



Programmanr. 4  
4-6-2016 - 13:40

Heren, 200m vrije slag

Junioren 1 en ouder  
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
<b>Junioren 1</b>					
1.	Joël Malda	Orca	2:29.05	200301017	<b>2:25.55</b>
	50m: 32.80	100m: 1:10.66	150m: 1:49.97	200m: 2:25.55	
2.	Willem Vonk	Wetterwille	2:36.01	200301233	<b>2:30.19</b>
	50m: 34.42	100m: 1:13.78	150m: 1:53.42	200m: 2:30.19	
3.	Erwin Boer	TriVia	2:28.93	200302619	<b>2:32.68</b>
	50m: 34.41	100m: 1:12.87	150m: 1:53.13	200m: 2:32.68	
4.	Tristan Beugelsdijk	De Hardenberg	3:12.01	200300783	<b>2:40.68</b>
	50m: 35.85	100m: 1:15.72	150m: 1:58.23	200m: 2:40.68	
5.	Rowan Turkstra	De Kikker	2:48.19	200301045	<b>2:48.69</b>
	50m: 37.97	100m: 1:21.84	150m: 2:07.30	200m: 2:48.69	
6.	Matthijs Franswa	ZPCA	2:57.06	200303745	<b>2:57.97</b>
	50m: 39.45	100m: 1:25.44	150m: 2:12.52	200m: 2:57.97	
<b>Junioren 2</b>					
1.	Arnoud Bos	Bubble	2:24.36	200203241	<b>2:20.85</b>
	50m: 33.07	100m: 1:09.30	150m: 1:46.10	200m: 2:20.85	
2.	Ewoud van der Straten	SG Inktvis/De Pinquin	2:31.13	200201921	<b>2:23.27</b>
	50m: 32.70	100m: 1:09.48	150m: 1:46.68	200m: 2:23.27	
3.	Jesper Tjassing	Eemsrobben	2:42.33	200201499	<b>2:23.45</b>
	50m: 32.42	100m: 1:08.05	150m: 1:45.99	200m: 2:23.45	
4.	Daniël Bots	De Kikker	2:37.51	200202051	<b>2:26.72</b>
	50m: 33.59	100m: 1:11.86	150m: 1:50.40	200m: 2:26.72	
5.	Jurek Frik	ZPCA	2:29.27	200203335	<b>2:28.72</b>
	50m: 33.48	100m: 1:12.23	150m: 1:51.77	200m: 2:28.72	
6.	Dylan Bes	ZC Polaris	2:31.91	200200717	<b>2:28.87</b>
	50m: 33.55	100m: 1:12.60	150m: 1:52.30	200m: 2:28.87	
7.	Yoram van der Tuin	De Vikings	2:33.79	200202439	<b>2:29.52</b>
	50m: 35.04	100m: 1:12.31	150m: 1:51.41	200m: 2:29.52	
8.	Harmen van der Ploeg	Eemsrobben	2:33.43	200203695	<b>2:31.25</b>
	50m: 35.05	100m: 1:13.86	150m: 1:54.05	200m: 2:31.25	
9.	Josse Reinders	ZPC Hoozeveen	2:35.66	200201729	<b>2:32.46</b>
	50m: 35.26	100m: 1:15.76	150m: 1:54.21	200m: 2:32.46	
10.	Robin Diekema	ZPCA	2:32.52	200201431	<b>2:32.47</b>
	50m: 34.62	100m: 1:14.78	150m: 1:54.62	200m: 2:32.47	
11.	Sem Lanters	De Valken	2:41.24	200202191	<b>2:37.66</b>
	50m: 34.37	100m: 1:14.95	150m: 1:58.32	200m: 2:37.66	
12.	Calvin Klijsma	ZV ZZG De Boskickers	2:39.46	200200093	<b>2:41.26</b>
	50m: 34.05	100m: 1:14.99	150m: 1:58.88	200m: 2:41.26	
13.	Jesper Trenning	GZVW	2:43.54	200204481	<b>2:48.94</b>
	50m: 35.61	100m: 1:17.59	150m: 2:04.07	200m: 2:48.94	
14.	Xander Roelen	ZPCA	3:05.35	200203831	<b>3:01.41</b>
	50m: 40.32	100m: 1:27.77	150m: 2:18.08	200m: 3:01.41	
DIS	Tijmen Schepers	ZC Polaris	2:35.19	200204557	
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 35.57	100m: 1:14.85	150m: 1:56.02	200m:	



Programmanr. 4, Heren, 200m vrije slag

Junioren 3

1. Wesley Kuiper	Orca	2:20.70	200100889	<b>2:18.02</b>
50m: 32.23	100m: 1:08.01	150m: 1:43.96	200m: 2:18.02	
2. Marc de Jonge	Aqua '68	2:19.81	200101917	<b>2:18.46</b>
50m: 32.23	100m: 1:08.44	150m: 1:45.12	200m: 2:18.46	
3. Jarno Remmelts	Aqua '68	2:20.42	200101081	<b>2:19.43</b>
50m: 32.64	100m: 1:08.60	150m: 1:45.24	200m: 2:19.43	
4. Derk Jan van Duyn	De Spatters	2:29.45	200104517	<b>2:30.24</b>
50m: 34.49	100m: 1:12.96	150m: 1:52.38	200m: 2:30.24	
5. Justin Visser	HZ&PC Heerenveen	2:43.31	200100337	<b>2:32.87</b>
50m: 34.86	100m: 1:13.59	150m: 1:53.29	200m: 2:32.87	
6. Allard Sieperda	SG Bolsward-Workum	2:32.78	200101365	<b>2:34.34</b>
50m: 33.81	100m: 1:13.25	150m: 1:54.15	200m: 2:34.34	
DIS Bram Venema	ZV ZZG De Boskickers	2:56.61	200103733	
<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
50m: 38.04	100m: 1:21.37	150m: 2:06.65	200m:	
NG Ole van Marle	MZ&PC De Reest	2:39.16	200105079	

Junioren 4

1. Darren Sieswerda	F.Z.C. '54	2:18.54	200001763	<b>2:13.46</b>
50m: 29.39	100m: 1:03.89	150m: 1:38.96	200m: 2:13.46	
2. Jarno Ottens	Eemsrobben	2:16.67	200000273	<b>2:14.93</b>
50m: 31.43	100m: 1:06.11	150m: 1:41.16	200m: 2:14.93	
3. Wouter van Asperen	De Spatters	2:18.87	200000125	<b>2:17.40</b>
50m: 31.99	100m: 1:07.95	150m: 1:45.21	200m: 2:17.40	
4. Max Pathuis	ZPC Stadskanaal	2:17.16	200000979	<b>2:18.32</b>
50m: 31.22	100m: 1:05.62	150m: 1:41.98	200m: 2:18.32	
5. Pieter Oppewal	MZ&PC De Reest	2:20.40	200002923	<b>2:18.95</b>
50m: 32.11	100m: 1:08.34	150m: 1:45.46	200m: 2:18.95	
6. Bas Lingbeek	ZPC Stadskanaal	2:38.02	200001547	<b>2:30.09</b>
50m: 34.98	100m: 1:12.65	150m: 1:52.19	200m: 2:30.09	
7. Peter Lubberts	MZ&PC De Reest	2:41.01	200003297	<b>2:31.82</b>
50m: 34.13	100m: 1:13.02	150m: 1:54.19	200m: 2:31.82	
8. Reinout Beerda	Wetterwille	2:34.73	200001803	<b>2:31.84</b>
50m: 34.60	100m: 1:14.00	150m: 1:53.17	200m: 2:31.84	
9. Rens Meijberg	De Valken	2:39.56	200004155	<b>2:35.74</b>
50m: 33.89	100m: 1:13.42	150m: 1:55.65	200m: 2:35.74	
10. Ryan Douma	Eemsrobben	2:54.11	200005019	<b>2:41.36</b>
50m: 35.08	100m: 1:15.66	150m: 1:59.76	200m: 2:41.36	
11. Thomas van der Stege	MZ&PC De Reest	2:54.45	200004405	<b>2:50.82 *</b>
50m: 37.39	100m: 1:20.97	150m:	200m: 2:50.82	

Jeugd 1 en 2

1. Werner Veltman	Avena	2:16.17	199803417	<b>2:14.39</b>
50m: 30.80	100m: 1:04.80	150m: 1:40.24	200m: 2:14.39	
2. Nick Finke	Moby Dick	2:18.87	199901131	<b>2:19.47</b>
50m: 31.71	100m: 1:07.34	150m: 1:44.43	200m: 2:19.47	
3. Xander Huberts	ZENO	2:24.67	199800809	<b>2:20.60</b>
50m: 31.46	100m: 1:06.80	150m: 1:44.06	200m: 2:20.60	



Programmanr. 4, Jongens, 200m vrije slag, Jeugd 1 en 2

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
4.	Andy Oort	De Spatters	2:18.03	199900471	<b>2:23.25</b>
	50m: 32.40	100m: 1:08.34	150m: 1:45.08	200m: 2:23.25	
5.	Frank Scheltens	Moby Dick	2:20.94	199903935	<b>2:26.80</b>
	50m: 34.02	100m: 1:10.45	150m: 1:48.67	200m: 2:26.80	
6.	Martijn Snoek	De Hardenberg	2:29.14	199801439	<b>2:29.19</b>
	50m: 32.72	100m: 1:10.79	150m: 1:51.22	200m: 2:29.19	
7.	Mark Vanger	Wetterwille	2:41.45	199904565	<b>2:30.88 *</b>
	50m: 35.34	100m: 1:15.41	150m: 1:55.24	200m: 2:30.88	
NG	Tim Broekman	De Spatters	2:47.52	199801277	
NG	Lars den Hertog	TriVia	2:47.75	199903189	

Senioren 1 en ouder

1.	Alex Stevens	De Valken	2:12.44	199703545	<b>2:06.20</b>
	50m: 27.91	100m: 1:00.35	150m: 1:33.82	200m: 2:06.20	
2.	Stefan Kwant	NOVA	2:14.42	199200781	<b>2:08.88</b>
	50m: 28.49	100m: 1:00.69	150m: 1:34.29	200m: 2:08.88	
3.	Dennis Wijbenga	ZPC Stadskanaal	2:12.88	199003283	<b>2:10.85</b>
	50m: 29.88	100m: 1:03.49	150m: 1:37.21	200m: 2:10.85	
4.	Erwin Pras	GZVW	2:19.36	199601781	<b>2:17.93</b>
	50m: 31.15	100m: 1:06.82	150m: 1:42.72	200m: 2:17.93	
5.	Sven Harskamp	F.Z.C. '54	2:19.12	199605073	<b>2:19.53</b>
	50m: 30.49	100m: 1:04.85	150m: 1:42.00	200m: 2:19.53	
6.	Bas Booi	Aqua '68	2:20.44	199603353	<b>2:23.31</b>
	50m: 28.70	100m: 1:03.30	150m: 1:42.41	200m: 2:23.31	
7.	Patrick Huberts	ZENO	2:24.59	199601209	<b>2:31.44</b>
	50m: 33.53	100m: 1:11.41	150m: 1:51.70	200m: 2:31.44	
8.	Han Zwiep	ZENO	2:24.29	199603163	<b>2:32.01</b>
	50m: 33.64	100m: 1:12.34	150m: 1:54.00	200m: 2:32.01	
9.	Patrick Graver	De Hardenberg	2:33.76	199404735	<b>2:34.34</b>
	50m: 34.28	100m: 1:13.41	150m: 1:54.62	200m: 2:34.34	
DIS	Gerrit Dijkstra	HZ&PC Heerenveen	4:11.86	198303029	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Senioren 1 en ouder (paralympisch)

DIS	Gerrit Dijkstra	HZ&PC Heerenveen	4:11.86	198303029	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Over-all

1.	Alex Stevens	De Valken	2:12.44	199703545	<b>2:06.20</b>
	50m: 27.91	100m: 1:00.35	150m: 1:33.82	200m: 2:06.20	
2.	Stefan Kwant	NOVA	2:14.42	199200781	<b>2:08.88</b>
	50m: 28.49	100m: 1:00.69	150m: 1:34.29	200m: 2:08.88	
3.	Dennis Wijbenga	ZPC Stadskanaal	2:12.88	199003283	<b>2:10.85</b>
	50m: 29.88	100m: 1:03.49	150m: 1:37.21	200m: 2:10.85	
4.	Darren Sieswerda	F.Z.C. '54	2:18.54	200001763	<b>2:13.46</b>
	50m: 29.39	100m: 1:03.89	150m: 1:38.96	200m: 2:13.46	
5.	Werner Veltman	Avena	2:16.17	199803417	<b>2:14.39</b>
	50m: 30.80	100m: 1:04.80	150m: 1:40.24	200m: 2:14.39	



Programmanr. 4, Heren, 200m vrije slag, Over-all

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
6.	Jarno Ottens	Eemsrobben	2:16.67	200000273	<b>2:14.93</b>
	50m: 31.43	100m: 1:06.11	150m: 1:41.16	200m: 2:14.93	
7.	Wouter van Asperen	De Spatters	2:18.87	200000125	<b>2:17.40</b>
	50m: 31.99	100m: 1:07.95	150m: 1:45.21	200m: 2:17.40	
8.	Erwin Pras	GZVW	2:19.36	199601781	<b>2:17.93</b>
	50m: 31.15	100m: 1:06.82	150m: 1:42.72	200m: 2:17.93	
9.	Wesley Kuiper	Orca	2:20.70	200100889	<b>2:18.02</b>
	50m: 32.23	100m: 1:08.01	150m: 1:43.96	200m: 2:18.02	
10.	Max Pathuis	ZPC Stadskanaal	2:17.16	200000979	<b>2:18.32</b>
	50m: 31.22	100m: 1:05.62	150m: 1:41.98	200m: 2:18.32	
11.	Marc de Jonge	Aqua '68	2:19.81	200101917	<b>2:18.46</b>
	50m: 32.23	100m: 1:08.44	150m: 1:45.12	200m: 2:18.46	
12.	Pieter Oppewal	MZ&PC De Reest	2:20.40	200002923	<b>2:18.95</b>
	50m: 32.11	100m: 1:08.34	150m: 1:45.46	200m: 2:18.95	
13.	Jarno Remmelts	Aqua '68	2:20.42	200101081	<b>2:19.43</b>
	50m: 32.64	100m: 1:08.60	150m: 1:45.24	200m: 2:19.43	
14.	Nick Finke	Moby Dick	2:18.87	199901131	<b>2:19.47</b>
	50m: 31.71	100m: 1:07.34	150m: 1:44.43	200m: 2:19.47	
15.	Sven Harskamp	F.Z.C. '54	2:19.12	199605073	<b>2:19.53</b>
	50m: 30.49	100m: 1:04.85	150m: 1:42.00	200m: 2:19.53	
16.	Xander Huberts	ZENO	2:24.67	199800809	<b>2:20.60</b>
	50m: 31.46	100m: 1:06.80	150m: 1:44.06	200m: 2:20.60	
17.	Arnoud Bos	Bubble	2:24.36	200203241	<b>2:20.85</b>
	50m: 33.07	100m: 1:09.30	150m: 1:46.10	200m: 2:20.85	
18.	Andy Oort	De Spatters	2:18.03	199900471	<b>2:23.25</b>
	50m: 32.40	100m: 1:08.34	150m: 1:45.08	200m: 2:23.25	
19.	Ewoud van der Straten	SG Inktvis/De Pinquin	2:31.13	200201921	<b>2:23.27</b>
	50m: 32.70	100m: 1:09.48	150m: 1:46.68	200m: 2:23.27	
20.	Bas Booi	Aqua '68	2:20.44	199603353	<b>2:23.31</b>
	50m: 28.70	100m: 1:03.30	150m: 1:42.41	200m: 2:23.31	
21.	Jesper Tjassing	Eemsrobben	2:42.33	200201499	<b>2:23.45</b>
	50m: 32.42	100m: 1:08.05	150m: 1:45.99	200m: 2:23.45	
22.	Joël Malda	Orca	2:29.05	200301017	<b>2:25.55</b>
	50m: 32.80	100m: 1:10.66	150m: 1:49.97	200m: 2:25.55	
23.	Daniël Bots	De Kikker	2:37.51	200202051	<b>2:26.72</b>
	50m: 33.59	100m: 1:11.86	150m: 1:50.40	200m: 2:26.72	
24.	Frank Scheltens	Moby Dick	2:20.94	199903935	<b>2:26.80</b>
	50m: 34.02	100m: 1:10.45	150m: 1:48.67	200m: 2:26.80	
25.	Jurek Frik	ZPCA	2:29.27	200203335	<b>2:28.72</b>
	50m: 33.48	100m: 1:12.23	150m: 1:51.77	200m: 2:28.72	
26.	Dylan Bes	ZC Polaris	2:31.91	200200717	<b>2:28.87</b>
	50m: 33.55	100m: 1:12.60	150m: 1:52.30	200m: 2:28.87	
27.	Martijn Snoek	De Hardenberg	2:29.14	199801439	<b>2:29.19</b>
	50m: 32.72	100m: 1:10.79	150m: 1:51.22	200m: 2:29.19	
28.	Yoram van der Tuin	De Vikings	2:33.79	200202439	<b>2:29.52</b>
	50m: 35.04	100m: 1:12.31	150m: 1:51.41	200m: 2:29.52	
29.	Bas Lingbeek	ZPC Stadskanaal	2:38.02	200001547	<b>2:30.09</b>
	50m: 34.98	100m: 1:12.65	150m: 1:52.19	200m: 2:30.09	



Programmanr. 4, Heren, 200m vrije slag, Over-all

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
30.	Willem Vonk 50m: 34.42 100m: 1:13.78 150m: 1:53.42 200m: 2:30.19	Wetterwille	2:36.01	200301233	<b>2:30.19</b>
31.	Derk Jan van Duyn 50m: 34.49 100m: 1:12.96 150m: 1:52.38 200m: 2:30.24	De Spatters	2:29.45	200104517	<b>2:30.24</b>
32.	Mark Vanger 50m: 35.34 100m: 1:15.41 150m: 1:55.24 200m: 2:30.88	Wetterwille	2:41.45	199904565	<b>2:30.88 *</b>
33.	Harmen van der Ploeg 50m: 35.05 100m: 1:13.86 150m: 1:54.05 200m: 2:31.25	Eemsrobben	2:33.43	200203695	<b>2:31.25</b>
34.	Patrick Huberts 50m: 33.53 100m: 1:11.41 150m: 1:51.70 200m: 2:31.44	ZENO	2:24.59	199601209	<b>2:31.44</b>
35.	Peter Lubberts 50m: 34.13 100m: 1:13.02 150m: 1:54.19 200m: 2:31.82	MZ&PC De Reest	2:41.01	200003297	<b>2:31.82</b>
36.	Reinout Beerda 50m: 34.60 100m: 1:14.00 150m: 1:53.17 200m: 2:31.84	Wetterwille	2:34.73	200001803	<b>2:31.84</b>
37.	Han Zwiep 50m: 33.64 100m: 1:12.34 150m: 1:54.00 200m: 2:32.01	ZENO	2:24.29	199603163	<b>2:32.01</b>
38.	Josse Reinders 50m: 35.26 100m: 1:15.76 150m: 1:54.21 200m: 2:32.46	ZPC Hoogeveen	2:35.66	200201729	<b>2:32.46</b>
39.	Robin Diekema 50m: 34.62 100m: 1:14.78 150m: 1:54.62 200m: 2:32.47	ZPCA	2:32.52	200201431	<b>2:32.47</b>
40.	Erwin Boer 50m: 34.41 100m: 1:12.87 150m: 1:53.13 200m: 2:32.68	TriVia	2:28.93	200302619	<b>2:32.68</b>
41.	Justin Visser 50m: 34.86 100m: 1:13.59 150m: 1:53.29 200m: 2:32.87	HZ&PC Heerenveen	2:43.31	200100337	<b>2:32.87</b>
42.	Patrick Graver 50m: 34.28 100m: 1:13.41 150m: 1:54.62 200m: 2:34.34	De Hardenberg	2:33.76	199404735	<b>2:34.34</b>
	Allard Sieperda 50m: 33.81 100m: 1:13.25 150m: 1:54.15 200m: 2:34.34	SG Bolsward-Workum	2:32.78	200101365	<b>2:34.34</b>
44.	Rens Meijberg 50m: 33.89 100m: 1:13.42 150m: 1:55.65 200m: 2:35.74	De Valken	2:39.56	200004155	<b>2:35.74</b>
45.	Sem Lanters 50m: 34.37 100m: 1:14.95 150m: 1:58.32 200m: 2:37.66	De Valken	2:41.24	200202191	<b>2:37.66</b>
46.	Tristan Beugelsdijk 50m: 35.85 100m: 1:15.72 150m: 1:58.23 200m: 2:40.68	De Hardenberg	3:12.01	200300783	<b>2:40.68</b>
47.	Calvin Klijnsma 50m: 34.05 100m: 1:14.99 150m: 1:58.88 200m: 2:41.26	ZV ZZG De Boskikkers	2:39.46	200200093	<b>2:41.26</b>
48.	Ryan Douma 50m: 35.08 100m: 1:15.66 150m: 1:59.76 200m: 2:41.36	Eemsrobben	2:54.11	200005019	<b>2:41.36</b>
49.	Rowan Turkstra 50m: 37.97 100m: 1:21.84 150m: 2:07.30 200m: 2:48.69	De Kikker	2:48.19	200301045	<b>2:48.69</b>
50.	Jesper Trenning 50m: 35.61 100m: 1:17.59 150m: 2:04.07 200m: 2:48.94	GZVW	2:43.54	200204481	<b>2:48.94</b>
51.	Thomas van der Stege 50m: 37.39 100m: 1:20.97 150m: 2:00m: 2:50.82	MZ&PC De Reest	2:54.45	200004405	<b>2:50.82 *</b>
52.	Matthijs Franswa 50m: 39.45 100m: 1:25.44 150m: 2:12.52 200m: 2:57.97	ZPCA	2:57.06	200303745	<b>2:57.97</b>
53.	Xander Roelen 50m: 40.32 100m: 1:27.77 150m: 2:18.08 200m: 3:01.41	ZPCA	3:05.35	200203831	<b>3:01.41</b>



Programmanr. 4, Heren, 200m vrije slag, Over-all

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
DIS	Gerrit Dijkstra	HZ&PC Heerenveen	4:11.86	198303029	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				
DIS	Tijmen Schepers	ZC Polaris	2:35.19	200204557	
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 35.57	100m: 1:14.85	150m: 1:56.02	200m:	
DIS	Bram Venema	ZV ZZG De Boskickers	2:56.61	200103733	
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 38.04	100m: 1:21.37	150m: 2:06.65	200m:	
NG	Ole van Marle	MZ&PC De Reest	2:39.16	200105079	
NG	Tim Broekman	De Spatters	2:47.52	199801277	
NG	Lars den Hertog	TriVia	2:47.75	199903189	