:11.17 | | | | |
| 4. | Denzel Barthen | Wvz | 200700147 | 2:12.24 | **2:12.16** | 641 | | Q |
| | 50m: 28.61 | 100m: 1:02.14 | 150m: 1:42.54 | 200m: 2:12.16 | | | | |
| 5. | Alexander Van Hoey Billie | Zwemfed | VZF/10014/09 | 2:07.34 | **2:15.32** | 597 | +0,69 | Q |
| | 50m: 28.07 | 100m: 1:02.02 | 150m: 1:40.96 | 200m: 2:15.32 | | | | |
| 6. | Tieme Wiersma | DZ&PC | 200701031 | 2:14.78 | **2:16.79** | 578 | +0,82 | Q |
| | 50m: 29.52 | 100m: 1:05.98 | 150m: 1:46.00 | 200m: 2:16.79 | | | | |



SportgeneeskundeFriesland

LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 32, Heren, 200m wisselslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT | |
|---|---|---|---|---|---|---|---|---|
| 7. | Storm Boxum | DZ&PC | 200700421 | 2:13.97 | **2:17.52** | 569 | +0,76 | Q |
| | 50m: 28.88 | 100m: 1:05.87 | 150m: 1:44.15 | 200m: 2:17.52 | | | | |
| 8. | Mikkel Grotelüschen | SV Wildeshausen | 338479 | 2:12.09 | **2:17.67** | 567 | | Q |
| | 50m: 28.15 | 100m: 1:04.38 | 150m: 1:46.46 | 200m: 2:17.67 | | | | |
| 9. | Lars Bulman | Blue Marlins | 200600125 | 2:16.15 | **2:18.03** | 563 | +0,72 | R |
| | 50m: 27.44 | 100m: 1:04.24 | 150m: 1:45.37 | 200m: 2:18.03 | | | | |
| 10. | Jesse van der Meij | De Dolfijn | 200600841 | 2:23.11 | **2:18.31** | 559 | +0,67 | R |
| | 50m: 30.23 | 100m: 1:07.39 | 150m: 1:45.53 | 200m: 2:18.31 | | | | |
| 11. | Storm Tolsma | DZ&PC | 200600277 | 2:18.66 | **2:18.60** | 556 | +0,78 | |
| | 50m: 28.86 | 100m: 1:06.32 | 150m: 1:46.55 | 200m: 2:18.60 | | | | |
| 12. | Martijn Nies | Psv | 200902095 | 2:18.75 | **2:19.68** | 543 | +0,74 | |
| | 50m: 29.25 | 100m: 1:05.53 | 150m: 1:48.95 | 200m: 2:19.68 | | | | |
| 13. | Giulian Janssen | Psv | 200900125 | 2:17.65 | **2:19.94** | 540 | +0,72 | |
| | 50m: 28.02 | 100m: 1:07.64 | 150m: 1:47.59 | 200m: 2:19.94 | | | | |
| 14. | Ruben Baars | Dwk | 200900471 | 2:22.94 | **2:21.37** | 524 | +0,73 | |
| | 50m: 28.58 | 100m: 1:08.23 | 150m: 1:48.49 | 200m: 2:21.37 | | | | |
| 15. | Tiamo van der Veen | Dedemsvaart-AC | 200600033 | 2:24.87 | **2:21.41** | 523 | +0,62 | |
| | 50m: 28.89 | 100m: 1:02.39 | 150m: 1:48.91 | 200m: 2:21.41 | | | | |
| 16. | Sven Koornstra | De Vikings | 200900189 | 2:13.30 | **2:21.66** | 521 | +0,78 | |
| | 50m: 29.24 | 100m: 1:08.77 | 150m: 1:49.48 | 200m: 2:21.66 | | | | |
| 17. | David Kuipers | HZ&PC Heerenveen | 200003633 | 2:24.15 | **2:21.98** | 517 | +0,83 | |
| | 50m: 29.28 | 100m: 1:06.51 | 150m: 1:49.80 | 200m: 2:21.98 | | | | |
| 18. | Emiel de Bruijn | Dedemsvaart-AC | 200700953 | 2:20.23 | **2:22.19** | 515 | +0,79 | |
| | 50m: 29.04 | 100m: 1:09.79 | 150m: 1:48.99 | 200m: 2:22.19 | | | | |
| 19. | Adriaan Coppelmans | Azc 1 | 200903243 | 2:20.70 | **2:22.24** | 514 | +0,79 | |
| | 50m: 30.94 | 100m: 1:06.61 | 150m: 1:49.32 | 200m: 2:22.24 | | | | |
| 20. | Jelte de Jong | Zpch | 200900975 | 2:20.84 | **2:22.27** | 514 | +0,77 | |
| | 50m: 29.23 | 100m: 1:05.64 | 150m: 1:49.14 | 200m: 2:22.27 | | | | |
| 21. | Jelte de Boer | De Vikings | 200700345 | 2:22.76 | **2:23.45** | 501 | +0,53 | |
| | 50m: 29.76 | 100m: 1:08.79 | 150m: 1:50.33 | 200m: 2:23.45 | | | | |
| 22. | Lucas Bemer | De Duinkikkers | 200700219 | 2:22.84 | **2:23.71** | 499 | +0,60 | |
| | 50m: 29.26 | 100m: 1:07.38 | 150m: 1:49.48 | 200m: 2:23.71 | | | | |
| 23. | Filip Piszczynski | Ksn (Sg) | 200802125 | 2:23.35 | **2:24.14** | 494 | +0,78 | |
| | 50m: 30.70 | 100m: 1:07.42 | 150m: 1:51.39 | 200m: 2:24.14 | | | | |
| 24. | Ivo Bot | Wiekslag | 200900509 | 2:25.44 | **2:26.52** | 471 | +0,76 | |
| | 50m: 29.18 | 100m: 1:06.14 | 150m: 1:50.81 | 200m: 2:26.52 | | | | |
| 25. | Aidan van der Stelt | Blue Marlins | 200900901 | 2:33.06 | **2:26.77** | 468 | +0,71 | |
| | 50m: 31.12 | 100m: 1:09.06 | 150m: 1:53.54 | 200m: 2:26.77 | | | | |
| 26. | Jere Wiersma | DZ&PC | 200701037 | 2:26.39 | **2:26.81** | 468 | +0,76 | |
| | 50m: 30.24 | 100m: 1:08.51 | 150m: 1:52.94 | 200m: 2:26.81 | | | | |
| 27. | Tim Zuurman | Dedemsvaart-AC | 200700131 | 2:26.63 | **2:27.08** | 465 | +0,83 | |
| | 50m: 32.75 | 100m: 1:10.80 | 150m: 1:54.84 | 200m: 2:27.08 | | | | |



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LUDWIG KLINIEK

VERKLEY KABELS & LEIDINGEN

Programmanr. 32, Heren, 200m wisselslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 28. | Kay van Sleen | Steenwijk 1934 | 200400083 | 2:25.33 | **2:27.93** | 457 | +0,65 |
| | 50m: 30.88 | 100m: 1:11.49 | 150m: 1:51.84 | 200m: 2:27.93 | | | |
| 29. | Cayden Malone | De Dolfijn | 201002195 | 2:33.76 | **2:28.12** | 455 | +0,67 |
| | 50m: 31.26 | 100m: 1:09.78 | 150m: 1:53.30 | 200m: 2:28.12 | | | |
| 30. | Ramon Vos | ZPC Hoogeveen | 201100051 | 2:29.96 | **2:30.01** | 438 | +0,74 |
| | 50m: 33.05 | 100m: 1:11.68 | 150m: 1:57.13 | 200m: 2:30.01 | | | |
| 31. | Ruben Hoeve | Dedemsvaart-AC | 200302179 | 2:33.20 | **2:30.32** | 436 | +0,92 |
| | 50m: 30.37 | 100m: 1:12.53 | 150m: 1:53.64 | 200m: 2:30.32 | | | |
| 32. | Dax van den Nouland | Blue Marlins | 201000071 | 2:32.91 | **2:30.42** | 435 | |
| | 50m: 34.08 | 100m: 1:12.67 | 150m: 1:56.88 | 200m: 2:30.42 | | | |
| 33. | Ruben Nooter | Dedemsvaart-AC | 200901577 | 2:31.09 | **2:30.98** | 430 | +0,69 |
| | 50m: 33.06 | 100m: 1:12.85 | 150m: 1:56.64 | 200m: 2:30.98 | | | |
| 34. | Joey Snabel | Zpc Amersfoort | 201002847 | 2:34.53 | **2:31.05** | 429 | +0,71 |
| | 50m: 32.34 | 100m: 1:13.16 | 150m: 1:58.66 | 200m: 2:31.05 | | | |
| 35. | Sven Mulder | Wvz | 200901655 | 2:38.87 | **2:31.75** | 423 | +0,72 |
| | 50m: 33.03 | 100m: 1:12.27 | 150m: 1:58.61 | 200m: 2:31.75 | | | |
| 36. | Oden Hankins | Blue Marlins | 200902301 | 2:50.81 | **2:32.68** | 416 | |
| | 50m: 32.79 | 100m: 1:12.64 | 150m: 1:56.53 | 200m: 2:32.68 | | | |
| 37. | Kick Germers | Swol 1894 | 201000185 | 2:35.65 | **2:33.06** | 413 | +0,83 |
| | 50m: 33.12 | 100m: 1:14.36 | 150m: 1:57.85 | 200m: 2:33.06 | | | |
| 38. | Milan Schuilenburg | Zpc Amersfoort | 201000935 | 2:40.55 | **2:33.28** | 411 | +0,70 |
| | 50m: 33.40 | 100m: 1:17.10 | 150m: 1:58.71 | 200m: 2:33.28 | | | |
| 39. | Nathan Magava | De Dolfijn | 201003067 | 2:35.54 | **2:33.55** | 409 | +0,63 |
| | 50m: 32.21 | 100m: 1:12.58 | 150m: 1:56.85 | 200m: 2:33.55 | | | |
| 40. | Fynn Grotelüschen | SV Wildeshausen | 310328 | 2:25.35 | **2:33.68** | 408 | +0,72 |
| | 50m: 30.12 | 100m: 1:13.45 | 150m: 1:58.88 | 200m: 2:33.68 | | | |
| 41. | Brian Arturo Bloemsma | De Dolfijn | 200901155 | 2:34.05 | **2:33.93** | 406 | |
| | 50m: 31.31 | 100m: 1:14.65 | 150m: 1:56.91 | 200m: 2:33.93 | | | |
| 42. | Douwe Enzerink | Zpc Amersfoort | 201102657 | 2:37.92 | **2:34.45** | 402 | +0,55 |
| | 50m: 33.03 | 100m: 1:15.55 | 150m: 1:59.68 | 200m: 2:34.45 | | | |
| 43. | Art Jin van der Ent | Blue Marlins | 200903785 | 2:43.54 | **2:34.69** | 400 | +0,76 |
| | 50m: 33.77 | 100m: 1:14.24 | 150m: 2:00.40 | 200m: 2:34.69 | | | |
| 44. | Twan Wielage | Ksn (Sg) | 200902671 | 2:32.80 | **2:34.90** | 398 | +0,76 |
| | 50m: 32.60 | 100m: 1:12.53 | 150m: 1:59.62 | 200m: 2:34.90 | | | |
| 45. | Mathijs Boersma<br>** Eindtijd Back up tijd* | ZPC Hoogeveen | 201000313 | 2:32.86 | **2:37.20** | 381 | +0,75 |
| | 50m: 35.74 | 100m: 1:17.44 | 150m: 2:01.42 | 200m: 2:37.20 | | | |
| 46. | Amor van der Veen | Dedemsvaart-AC | 201100197 | 2:47.95 | **2:37.24** | 381 | +0,70 |
| | 50m: 33.42 | 100m: 1:11.67 | 150m: 2:02.08 | 200m: 2:37.24 | | | |
| 47. | Roderick Veldhuizen | Ksn (Sg) | 200804031 | 2:43.41 | **2:37.42** | 379 | +0,79 |
| | 50m: 32.73 | 100m: 1:16.01 | 150m: 2:03.41 | 200m: 2:37.42 | | | |



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Programmanr. 32, Heren, 200m wisselslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 48. | Mathijs de Wit | Ksn (Sg) | 201001215 | 2:32.77 | **2:37.82** | 376 | +0,81 |
| | 50m: 35.86 | 100m: 1:14.84 | 150m: 2:03.48 | 200m: 2:37.82 | | | |
| 49. | Luca Monster | SG Hoeksche Waard | 201100343 | 2:37.96 | **2:37.94** | 376 | +0,62 |
| | 50m: 31.27 | 100m: 1:12.95 | 150m: 1:59.55 | 200m: 2:37.94 | | | |
| 50. | Robin Mintjes | HZ&PC Heerenveen | 201000957 | 2:45.89 | **2:38.67** | 370 | +0,68 |
| | 50m: 34.39 | 100m: 1:14.77 | 150m: 2:03.15 | 200m: 2:38.67 | | | |
| 51. | Milan Eikenaar | Swol 1894 | 201100599 | 2:43.75 | **2:39.35** | 366 | +0,91 |
| | 50m: 35.67 | 100m: 1:15.85 | 150m: 2:03.79 | 200m: 2:39.35 | | | |
| 52. | Abe Pasop | Dedemsvaart-AC | 201000501 | 2:36.40 | **2:41.64** | 350 | +0,54 |
| | 50m: 34.94 | 100m: 1:17.56 | 150m: 2:02.45 | 200m: 2:41.64 | | | |
| 53. | Stijn Dijkstra | DZ&PC | 201000279 | 2:35.13 | **2:41.92** | 348 | +0,79 |
| | 50m: 35.20 | 100m: 1:15.78 | 150m: 2:04.12 | 200m: 2:41.92 | | | |
| 54. | Daan Mulder | Ksn (Sg) | 201100267 | 2:45.15 | **2:43.44** | 339 | +0,91 |
| | 50m: 36.81 | 100m: 1:18.32 | 150m: 2:06.53 | 200m: 2:43.44 | | | |
| 55. | Mathijs Haitsma | F.Z.C.'54 | 200700039 | NT | **2:46.67** | 319 | +0,79 |
| | 50m: 33.04 | 100m: 1:17.04 | 150m: 2:08.65 | 200m: 2:46.67 | | | |
| 56. | Izayah Castillo | Blue Marlins | 201100311 | 2:53.51 | **2:47.02** | 317 | +0,72 |
| | 50m: 32.19 | 100m: 1:15.89 | 150m: 2:05.48 | 200m: 2:47.02 | | | |
| 57. | Matthijs Wierbos | ZPC Hoogeveen | 200901965 | 3:04.01 | **2:51.84** | 291 | +0,80 |
| | 50m: 33.70 | 100m: 1:16.31 | 150m: 2:11.54 | 200m: 2:51.84 | | | |
| 58. | Jona Denke | SV Wildeshausen | 447339 | 2:52.21 | **2:52.16** | 290 | +0,74 |
| | 50m: 35.48 | 100m: 1:22.31 | 150m: 2:13.37 | 200m: 2:52.16 | | | |
| 59. | Rio Babic | Steenwijk 1934 | 201200867 | 2:59.53 | **2:52.84** | 286 | +0,72 |
| | 50m: 37.24 | 100m: 1:21.87 | 150m: 2:15.57 | 200m: 2:52.84 | | | |
| 60. | Daniël Scheppink | Swol 1894 | 200902769 | 3:04.29 | **2:53.56** | 283 | +0,88 |
| | 50m: 35.98 | 100m: 1:20.70 | 150m: 2:14.93 | 200m: 2:53.56 | | | |
| 61. | Revel Harmer | Blue Marlins | 201103467 | 2:47.40 | **2:54.14** | 280 | +0,62 |
| | 50m: 35.98 | 100m: 1:18.44 | 150m: 2:12.41 | 200m: 2:54.14 | | | |
| 62. | Milan van den Berg | Swol 1894 | 201100253 | 3:10.89 | **2:57.22** | 266 | |
| | 50m: 40.42 | 100m: 1:25.15 | 150m: 2:18.58 | 200m: 2:57.22 | | | |
| 63. | Stef van de Wal | Dwk | 201200803 | 2:55.02 | **2:58.23** | 261 | +0,74 |
| | 50m: 38.50 | 100m: 1:28.00 | 150m: 2:18.48 | 200m: 2:58.23 | | | |
| 64. | Timo Vuist | Steenwijk 1934 | 201101245 | 3:05.28 | **3:00.51** | 251 | +0,77 |
| | 50m: 40.13 | 100m: 1:25.04 | 150m: 2:18.87 | 200m: 3:00.51 | | | |
| 65. | Michiel de Wit | Ksn (Sg) | 201101867 | 3:00.77 | **3:08.65** | 220 | +0,74 |
| | 50m: 43.14 | 100m: 1:32.97 | 150m: 2:24.81 | 200m: 3:08.65 | | | |
| 66. | Daan van Meerveld | Zpc Amersfoort | 201200785 | 3:12.74 | **3:12.03** | 209 | +0,71 |
| | 50m: 44.73 | 100m: 1:34.71 | 150m: 2:28.04 | 200m: 3:12.03 | | | |
| 67. | Casper Miltenburg | De Dolfijn | 201201157 | 3:04.55 | **3:12.77** | 206 | |
| | 50m: 41.71 | 100m: 1:33.45 | 150m: 2:30.28 | 200m: 3:12.77 | | | |
| 68. | Danley Schneider | ZC Polaris | 201201323 | 3:03.19 | **3:13.64** | 204 | +0,66 |
| | 50m: 45.73 | 100m: 1:33.81 | 150m: 2:30.73 | 200m: 3:13.64 | | | |



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Programmanr. 32, Heren, 200m wisselslag, Voorronde, Junioren 1 en ouder

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 69. | Robin van den Berg | Swol 1894 | 201200355 | 3:58.08 | **3:45.15** | 129 | |
| | 50m: 53.68 | 100m: 1:51.16 | 150m: 2:58.44 | 200m: 3:45.15 | | | |
| NG.ZA | Joseph Van Wellen | Zwemfed | VZF/10016/08 | 2:07.24 | | | |
| NG.ZA | Erdi-Vahap Ilboga | SV Wildeshausen | 324753 | 2:15.22 | | | |
| AFGEM | Victor de Haan | HZ&PC Heerenveen | 201001921 | 2:46.92 | | | |
| AFGEM | Sven Casper Hageman | Steenwijk 1934 | 201000009 | 2:32.71 | | | |
| AFGEM | Vasco Strampel | Steenwijk 1934 | 200702073 | 2:30.65 | | | |
| AFGEM | Timo van de Pavoordt | Orca Leeuwarden | 201100205 | 2:47.72 | | | |
| AFGEM | Colin Beuker | ZPC Hoogeveen | 200802023 | 2:42.01 | | | |
| AFGEM | Christiaan Wilbrink | TriVia | 200803819 | 2:51.59 | | | |
| AFGEM | Julian Mithoe | TriVia | 201102801 | 3:23.14 | | | |



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## 5 - Spring Swim sessie 5: Finales

2-3-2025 - 16:00

Programmanr. 32 | Heren, 200m wisselslag | Junioren 1 en ouder
2-3-2025 - 17:59 | Spring Swim record: Thomas Jansen: 2.03.42 | Resultaten Finale

Punten: AQUA 2024

| Rang | | | | In.tijd | Tijd | Pnt | RT |
|---|---|---|---|---|---|---|---|
| 1. | Nikodim Markovic | Blue Marlins | 200700255 | 2:10.32 | **2:09.04** | 689 | +0,69 |
| | 50m: 27.41 | 100m: 1:00.39 | 150m: 1:38.79 | 200m: 2:09.04 | | | |
| 2. | Tiede Groener | Psv | 200700155 | 2:11.09 | **2:09.71** | 678 | |
| | 50m: 27.62 | 100m: 1:01.10 | 150m: 1:40.17 | 200m: 2:09.71 | | | |
| 3. | Alexander Van Hoey Billiє | Zwemfed | VZF/10014/09 | 2:15.32 | **2:11.17** | 656 | +0,74 |
| | 50m: 27.36 | 100m: 1:01.12 | 150m: 1:39.49 | 200m: 2:11.17 | | | |
| 4. | Denzel Barthen | Wvz | 200700147 | 2:12.16 | **2:14.17** | 613 | +0,73 |
| | 50m: 28.69 | 100m: 1:02.99 | 150m: 1:44.61 | 200m: 2:14.17 | | | |
| 5. | Tieme Wiersma | DZ&PC | 200701031 | 2:16.79 | **2:15.67** | 593 | +0,72 |
| | 50m: 29.29 | 100m: 1:04.28 | 150m: 1:43.35 | 200m: 2:15.67 | | | |
| 6. | Storm Tolsma | DZ&PC | 200600277 | 2:18.60 | **2:16.41** | 583 | |
| | 50m: 28.25 | 100m: 1:05.03 | 150m: 1:44.69 | 200m: 2:16.41 | | | |
| 7. | Jesse van der Meij | De Dolfijn | 200600841 | 2:18.31 | **2:18.40** | 558 | |
| | 50m: 30.17 | 100m: 1:07.42 | 150m: 1:45.82 | 200m: 2:18.40 | | | |
| 8. | Lars Bulman | Blue Marlins | 200600125 | 2:18.03 | **2:18.84** | 553 | +0,72 |
| | 50m: 27.26 | 100m: 1:03.51 | 150m: 1:44.90 | 200m: 2:18.84 | | | |



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