

B-competitie deel 1



Swol 1894
Zwolle 1-10-2016

Nationale Zwemcompetitie landelijk Ronde 1 - zaterdag 1 oktober 2016 om 12:30u (25 m)

Aanvangstijd juryvergadering: 12:00u

2. 4x100m vrije slag dames

11 - 13 jaar (Junioren 3 en later)

1. De Forel			04:43.32
Anna Tinga 2003 ()	50m	00:31.76 31,76	
Anna Tinga 2003 ()	100m	01:06.00 34,24	
Dynah Hassing 2005 ()	400m	04:43.32 217,32	
2. Zignea			04:54.25
Bonne Wiersma 2003 ()	50m	00:35.60 35,60	
Bonne Wiersma 2003 ()	100m	01:14.35 38,75	
Nike Tolsma 2003 ()	400m	04:54.25 219,90	
3. Swol 1894			04:55.23
Renate Dellelijn 2003 ()	50m	00:35.26 35,26	
Renate Dellelijn 2003 ()	100m	01:12.50 37,24	
Marrit Otter 2003 ()	400m	04:55.23 222,73	
4. De Spatters			06:01.99
Anouk Veeninga 2003 ()	50m	00:36.09 36,09	
Anouk Veeninga 2003 ()	100m	01:16.03 39,94	
Elise van Egten 2005 ()	400m	06:01.99 285,96	
5. Swol 1894			06:32.60
Lotte Dijkslag 2004 ()	50m	00:43.84 43,84	
Lotte Dijkslag 2004 ()	100m	01:33.91 50,07	
Meintje Snieder 2003 ()	400m	06:32.60 298,69	

3. 100m schoolslag - Heren

vanaf 11 jaar (Senioren Open)

1. Derk Jan Speelman (De Spatters, 199602425)		01:06.67
50m	00:30.60 30,60	
2. Albert Jan van Slooten (Zignea, 199800049)		01:10.34
50m	00:33.07 33,07	
3. Vincent Bakker (Zignea, 198600107)		01:10.82
50m	00:32.27 32,27	
4. Carlo Ruiz (De Forel, 199802549)		01:11.71
50m	00:33.86 33,86	
5. Daniël de Wagt (Zignea, 199601339)		01:14.26
50m	00:33.04 33,04	
6. Richard Hovenkamp (De Spatters, 199400497)		01:14.84
50m	00:33.95 33,95	
7. Dushan de Bruijn (De Forel, 200201273)		01:14.86
50m	00:35.32 35,32	
8. Thimo Brand (Swol 1894, 199702589)		01:16.12
50m	00:35.18 35,18	
9. Michael van Bakkum (Swol 1894, 197200051)		01:16.71
50m	00:35.15 35,15	
10. Sander Brat (Swol 1894, 198500357)		01:20.48
50m	00:37.44 37,44	

11. Daan Rienties (Swol 1894, 200103369)	01:23.08
50m 00:38.80 38,80	
DIS. Jos Udinga (Swol 1894, 199700331)	00:00.00
4. 100m wisselslag - Dames vanaf 11 jaar (Senioren Open)	
1. Laura van den Berg (Swol 1894, 199100206)	01:08.01
2. Caroline Damen (De Spatters, 199703088)	01:09.82
3. Brit Brandsma (De Forel, 200100026)	01:10.69
4. Beau Rijpers (Swol 1894, 199402638)	01:11.38
5. Linda Boxma (De Spatters, 198500416)	01:12.00
6. Anne van Asperen (De Spatters, 199800308)	01:13.21
7. Kathelijne Tijms (De Spatters, 199804810)	01:14.48
8. Anne Speelman (De Spatters, 199706118)	01:16.06
9. Vera Kraijer (Swol 1894, 199206688)	01:16.76
10. Romi Kampen (Swol 1894, 199705588)	01:17.15
11. Alyah de Bruijn (De Forel, 200004308)	01:18.23
12. Inez Duursma (De Spatters, 199700256)	01:20.28
13. Lisa van Riel (Swol 1894, 199805652)	01:20.46
14. Karin Meinders (Zignea, 199800758)	01:25.98
5. 200m schoolslag - Heren 11 - 17 jaar (Jeugd 2 en later)	
1. Nick van Scherrenburg (Swol 1894, 199902173)	02:35.17
100m 01:15.00 75,00	
2. Jelmar Koopman (De Forel, 200100249)	02:35.85
50m 00:35.84 35,84 100m 01:16.26 40,42	
3. Timo de Vries (De Forel, 199900407)	02:50.97
50m 00:36.44 36,44	
4. Floris Nederburgh (Swol 1894, 200105245)	02:55.81
50m 00:39.56 39,56 100m 01:25.36 45,80	
5. Kian van Goor (Swol 1894, 200004929)	02:58.87
50m 00:39.60 39,60 100m 01:24.42 44,82	
6. Wouter van Asperen (De Spatters, 200000125)	03:01.69
50m 00:38.02 38,02	
7. Andy Oort (De Spatters, 199900471)	03:04.54
50m 00:41.07 41,07 100m 01:28.42 47,35	
8. Johannes Post (Zignea, 200203393)	03:06.85
50m 00:40.14 40,14 100m 01:28.05 47,91	
9. Thom van Essen (Swol 1894, 199900429)	03:08.74
50m 00:41.61 41,61 100m 01:29.83 48,22	
10. Koen Koopman (Zignea, 200005183)	03:10.17
50m 00:41.27 41,27 100m 01:29.81 48,54	
11. Stefan Kagenaar (Zignea, 200101391)	03:11.23
50m 00:43.00 43,00 100m 01:31.80 48,80	
DIS. David Dijkstra (Swol 1894, 199905059)	00:00.00
6. 100m rugslag - Dames	

11 - 17 jaar (Senioren 2 en later)

1. Djamilla Gerner (Swol 1894, 199905606)	01:09.45
50m 00:33.32 33,32	
2. Lynn Fledderus (De Forel, 200101896)	01:18.11
50m 00:36.28 36,28	
3. Melissa van Raalte (Swol 1894, 200004158)	01:19.83
50m 00:39.54 39,54	
4. Liv Fledderus (De Forel, 199902388)	01:20.28
50m 00:38.52 38,52	
5. Sophie Heuker (De Spatters, 200203392)	01:21.25
50m 00:39.04 39,04	
6. Renske Brokking (Zignea, 200202036)	01:21.57
50m 00:39.31 39,31	
7. Dorien Bouter (Swol 1894, 200001798)	01:22.48
50m 00:40.26 40,26	
8. Dian Post (Zignea, 200200748)	01:22.92
50m 00:40.64 40,64	
9. Roeliene Bouwman (De Spatters, 200205106)	01:23.92
50m 00:40.44 40,44	
10. Nian Vervoort (Swol 1894, 199900256)	01:24.29
50m 00:40.82 40,82	
11. Manuëla Feikens (De Spatters, 200000508)	01:26.65
50m 00:42.05 42,05	
12. Myrthe Zuethof (Swol 1894, 200005380)	01:33.46
50m 00:44.92 44,92	

7. 100m schoolslag - Heren

11 - 15 jaar (Junioren 4 en later)

1. Jovanny Timmer (De Spatters, 200302369)	01:14.92
50m 00:35.67 35,67	
2. Hidde Wernsen (Zignea, 200200697)	01:18.31
50m 00:36.45 36,45	
3. Derk Jan van Duyn (De Spatters, 200104517)	01:18.31
50m 00:36.89 36,89	
4. Max Mastebroek (Zignea, 200101395)	01:23.75
50m 00:38.36 38,36	
5. Makai van Haren (De Forel, 200200627)	01:25.86
50m 00:41.02 41,02	
6. Simon Bloem (Swol 1894, 200200033)	01:34.95
50m 00:45.23 45,23	
7. Mees Rienties (Swol 1894, 200500059)	01:43.35
50m 00:50.31 50,31	

DIS. Thijs Goossens (Zignea, 200204401) 00:00.00

8. 200m vrije slag - Dames

11 - 15 jaar (Jeugd 2 en later)

1. Zana Udo (De Forel, 200202686)	02:20.04
50m 00:31.60 31,60 100m 01:07.70 36,10	
2. Manon Post (Zignea, 200101824)	02:27.42
50m 00:33.65 33,65 100m 01:12.30 38,65	
3. Nova Wiersma (Zignea, 200105550)	02:30.07
50m 00:33.32 33,32 100m 01:11.92 38,60	

4. Esmee Greydanus (De Spatters, 200200544)	02:33.84
50m 00:34.05 34,05 100m 01:13.69 39,64	
5. Naomi Broekman (De Spatters, 200100020)	02:36.08
50m 00:36.33 36,33 100m 01:16.97 40,64	
6. Sigrid Hoogland (De Forel, 200301976)	02:36.22
50m 00:35.12 35,12 100m 01:15.30 40,18	
7. Myrthe Muller (Swol 1894, 200104430)	02:39.06
50m 00:36.21 36,21 100m 01:17.06 40,85	
8. Luna van Duursen (Swol 1894, 200103298)	02:39.89
50m 00:36.09 36,09 100m 01:15.43 39,34	
9. Marijke van der Hout (De Forel, 200204958)	02:46.00
50m 00:36.46 36,46 100m 01:18.21 41,75	
10. Linda Meinders (Zignea, 200100644)	02:46.17
50m 00:36.77 36,77 100m 01:19.10 42,33	
11. Kim van Dijk (Zignea, 200403008)	02:48.58
50m 00:38.61 38,61 100m 01:20.30 41,69	
12. Maryse van Putten (Swol 1894, 200104330)	02:51.65
50m 00:37.79 37,79 100m 01:20.59 42,80	
9. 400m vrije slag - Heren vanaf 11 jaar (Senioren Open)	
1. Derk Jan Speelman (De Spatters, 199602425)	04:26.07
50m 00:30.20 30,20 100m 01:03.82 33,62 200m 02:11.39 67,57	
2. Koen Rooseboom (De Spatters, 199502703)	04:29.21
50m 00:30.27 30,27 100m 01:04.24 33,97 200m 02:13.92 69,68	
3. Carlo Ruiz (De Forel, 199802549)	04:30.57
50m 00:30.15 30,15 100m 01:04.12 33,97 200m 02:13.58 69,46	
4. Maurijn Bakker (Zignea, 198300061)	04:43.09
50m 00:31.09 31,09 100m 01:05.92 34,83 200m 02:17.57 71,65	
5. Dushan de Bruijn (De Forel, 200201273)	04:46.73
50m 00:31.73 31,73 100m 01:07.23 35,50 200m 02:19.99 72,76	
6. Richard Hovenkamp (De Spatters, 199400497)	04:52.70
50m 00:31.60 31,60 100m 01:06.82 35,22 200m 02:21.00 74,18	
7. Oscar Torres Fernandez (Swol 1894, 199307277)	05:07.98
50m 00:34.68 34,68 100m 01:12.63 37,95 200m 02:31.36 78,73	
8. Ewoud Vos (Swol 1894, 199901215)	05:08.86
50m 00:33.60 33,60 100m 01:12.42 38,82 200m 02:31.32 78,90	
9. Auke Sjoerd Tolsma (Zignea, 197101553)	05:32.96
50m 00:32.96 32,96 100m 01:09.24 36,28 200m 02:29.24 80,00	
10. Johan Wezenberg (Swol 1894, 197601023)	05:36.76
50m 00:34.02 34,02 100m 01:14.17 40,15 200m 02:39.75 85,58	
10. 50m rugslag - Dames vanaf 11 jaar (Senioren Open)	
1. Brit Brandsma (De Forel, 200100026)	00:32.02
2. Laura van den Berg (Swol 1894, 199100206)	00:32.43
3. Linda Boxma (De Spatters, 198500416)	00:33.02
4. Caroline Damen (De Spatters, 199703088)	00:33.25
5. Vera Kraijer (Swol 1894, 199206688)	00:33.28

6. Anne van Asperen (De Spatters, 199800308)	00:34.14
7. Karen Stolk (Swol 1894, 199403950)	00:34.30
8. Kathelijne Tijms (De Spatters, 199804810)	00:34.40
9. Anne Speelman (De Spatters, 199706118)	00:35.28
10. Jonne Kampen (Swol 1894, 199506504)	00:36.10
11. Alyah de Bruijn (De Forel, 200004308)	00:36.73
12. Inez Duursma (De Spatters, 199700256)	00:40.25
DIS. Kirsten Pluim (Swol 1894, 200106132)	00:00.00
11. 200m rugslag - Heren	
<i>11 - 13 jaar (Junioren 2 en later)</i>	
1. Matias Jansen (Zignea, 200300199)	02:30.04
50m 00:35.10 35,10 100m 01:13.07 37,97	
2. Quint van Haren (De Forel, 200400215)	02:42.23
50m 00:39.37 39,37 100m 01:20.01 40,64	
3. Senna van den Hoed (De Forel, 200400609)	02:56.24
50m 00:40.60 40,60 100m 01:27.36 46,76	
4. Wouter Zijlstra (De Forel, 200401545)	03:00.78
50m 00:43.32 43,32 100m 01:30.62 47,30	
5. Tom Mastebroek (Zignea, 200300201)	03:05.74
50m 00:41.99 41,99 100m 01:29.77 47,78	
6. Jeroen Gunnink (De Spatters, 200303501)	03:11.19
50m 00:44.98 44,98 100m 01:33.82 48,84	
7. Owen Horsting (De Spatters, 200403819)	03:59.38
50m 00:56.60 56,60 100m 02:00.13 63,53	
DIS. Dion Gunnink (De Spatters, 200501521)	00:00.00
12. 100m vlinderslag - Dames	
<i>11 - 13 jaar (Junioren 3 en later)</i>	
1. Chantal van Willegen (De Forel, 200302422)	01:13.82
50m 00:33.77 33,77	
2. Anna Tinga (De Forel, 200302734)	01:14.76
50m 00:34.70 34,70	
3. Lotte Pieterman (Swol 1894, 200301838)	01:19.65
50m 00:35.09 35,09	
4. Nike Tolsma (Zignea, 200300336)	01:28.19
50m 00:38.87 38,87	
5. Bonne Wiersma (Zignea, 200303940)	01:30.95
50m 00:41.16 41,16	
6. Sterre Boerma (Zignea, 200300156)	01:36.57
50m 00:43.81 43,81	
7. Anouk Veeninga (De Spatters, 200300048)	01:39.95
50m 00:44.04 44,04	
8. Famke Wernsen (Zignea, 200400288)	01:41.84
50m 00:44.59 44,59	
9. Abri Wiersma (Zignea, 200403854)	01:45.41
50m 00:48.90 48,90	
10. Elise van Egten (De Spatters, 200500300)	01:51.54
50m 00:46.79 46,79	

11. Marrit Otter (Swol 1894, 200301000)	01:57.21
50m 00:52.03 52,03	
12. Lotte Dijkslag (Swol 1894, 200402800)	02:10.74
50m 00:58.02 58,02	
DIS. Renate Dellelijn (Swol 1894, 200301770)	00:00.00
DIS. Meintje Snieder (Swol 1894, 200304956)	00:00.00
13. 100m schoolslag - Heren	
9 - 11 jaar (Minioren 6 en later)	
1. Tamas Tolsma (Zignea, 200500075)	01:38.57
50m 00:45.90 45,90	
2. Matthias van Dijk (Swol 1894, 200502947)	01:43.96
50m 00:49.12 49,12	
3. Seb Pieterman (Swol 1894, 200600331)	01:49.84
50m 00:53.02 53,02	
4. Storm Tolsma (Zignea, 200600277)	01:52.09
50m 00:53.07 53,07	
5. Jan Julkowski (Zignea, 200500275)	01:55.55
50m 00:53.32 53,32	
6. Sil Wernsen (Zignea, 200600415)	02:01.26
50m 00:56.02 56,02	
7. Laurendt-Pjer Nederburgh (Swol 1894, 200600219)	02:10.17
50m 00:59.52 59,52	
DIS. Ruben Westerneng (Swol 1894, 200600091)	00:00.00
14. 50m rugslag - Dames	
9 - 11 jaar (Junioren 1 en later)	
1. Lynn Reitsma (Swol 1894, 200502750)	00:39.95
2. Dynah Hassing (De Forel, 200500756)	00:42.35
3. Dieuwke Cleveringa (Swol 1894, 200700708)	00:46.89
4. Sharon Oldenkamp (De Spatters, 200600276)	00:47.47
5. Jutta Eilander (Swol 1894, 200500222)	00:49.67
6. Joelle Kagenaar (Zignea, 200600070)	00:50.20
7. Britt Kleinheerenbrink (De Forel, 200601620)	00:50.25
8. Hannah de Priester (Swol 1894, 200602008)	00:50.30
9. Kimberly Kootstra (De Spatters, 200600060)	00:51.77
DIS. Lisa van Eijk (Swol 1894, 200502758)	00:00.00
15. 50m rugslag - Heren	
vanaf 11 jaar (Senioren Open)	
1. Derk Jan Speelman (De Spatters, 199602425)	00:28.72
2. Koen Rooseboom (De Spatters, 199502703)	00:29.07
3. Daniël de Wagt (Zignea, 199601339)	00:29.74
4. Albert Jan van Slooten (Zignea, 199800049)	00:30.08
5. Richard Hovenkamp (De Spatters, 199400497)	00:31.49
6. Daan Rienties (Swol 1894, 200103369)	00:31.69
7. Dushan de Bruijn (De Forel, 200201273)	00:32.36

8. Thimo Brand (Swol 1894, 199702589)	00:32.59
9. Carlo Ruiz (De Forel, 199802549)	00:33.26
10. Emiel van Essen (Swol 1894, 199702925)	00:34.67
11. Jos Udinga (Swol 1894, 199700331)	00:35.00
DIS. Vincent Bakker (Zignea, 198600107)	00:00.00
16. 400m vrije slag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Caroline Damen (De Spatters, 199703088)	04:55.83
50m 00:31.87 31,87 100m 01:08.37 36,50 200m 02:23.83 75,46	
2. Beau Rijpers (Swol 1894, 199402638)	04:56.95
50m 00:33.10 33,10 100m 01:09.18 36,08 200m 02:24.46 75,28	
3. Brit Brandsma (De Forel, 200100026)	04:57.62
50m 00:32.24 32,24 100m 01:08.71 36,47 200m 02:23.87 75,16	
4. Karen Stolk (Swol 1894, 199403950)	04:57.86
50m 00:32.33 32,33 100m 01:09.28 36,95 200m 02:25.53 76,25	
5. Linda Boxma (De Spatters, 198500416)	05:02.94
50m 00:32.65 32,65 100m 01:09.14 36,49 200m 02:25.31 76,17	
6. Lieke van Essen (Swol 1894, 199502814)	05:05.09
50m 00:34.94 34,94 100m 01:12.96 38,02 200m 02:30.36 77,40	
7. Lisa van Riel (Swol 1894, 199805652)	05:20.47
50m 00:36.38 36,38 100m 01:16.19 39,81 200m 02:37.58 81,39	
8. Jonne Kampen (Swol 1894, 199506504)	05:22.47
50m 00:35.12 35,12 100m 01:14.05 38,93 200m 02:36.22 82,17	
9. Romi Kampen (Swol 1894, 199705588)	05:23.37
50m 00:36.21 36,21 100m 01:16.12 39,91 200m 02:38.54 82,42	
10. Inez Duursma (De Spatters, 199700256)	05:26.08
50m 00:35.52 35,52 100m 01:15.11 39,59 200m 02:37.69 82,58	
11. Alyah de Bruijn (De Forel, 200004308)	05:27.14
50m 00:35.16 35,16 100m 01:14.81 39,65 200m 02:37.65 82,84	
12. Anne Speelman (De Spatters, 199706118)	05:30.94
50m 00:35.51 35,51 100m 01:14.69 39,18 200m 02:36.91 82,22	
13. Karin Meinders (Zignea, 199800758)	05:40.83
50m 00:38.29 38,29 100m 01:21.50 43,21 200m 02:49.19 87,69	
14. Wendy Roowaan (Zignea, 197500458)	05:43.40
50m 00:36.71 36,71 100m 01:18.52 41,81 200m 02:46.23 87,71	
15. Kathelijne Tijms (De Spatters, 199804810)	05:46.20
50m 00:37.75 37,75 100m 01:20.01 42,26 200m 02:48.58 88,57	
16. Anne van Asperen (De Spatters, 199800308)	05:49.79
50m 00:36.33 36,33 100m 01:17.66 41,33 200m 02:45.21 87,55	
17. Dorien Bouter (Swol 1894, 200001798)	05:54.60
50m 00:39.74 39,74 100m 01:24.13 44,39 200m 02:56.04 91,91	
17. 100m rugslag - Heren	
<i>11 - 17 jaar (Jeugd 2 en later)</i>	
1. Jelmar Koopman (De Forel, 200100249)	01:02.54
50m 00:30.24 30,24	
2. Floris Nederburgh (Swol 1894, 200105245)	01:05.97
50m 00:31.74 31,74	
3. Timo de Vries (De Forel, 199900407)	01:08.41
50m 00:32.91 32,91	

4. Wouter van Asperen (De Spatters, 200000125)	01:09.18
50m 00:32.34 32,34	
5. Nick van Scherrenburg (Swol 1894, 199902173)	01:10.00
50m 00:33.15 33,15	
6. Andy Oort (De Spatters, 199900471)	01:15.63
50m 00:37.16 37,16	
7. Stefan Kagenaar (Zignea, 200101391)	01:15.63
50m 00:36.93 36,93	
8. Johannes Post (Zignea, 200203393)	01:17.03
50m 00:36.78 36,78	
9. Kian van Goor (Swol 1894, 200004929)	01:18.83
50m 00:37.92 37,92	
10. Thom van Essen (Swol 1894, 199900429)	01:21.92
50m 00:39.05 39,05	
11. Koen Koopman (Zignea, 200005183)	01:23.61
50m 00:40.66 40,66	
12. David Dijkstra (Swol 1894, 199905059)	01:29.15
50m 00:44.22 44,22	
18. 200m schoolslag - Dames	
11 - 17 jaar (Senioren 2 en later)	
1. Djamilla Gerner (Swol 1894, 199905606)	02:51.51
50m 00:36.31 36,31 100m 01:18.38 42,07	
2. Sophie Heuker (De Spatters, 200203392)	03:06.33
50m 00:42.11 42,11 100m 01:30.00 47,89	
3. Melissa van Raalte (Swol 1894, 200004158)	03:10.64
50m 00:42.51 42,51 100m 01:31.79 49,28	
4. Roeliene Bouwman (De Spatters, 200205106)	03:11.62
50m 00:42.62 42,62 100m 01:31.51 48,89	
5. Myrthe Zuethof (Swol 1894, 200005380)	03:16.55
50m 00:42.46 42,46 100m 01:33.14 50,68	
6. Nian Vervoort (Swol 1894, 199900256)	03:17.76
50m 00:44.26 44,26 100m 01:34.31 50,05	
7. Renske Brokking (Zignea, 200202036)	03:24.71
50m 00:45.89 45,89 100m 01:38.12 52,23	
8. Lynn Fledderus (De Forel, 200101896)	03:25.94
50m 00:45.99 45,99 100m 01:37.38 51,39	
9. Liv Fledderus (De Forel, 199902388)	03:26.66
50m 00:44.83 44,83 100m 01:36.80 51,97	
10. Manuëla Feikens (De Spatters, 200000508)	03:30.38
50m 00:47.76 47,76 100m 01:40.59 52,83	
DIS. Dian Post (Zignea, 200200748)	00:00.00
19. 200m vrije slag - Heren	
11 - 15 jaar (Junioren 4 en later)	
1. Makai van Haren (De Forel, 200200627)	02:14.77
50m 00:31.16 31,16 100m 01:05.35 34,19	
2. Hidde Wernsen (Zignea, 200200697)	02:22.97
50m 00:31.13 31,13 100m 01:07.43 36,30	
3. Max Mastebroek (Zignea, 200101395)	02:23.60
50m 00:30.45 30,45 100m 01:06.20 35,75	

4. Jovanny Timmer (De Spatters, 200302369)	02:23.99
50m 00:34.56 34,56 100m 01:11.75 37,19	
5. Derk Jan van Duyn (De Spatters, 200104517)	02:29.82
50m 00:34.00 34,00 100m 01:11.97 37,97	
6. Thijs Goossens (Zignea, 200204401)	02:45.98
50m 00:36.64 36,64 100m 01:18.33 41,69	
DIS. Simon Bloem (Swol 1894, 200200033)	00:00.00
20. 100m schoolslag - Dames	
11 - 15 jaar (<i>Jeugd 2 en later</i>)	
1. Zana Udo (De Forel, 200202686)	01:25.13
50m 00:40.13 40,13	
2. Manon Post (Zignea, 200101824)	01:26.36
50m 00:39.97 39,97	
3. Naomi Broekman (De Spatters, 200100020)	01:28.00
50m 00:41.16 41,16	
4. Esmee Greydanus (De Spatters, 200200544)	01:28.07
50m 00:41.36 41,36	
5. Sigrid Hoogland (De Forel, 200301976)	01:29.00
50m 00:41.81 41,81	
6. Nova Wiersma (Zignea, 200105550)	01:34.84
50m 00:44.79 44,79	
7. Maryse van Putten (Swol 1894, 200104330)	01:36.79
50m 00:45.30 45,30	
8. Kim van Dijk (Zignea, 200403008)	01:37.36
50m 00:44.74 44,74	
9. Marijke van der Hout (De Forel, 200204958)	01:39.17
50m 00:47.16 47,16	
10. Myrthe Muller (Swol 1894, 200104430)	01:40.16
50m 00:47.41 47,41	
11. Kirsten Pluim (Swol 1894, 200106132)	01:45.16
50m 00:49.03 49,03	
12. Linda Meinders (Zignea, 200100644)	01:48.56
50m 00:50.20 50,20	
DIS. Luna van Duursen (Swol 1894, 200103298)	00:00.00
21. 100m wisselslag - Heren	
vanaf 11 jaar (<i>Senioren Open</i>)	
1. Derk Jan Speelman (De Spatters, 199602425)	01:00.44
2. Albert Jan van Slooten (Zignea, 199800049)	01:03.08
3. Daniël de Wagt (Zignea, 199601339)	01:05.37
4. Richard Hovenkamp (De Spatters, 199400497)	01:05.76
5. Carlo Ruiz (De Forel, 199802549)	01:06.79
6. Vincent Bakker (Zignea, 198600107)	01:06.79
7. Maurijn Bakker (Zignea, 198300061)	01:07.15
8. Thimo Brand (Swol 1894, 199702589)	01:07.27
9. Dushan de Bruijn (De Forel, 200201273)	01:08.50
10. Michael van Bakkum (Swol 1894, 197200051)	01:11.37

11. Ewoud Vos (Swol 1894, 199901215)	01:12.92
12. Emiel van Essen (Swol 1894, 199702925)	01:13.57
13. Jos Udinga (Swol 1894, 199700331)	01:15.97
14. Oscar Torres Fernandez (Swol 1894, 199307277)	01:17.15
15. Sander Brat (Swol 1894, 198500357)	01:18.09
22. 100m schoolslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Laura van den Berg (Swol 1894, 199100206)	01:17.47
50m 00:36.47 36,47	
2. Beau Rijpers (Swol 1894, 199402638)	01:20.78
50m 00:38.23 38,23	
3. Caroline Damen (De Spatters, 199703088)	01:20.86
50m 00:37.70 37,70	
4. Brit Brandsma (De Forel, 200100026)	01:21.43
50m 00:38.25 38,25	
5. Linda Boxma (De Spatters, 198500416)	01:22.23
50m 00:38.39 38,39	
6. Karen Stolk (Swol 1894, 199403950)	01:22.83
50m 00:38.62 38,62	
7. Miranda Straetemans (Zignea, 197400514)	01:26.90
50m 00:40.03 40,03	
8. Inez Duursma (De Spatters, 199700256)	01:27.27
50m 00:40.48 40,48	
9. Anne van Asperen (De Spatters, 199800308)	01:29.48
50m 00:41.11 41,11	
10. Kathelijne Tijms (De Spatters, 199804810)	01:29.54
50m 00:41.04 41,04	
11. Alyah de Bruijn (De Forel, 200004308)	01:31.34
50m 00:43.07 43,07	
12. Anne Speelman (De Spatters, 199706118)	01:39.37
50m 00:45.33 45,33	
23. 100m vlinderslag - Heren	
<i>11 - 13 jaar (Junioren 2 en later)</i>	
1. Matias Jansen (Zignea, 200300199)	01:11.04
50m 00:31.52 31,52	
2. Quint van Haren (De Forel, 200400215)	01:20.82
50m 00:37.15 37,15	
3. Senna van den Hoed (De Forel, 200400609)	01:29.50
50m 00:40.25 40,25	
4. Wouter Zijlstra (De Forel, 200401545)	01:29.92
50m 00:42.03 42,03	
5. Dion Gunnink (De Spatters, 200501521)	01:45.83
50m 00:50.75 50,75	
6. Jeroen Gunnink (De Spatters, 200303501)	01:46.01
50m 00:46.96 46,96	
7. Tom Mastebroek (Zignea, 200300201)	01:53.33
50m 00:51.15 51,15	
DIS. Owen Horsting (De Spatters, 200403819)	00:00.00

24. 200m rugslag - Dames

11 - 13 jaar (*Junioren 3 en later*)

1. Lotte Pieterman (Swol 1894, 200301838)	02:32.98
50m 00:35.44 35,44 100m 01:14.92 39,48	
2. Anna Tinga (De Forel, 200302734)	02:39.98
50m 00:37.63 37,63 100m 01:17.26 39,63	
3. Chantal van Willegen (De Forel, 200302422)	02:44.08
50m 00:36.80 36,80 100m 01:18.83 42,03	
4. Renate Dellemijn (Swol 1894, 200301770)	02:46.29
50m 00:39.38 39,38 100m 01:21.54 42,16	
5. Nike Tolsma (Zignea, 200300336)	02:59.47
50m 00:40.62 40,62 100m 01:26.97 46,35	
6. Meintje Snieder (Swol 1894, 200304956)	03:09.31
50m 00:44.84 44,84 100m 01:33.64 48,80	
7. Sterre Boerma (Zignea, 200300156)	03:11.12
50m 00:45.61 45,61 100m 01:34.49 48,88	
8. Anouk Veeninga (De Spatters, 200300048)	03:12.78
50m 00:46.32 46,32 100m 01:36.00 49,68	
9. Bonne Wiersma (Zignea, 200303940)	03:13.00
50m 00:47.22 47,22 100m 01:36.73 49,51	
10. Marrit Otter (Swol 1894, 200301000)	03:28.36
50m 00:49.41 49,41 100m 01:42.09 52,68	
11. Elise van Egten (De Spatters, 200500300)	03:38.72
50m 00:49.69 49,69 100m 01:47.22 57,53	
12. Lotte Dijkslag (Swol 1894, 200402800)	03:42.28
50m 00:52.31 52,31 100m 01:49.78 57,47	
DIS. Abri Wiersma (Zignea, 200403854)	00:00.00

25. 50m rugslag - Heren

9 - 11 jaar (*Minioren 6 en later*)

1. Ruben Westerneng (Swol 1894, 200600091)	00:42.74
2. Jan Julkowski (Zignea, 200500275)	00:42.83
3. Tamas Tolsma (Zignea, 200500075)	00:43.23
4. Storm Tolsma (Zignea, 200600277)	00:45.72
5. Seb Pieterman (Swol 1894, 200600331)	00:46.34
6. Matthias van Dijk (Swol 1894, 200502947)	00:49.78
7. Laurendt-Pjer Nederburgh (Swol 1894, 200600219)	00:50.68
DIS. Sil Wernsen (Zignea, 200600415)	00:00.00

26. 100m schoolslag - Dames

9 - 11 jaar (*Junioren 1 en later*)

1. Dynah Hassing (De Forel, 200500756)	01:42.38
50m 00:49.72 49,72	
2. Dieuwke Cleveringa (Swol 1894, 200700708)	01:47.15
50m 00:51.37 51,37	
3. Jutta Eilander (Swol 1894, 200500222)	01:50.41
50m 00:52.26 52,26	
4. Joelle Kagenaar (Zignea, 200600070)	01:51.68
50m 00:52.33 52,33	

5. Lisa van Eijk (Swol 1894, 200502758)	01:52.43
50m 00:53.82 53,82	
6. Hannah de Priester (Swol 1894, 200602008)	01:59.84
50m 00:57.74 57,74	
7. Kimberly Kootstra (De Spatters, 200600060)	02:04.90
50m 00:59.61 59,61	
DIS. Britt Kleinheerenbrink (De Forel, 200601620)	00:00.00
DIS. Sharon Oldenkamp (De Spatters, 200600276)	00:00.00
DIS. Lynn Reitsma (Swol 1894, 200502750)	00:00.00
27. 4x100m vrije slag heren	
vanaf 11 jaar (Senioren Open)	
1. De Spatters	03:45.05
Wouter van Asperen 2000 () 50m 00:27.27 27,27	
Wouter van Asperen 2000 () 100m 00:59.99 32,72	
Koen Rooseboom 1995 () 400m 03:45.05 165,06	
2. De Forel	03:52.48
Dushan de Bruijn 2002 () 50m 00:28.18 28,18	
Dushan de Bruijn 2002 () 100m 00:58.91 30,73	
Carlo Ruiz 1998 () 400m 03:52.48 173,57	
3. Zignea	03:55.98
Matias Jansen 2003 () 50m 00:28.21 28,21	
Matias Jansen 2003 () 100m 00:58.78 30,57	
Vincent Bakker 1986 () 400m 03:55.98 177,20	
4. Swol 1894	03:57.28
Nick van Scherrenburg 1999 () 50m 00:27.39 27,39	
Nick van Scherrenburg 1999 () 100m 00:57.96 30,57	
Daan Rienties 2001 () 400m 03:57.28 179,32	
5. Zignea	04:11.80
Hidde Wernsen 2002 () 50m 00:29.95 29,95	
Hidde Wernsen 2002 () 100m 01:04.71 34,76	
Max Mastebroek 2001 () 400m 04:11.80 187,09	
6. Swol 1894	04:20.10
Jos Udinga 1997 () 50m 00:31.09 31,09	
Jos Udinga 1997 () 100m 01:06.27 35,18	
Ewoud Vos 1999 () 400m 04:20.10 193,83	
28. 4x100m wisselslag dames	
vanaf 11 jaar (Senioren Open)	
1. Swol 1894	04:42.80
Djamilla Gerner 1999 () 50m 00:33.14 33,14	
Djamilla Gerner 1999 () 100m 01:09.42 36,28	
Beau Rijpers 1994 () 400m 04:42.80 213,38	
2. De Spatters	04:54.83
Anne Speelman 1997 () 50m 00:37.19 37,19	
Anne Speelman 1997 () 100m 01:17.66 40,47	
Linda Boxma 1985 () 400m 04:54.83 217,17	
3. Swol 1894	04:58.01
Vera Kraijer 1992 () 50m 00:36.07 36,07	
Vera Kraijer 1992 () 100m 01:14.74 38,67	
Melissa van Raalte 2000 () 400m 04:58.01 223,27	
4. De Forel	05:02.94
Brit Brandsma 2001 () 50m 00:34.26 34,26	
Brit Brandsma 2001 () 100m 01:11.06 36,80	
Sigrid Hoogland 2003 () 400m 05:02.94 231,88	
5. Zignea	05:21.16
Manon Post 2001 () 50m 00:37.54 37,54	

Manon Post 2001 ()	100m	01:17.09	39,55
Miranda Straetmans 1974 ()	400m	05:21.16	244,07