

RISULTATI

200 Misti Esordienti A2 Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|------------------|----------|-------------------|----------|-----|
| 1 | Boontjes Imke | NED 2006 | NED Aqua'68 | 02'44"98 | 402 |
| 2 | Van Osch Kamina | NED 2006 | NED Aqua'68 | 02'45"68 | 397 |
| 3 | Buikema Suze | NED 2006 | NED Wetterwille | 02'53"27 | 347 |
| 4 | Santing Almyra | NED 2006 | NED Zpc Hoogeveen | 02'54"45 | 340 |
| 5 | Sikkens Iris | NED 2006 | NED Azuro | 02'54"87 | 338 |
| 6 | Rossel Lieke | NED 2006 | NED Ksn (sg) | 02'56"31 | 330 |
| 7 | Bentum Ilse | NED 2006 | NED Zpc Hoogeveen | 03'05"02 | 285 |
| 8 | Schott Sari | NED 2006 | NED Bubble | 03'09"32 | 266 |
| 9 | Oldenkamp Sharon | NED 2006 | NED Ksn (sg) | 03'10"07 | 263 |
| 10 | Duinen Kim | NED 2006 | NED Aqualero | 03'11"44 | 257 |
| 11 | Nuis Rosa | NED 2006 | NED De Hardenberg | 03'17"68 | 234 |

200 Misti RAGAZZI Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|------------------|----------|-------------------|----------|-----|
| 1 | Schaap Melanie | NED 2005 | NED Bubble | 02'50"61 | 364 |
| 2 | Hofstra Esmee | NED 2005 | NED Wetterwille | 03'00"56 | 307 |
| 3 | Vellinga Naomi | NED 2005 | NED Wetterwille | 03'01"57 | 302 |
| 4 | Westra Saule | NED 2005 | NED Ksn (sg) | 03'06"82 | 277 |
| 5 | Kranendonk Elisa | NED 2005 | NED Zpc Hoogeveen | 03'21"08 | 222 |

200 Misti JUNIORES Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|-----------------------|----------|-------------------|--------------|-----|
| 1 | Stavorinus Merle | NED 2004 | NED De Granaet | 02'45"49 | 399 |
| 2 | Kroeze Guusje | NED 2004 | NED Azuro | 02'50"19 | 367 |
| 3 | Sluiman Alja | NED 2003 | NED Aqualero | 02'52"48 | 352 |
| 4 | Top Marinda | NED 2003 | NED Zeno | 02'53"89 | 344 |
| 5 | Bouma Wilma | NED 2004 | NED Aqua'68 | 02'55"23 | 336 |
| 6 | Anakotta Leah | NED 2004 | NED Zpc Hoogeveen | 02'57"75 | 322 |
| 7 | Wiersma Samijn Janine | NED 2004 | NED Orca | 03'07"14 | 276 |
| 8 | Speijer Marieke | NED 2004 | NED Bubble | 03'08"29 | 271 |
| 9 | Riedel Lena | NED 2004 | NED Aqua'68 | 03'10"79 | 260 |
| 10 | Heuvel Ilse | NED 2004 | NED De Valken | 03'10"82 | 260 |
| 11 | Velde Nienke | NED 2004 | NED De Valken | 03'11"52 | 257 |
| 12 | Veere Loisa | NED 2003 | NED Zpc Hoogeveen | 03'14"59 | 245 |
| 13 | Verheul Madelon | NED 2003 | NED Zpc Hoogeveen | 03'21"52 | 221 |
| | Luttje Kim | NED 2003 | NED Bubble | Squalificato | |
| | Belga Marit Lejan | NED 2004 | NED Aqualero | Squalificato | |

RISULTATI
200 Misti ASSOLUTI Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------------|--------------------------|----------|-----|
| 1 | Kloezen Sanne | NED 2002 NED Bubble | 02'36"27 | 474 |
| 2 | Sietsma Myrthe | NED 2002 NED Wetterwille | 02'40"43 | 438 |
| 3 | Laan Anneke | NED 2002 NED Orca | 02'43"16 | 416 |
| 4 | Battjes Chayenne | NED 2002 NED Bubble | 02'46"34 | 393 |
| 5 | Remmelts Irana | NED 2001 NED Aqua'68 | 02'47"21 | 387 |
| 6 | Kloezen Esmee | NED 2002 NED Bubble | 02'47"26 | 386 |
| 7 | Kamminga Martine | NED 2002 NED Dz&Pc | 02'47"98 | 381 |
| 8 | Essing Isabeau | NED 2002 NED Bubble | 02'48"79 | 376 |
| 9 | Gaast Alicia | NED 2002 NED G.Z. Trivia | 02'51"47 | 358 |
| 10 | Hof Lotte | NED 2002 NED De Granaet | 02'59"99 | 310 |
| 11 | Kooi Ilse | NED 2002 NED De Granaet | 03'00"73 | 306 |
| 12 | Rinzema Lisanne | NED 2002 NED Wetterwille | 03'03"13 | 294 |
| 13 | Zondag Melanie | NED 1998 NED Borger | 03'04"45 | 288 |
| 14 | Tolman Arita | NED 2000 NED De Valken | 03'04"60 | 287 |
| 15 | Wijk Danique | NED 2001 NED G.Z. Trivia | 03'05"84 | 281 |
| 16 | Boertien Selma | NED 2002 NED Aqua'68 | 03'07"48 | 274 |
| 17 | Domselaar Liza | NED 2002 NED G.Z. Trivia | 03'09"84 | 264 |
| 18 | Kienhuis Tove | NED 2002 NED Aqua'68 | 03'15"67 | 241 |

200 Misti Esordienti A1 Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-------------------|----------------------------------|--------------|-----|
| 1 | Zee Nynke | NED 2007 NED Orca | 03'02"60 | 297 |
| 2 | Werf Lotte | NED 2007 NED Wetterwille | 03'23"96 | 213 |
| 3 | Hilbolling Benthe | NED 2007 NED Borger | 03'28"64 | 199 |
| 4 | Boer Nynke | NED 2007 NED Sg. Bolsward-Workum | 03'49"63 | 149 |
| | Groning Emma Rigt | NED 2007 NED Wetterwille | Squalificato | |

100 Rana Esordienti A1 Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|-----------------------|----------|-----|
| 1 | Smit Rick | NED 2006 NED Aqua'68 | 01'30"37 | 233 |
| 2 | Teitsma Dennis | NED 2006 NED Aqualero | 01'42"99 | 157 |

100 Rana Esordienti A2 Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------------|----------|-----|
| 1 | Roos Xander | NED 2005 NED Borger | 01'28"38 | 249 |
| 2 | Vos Lars | NED 2005 NED Ksn (sg) | 01'32"99 | 213 |
| 3 | Heling Daniel | NED 2005 NED De Valken | 01'33"38 | 211 |
| 4 | Munting Daan | NED 2005 NED Aqua'68 | 01'37"87 | 183 |
| 5 | Slagter Kennie | NED 2005 NED Orca | 01'38"57 | 179 |
| 6 | Heuvel Dimitri | NED 2005 NED G.Z. Trivia | 01'41"77 | 163 |
| 7 | Knegt Remco | NED 2005 NED Zc Polaris | 01'53"78 | 116 |

RISULTATI
100 Rana RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------|----------|-----|
| 1 | Ten Berg Niels | NED 2004 NED Orca | 01'28"56 | 247 |
| 2 | Ottens Niek | NED 2004 NED Azuro | 01'38"46 | 180 |

100 Rana RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------------|----------|-----|
| 1 | Vries Dimas | NED 2003 NED Orca | 01'24"29 | 287 |
| 2 | Schievink Jens | NED 2003 NED Wetterwille | 01'35"62 | 196 |

100 Rana JUNIORES Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------------|--------------------------|----------|-----|
| 1 | Bos Arnoud | NED 2002 NED Bubble | 01'18"38 | 357 |
| 2 | Vermeulen Kevin | NED 2002 NED Aqua'68 | 01'25"88 | 271 |
| 3 | Poortinga Willem | NED 2001 NED Wetterwille | 01'30"08 | 235 |
| 4 | Wijma Sven | NED 2001 NED Wetterwille | 01'36"99 | 188 |

100 Rana ASSOLUTI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-------------------|--------------------------|----------|-----|
| 1 | Drijfhout Desmond | NED 1992 NED Zeno | 01'15"51 | 399 |
| 2 | Vroom Rico | NED 1998 NED G.Z. Trivia | 01'17"51 | 369 |
| 3 | Zwiep Eric | NED 1998 NED Zeno | 01'19"84 | 337 |
| 4 | Zwiep Han | NED 1996 NED Zeno | 01'20"27 | 332 |
| 5 | Kost Bas | NED 2000 NED Zc Polaris | 01'20"63 | 328 |
| 6 | Meijberg Rens | NED 2000 NED De Valken | 01'25"86 | 271 |
| 7 | Huberts Xander | NED 1998 NED Zeno | 01'33"60 | 209 |

100 Dorso Esordienti A1 Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-----------------------------|--|--------------------------|-----|
| 1 | Zee Nynke | NED 2007 NED Orca | 01'22"43 | 297 |
| 2 | Postma Minke | NED 2007 NED Sg. Bolsward-Workum | 01'30"65 | 223 |
| 3 | Doornbos Sanne | NED 2007 NED Zc Polaris | 01'31"62 | 216 |
| 4 | Werf Lotte | NED 2007 NED Wetterwille | 01'33"07 | 206 |
| 5 | Noppers Esther | NED 2007 NED Aqua'68 | 01'34"11 | 199 |
| 6 | Fitz Jim Lara | NED 2007 NED G.Z. Trivia | 01'34"98 | 194 |
| 7 | Brunke Suus | NED 2007 NED Aqualero | 01'37"65 | 178 |
| 8 | Godlieb Amber | NED 2007 NED Azuro | 01'38"05 | 176 |
| 9 | Groning Emma Rigt | NED 2007 NED Wetterwille | 01'39"78 | 167 |
| 10 | Berends Eliza Smid Laura | NED 2007 NED Zc Polaris NED 2007 NED Nova | 01'41"90 Squalificato | 157 |

RISULTATI
100 Dorso Esordienti A2 Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|------------------|----------|-------------------|----------|-----|
| 1 | Van Osch Kamina | NED 2006 | NED Aqua'68 | 01'18"69 | 342 |
| 2 | Rossel Lieke | NED 2006 | NED Ksn (sg) | 01'19"15 | 336 |
| 3 | Boontjes Imke | NED 2006 | NED Aqua'68 | 01'19"32 | 333 |
| 4 | Sikkens Iris | NED 2006 | NED Azuro | 01'19"65 | 329 |
| 5 | Buikema Suze | NED 2006 | NED Wetterwille | 01'19"84 | 327 |
| 6 | Santing Almyra | NED 2006 | NED Zpc Hoogeveen | 01'20"43 | 320 |
| 7 | Bentum Ilse | NED 2006 | NED Zpc Hoogeveen | 01'25"11 | 270 |
| 8 | Oldenkamp Sharon | NED 2006 | NED Ksn (sg) | 01'25"70 | 264 |
| 9 | Boer Iris | NED 2006 | NED Aqualero | 01'25"71 | 264 |
| 10 | Nuis Rosa | NED 2006 | NED De Hardenberg | 01'31"96 | 214 |
| 11 | Booij Sophie | NED 2006 | NED De Valken | 01'35"01 | 194 |
| 12 | De Vries Chantal | NED 2006 | NED Dz&Pc | 01'35"21 | 193 |

100 Dorso RAGAZZI Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|------------------------|----------|-------------------|--------------|-----|
| 1 | Vellinga Naomi | NED 2005 | NED Wetterwille | 01'20"68 | 317 |
| 2 | Cosse Danielle | NED 2005 | NED Bubble | 01'21"83 | 304 |
| 3 | Snijder Esther | NED 2005 | NED Azuro | 01'22"95 | 291 |
| 4 | Kaijser Marylay | NED 2005 | NED Borger | 01'23"13 | 290 |
| 5 | Westra Saule | NED 2005 | NED Ksn (sg) | 01'23"40 | 287 |
| 6 | Dekker Nina | NED 2005 | NED Z.C. Haren | 01'24"77 | 273 |
| 7 | Hummel Jorien | NED 2005 | NED Zc Polaris | 01'24"82 | 273 |
| 8 | Kranendonk Elisa | NED 2005 | NED Zpc Hoogeveen | 01'25"42 | 267 |
| 9 | Hoogewerf Cynthia | NED 2005 | NED Azuro | 01'32"49 | 210 |
| 10 | Esschert Van Den Linde | NED 2005 | NED Zc Polaris | 01'33"35 | 204 |
| 11 | Rinzema Alicia | NED 2005 | NED Wetterwille | 01'37"60 | 179 |
| 12 | Vries Adinda | NED 2005 | NED Orca | 01'38"83 | 172 |
| | Bakker Ambersophie | NED 2005 | NED Orca | Squalificato | |

100 Dorso JUNIORES Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|-------------------|----------|-------------------|--------------|-----|
| 1 | Stuut Xoe | NED 2004 | NED Aqua'68 | 01'15"44 | 388 |
| | Top Marinda | NED 2003 | NED Zeno | 01'15"44 | 388 |
| 3 | Kroeze Guusje | NED 2004 | NED Azuro | 01'16"69 | 369 |
| 4 | Scholte Chaira | NED 2003 | NED Bubble | 01'16"88 | 366 |
| 5 | Anakotta Leah | NED 2004 | NED Zpc Hoogeveen | 01'17"40 | 359 |
| 6 | Pathuis Eline | NED 2003 | NED Bubble | 01'18"84 | 340 |
| 7 | Sluiman Alja | NED 2003 | NED Aqualero | 01'19"84 | 327 |
| 8 | Bouma Wilma | NED 2004 | NED Aqua'68 | 01'24"56 | 275 |
| 9 | Peters Lisa | NED 2003 | NED Zc Polaris | 01'26"31 | 259 |
| 10 | Velde Nienke | NED 2004 | NED De Valken | 01'27"98 | 244 |
| 11 | Heuvel Ilse | NED 2004 | NED De Valken | 01'28"06 | 244 |
| 12 | Hummel Lyanne | NED 2003 | NED Zc Polaris | 01'28"36 | 241 |
| 13 | Veere Loisa | NED 2003 | NED Zpc Hoogeveen | 01'28"52 | 240 |
| 14 | Riedel Lena | NED 2004 | NED Aqua'68 | 01'28"66 | 239 |
| 15 | Verheul Madelon | NED 2003 | NED Zpc Hoogeveen | 01'32"41 | 211 |
| | Luttje Kim | NED 2003 | NED Bubble | Squalificato | |
| | Belga Marit Lejan | NED 2004 | NED Aqualero | Squalificato | |

RISULTATI

100 Dorso ASSOLUTI Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|----------------------|----------|-------------------|--------------|-----|
| 1 | Vries Ingrid | NED 2001 | NED De Granaet | 01'12"92 | 429 |
| 2 | Kloezen Sanne | NED 2002 | NED Bubble | 01'14"78 | 398 |
| 3 | Kooi Ilse | NED 2002 | NED De Granaet | 01'15"73 | 383 |
| 4 | Bolhuis Lianne | NED 1997 | NED Zeno | 01'15"84 | 382 |
| 5 | Essing Isabeau | NED 2002 | NED Bubble | 01'17"22 | 361 |
| 6 | Dotinga Anne Greetje | NED 2000 | NED Neptunia '24 | 01'17"61 | 356 |
| 7 | Rolink Lotte | NED 1995 | NED Zc Polaris | 01'18"17 | 348 |
| 8 | Remmelts Irana | NED 2001 | NED Aqua'68 | 01'18"48 | 344 |
| 9 | Hettinga Noel Iris | NED 2000 | NED Neptunia '24 | 01'18"95 | 338 |
| 10 | Tolman Arita | NED 2000 | NED De Valken | 01'19"66 | 329 |
| 11 | Dassen Rebecca | NED 1999 | NED Zc Polaris | 01'20"33 | 321 |
| 12 | Jong Evelien | NED 1998 | NED Neptunia '24 | 01'20"62 | 318 |
| 13 | Noord Sanne | NED 2001 | NED Dz&Pc | 01'21"06 | 312 |
| 14 | Zanten Corina | NED 1999 | NED Aqualero | 01'21"74 | 305 |
| 15 | Kamminga Martine | NED 2002 | NED Dz&Pc | 01'21"93 | 303 |
| 16 | Gaast Alicia | NED 2002 | NED G.Z. Trivia | 01'22"02 | 302 |
| 17 | Rinzema Lisanne | NED 2002 | NED Wetterwille | 01'22"60 | 295 |
| 18 | Spierenburg Leonique | NED 2002 | NED De Valken | 01'24"00 | 281 |
| 19 | Wijk Danique | NED 2001 | NED G.Z. Trivia | 01'25"00 | 271 |
| 20 | Zondag Melanie | NED 1998 | NED Borger | 01'25"51 | 266 |
| 21 | Anakotta Donna | NED 2001 | NED Zpc Hoogeveen | 01'26"42 | 258 |
| 22 | Boertien Selma | NED 2002 | NED Aqua'68 | 01'30"59 | 224 |
| 23 | Kienhuis Tove | NED 2002 | NED Aqua'68 | 01'31"30 | 218 |
| 24 | Domselaar Liza | NED 2002 | NED G.Z. Trivia | 01'34"88 | 195 |
| | Masselink Sterre | NED 2002 | NED Aqua'68 | Squalificato | |

200 Stile Libero Esordienti A1 Maschi -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|--------------------|----------|--------------|----------|-----|
| 1 | Kroes Jorn | NED 2006 | NED Azuro | 02'36"67 | 255 |
| 2 | Teitsma Dennis | NED 2006 | NED Aqualero | 02'42"91 | 226 |
| 3 | Middendorp Lennart | NED 2006 | NED Azuro | 02'43"98 | 222 |
| 4 | Kroeze Wout | NED 2006 | NED Azuro | 02'45"14 | 217 |

200 Stile Libero Esordienti A2 Maschi -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|---------------------------|----------|-----------------|----------|-----|
| 1 | Zee Eise | NED 2005 | NED Orca | 02'27"55 | 305 |
| 2 | Roos Xander | NED 2005 | NED Borger | 02'28"05 | 302 |
| 3 | Trompetter Ruben Bastiaan | NED 2005 | NED Dz&Pc | 02'28"41 | 300 |
| 4 | Heling Daniel | NED 2005 | NED De Valken | 02'34"56 | 265 |
| 5 | Vos Lars | NED 2005 | NED Ksn (sg) | 02'39"98 | 239 |
| 6 | Warris David | NED 2005 | NED Aqua'68 | 02'51"26 | 195 |
| 7 | Heuvel Dimitri | NED 2005 | NED G.Z. Trivia | 02'52"49 | 191 |
| 8 | Dijks Jasper | NED 2005 | NED Orca | 02'53"81 | 186 |

RISULTATI
200 Stile Libero RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------|----------|-----|
| 1 | Kommerie Ruben | NED 2004 NED Dz&Pc | 02'20"14 | 356 |

200 Stile Libero RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------------|----------|-----|
| 1 | Boer Erwin | NED 2003 NED G.Z. Trivia | 02'13"73 | 410 |
| 2 | Turkstra Rowan | NED 2003 NED Ksn (sg) | 02'14"00 | 407 |
| 3 | Schievink Jens | NED 2003 NED Wetterwille | 02'30"39 | 288 |

200 Stile Libero JUNIORES Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------------|--------------------------|----------|-----|
| 1 | Betten Hidde | NED 2002 NED Dz&Pc | 02'09"52 | 451 |
| 2 | Ploeg Harmen | NED 2002 NED Azuro | 02'12"23 | 424 |
| 3 | Stahlie Rik | NED 2002 NED G.Z. Trivia | 02'13"83 | 409 |
| 4 | Diekema Robin | NED 2002 NED Azuro | 02'19"29 | 363 |
| 5 | Vermeulen Kevin | NED 2002 NED Aqua'68 | 02'29"56 | 293 |
| 6 | Poortinga Willem | NED 2001 NED Wetterwille | 02'41"64 | 232 |
| 7 | Wijma Sven | NED 2001 NED Wetterwille | 02'54"88 | 183 |

200 Stile Libero ASSOLUTI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------------|----------|-----|
| 1 | Vonk Sjoerd | NED 2000 NED Wetterwille | 02'06"70 | 482 |
| 2 | Pathuis Max | NED 2000 NED Bubble | 02'11"76 | 428 |
| 3 | Speelman Emil | NED 1994 NED Azuro | 02'16"97 | 381 |
| 4 | Huberts Xander | NED 1998 NED Zeno | 02'20"23 | 355 |
| 5 | Vroom Rico | NED 1998 NED G.Z. Trivia | 02'20"42 | 354 |
| 6 | Zwiep Han | NED 1996 NED Zeno | 02'23"77 | 330 |
| 7 | Meijberg Rens | NED 2000 NED De Valken | 02'34"50 | 266 |

200 Farfalla Esordienti A2 Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------|-----------------------|----------|-----|
| 1 | Duinen Kim | NED 2006 NED Aqualero | 03'28"57 | 188 |

200 Farfalla RAGAZZI Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|---------------------|----------|-----|
| 1 | Wortel Amelie | NED 2005 NED Orca | 03'00"41 | 291 |
| 2 | Cosse Danielle | NED 2005 NED Bubble | 03'04"72 | 271 |

RISULTATI
200 Farfalla JUNIORES Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------------|-------------------------|----------|-----|
| 1 | Stavorinus Merle | NED 2004 NED De Granaet | 02'52"32 | 334 |

200 Farfalla ASSOLUTI Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-----------------|-------------------------|----------|-----|
| 1 | Laan Anneke | NED 2002 NED Orca | 02'53"44 | 327 |
| 2 | Wiekens Marloes | NED 1993 NED Bubble | 03'02"36 | 282 |
| 3 | Rolink Lotte | NED 1995 NED Zc Polaris | 03'04"57 | 272 |

4x100 Misti RAGAZZI Maschi -

| Pos | Società | Tempo | Pti |
|-----|--|----------|-----|
| 1 | NED Azuro <i>(Middendorp Lennart, Kroeze Wout, Kroes Jorn, Ottens Niek)</i> | 05'57"70 | 172 |

4x100 Misti ASSOLUTI Maschi -

| Pos | Società | Tempo | Pti |
|-----|---|----------|-----|
| 1 | NED Zeno <i>(Zwiep Han, Zwiep Eric, Drijfhout Desmond, Huberts Xander)</i> | 04'50"21 | 323 |
| 2 | NED Wetterwille <i>(Vonk Sjoerd, Poortinga Willem, Schievink Jens, Wijma Sven)</i> | 05'30"56 | 218 |
| 3 | NED Aqua'68 <i>(Munting Daan, Smit Rick, Vermeulen Kevin, Warris David)</i> | 05'42"86 | 195 |

4x100 Stile Libero RAGAZZI Femmine -

| Pos | Società | Tempo | Pti |
|-----|---|----------|-----|
| 1 | NED Zc Polaris <i>(Doornbos Sanne, Berends Eliza, Esschert Van Den Linde, Hummel Jorien)</i> | 05'11"11 | 292 |
| 2 | NED Wetterwille <i>(Werf Lotte, Groning Emma Rigt, Hofstra Esmee, Rinzema Alicia)</i> | 05'24"32 | 258 |
| 3 | NED Aqua'68 <i>(Molen Denize, Thijs Joy, Noppers Esther, Van Doren Emma)</i> | 05'39"68 | 224 |

4x100 Stile Libero ASSOLUTI Femmine -

| Pos | Società | Tempo | Pti |
|-----|---|----------|-----|
| 1 | NED Neptunia '24 <i>(Hettinga Noel Iris, Dotinga Anne Greetje, Jong Evelien, Gorter Myrna)</i> | 04'27"46 | 460 |
| 2 | NED Wetterwille <i>(Boer Laura, Vellinga Naomi, Rinzema Lisanne, Sietsma Myrthe)</i> | 04'35"98 | 419 |
| 3 | NED G.Z. Trivia <i>(Gast Alicia, Domselaar Liza, Kramer Ilse, Eisenga Iris)</i> | 04'47"63 | 370 |
| 4 | NED Zpc Hoogeveen <i>(Veere Loisa, Anakotta Leah, Verheul Madelon, Emmink Jose)</i> | 04'55"34 | 341 |
| 5 | NED Aqua'68 <i>(Remmelts Irana, Kienhuis Tove, Riedel Lena, Boertien Selma)</i> | 04'57"61 | 334 |
| 6 | NED Zc Polaris <i>(Hummel Lyanne, Dassen Rebecca, Peters Lisa, Rolink Lotte)</i> | 04'58"29 | 331 |
| 7 | NED Aqualero <i>(Zanten Corina, Draaijer Marit, Duinen Kim, Sluiman Alja)</i> | 05'05"94 | 307 |
| 8 | NED Orca <i>(Wiersma Samijn Janine, Helder Celine, Vries Adinda, Ronda Leona)</i> | 05'07"74 | 302 |
| 9 | NED Zeno <i>(Bolhuis Lianne, Draaisma Margot, Kleinjan Renske, Drijfhout Mirte)</i> | 05'13"94 | 284 |
| 10 | NED G.Z. Trivia | 05'24"55 | 257 |

RISULTATI

(Wijk Danique, Boterman Fenna, Kootstra Anke, Fitz Jim Lara)

NED Aqua'68

(Bouma Wilma, Masselink Sterre, Santen Carljin, Zweers Elize)

Squalificato

50 Stile Libero Esordienti A1 Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|--------------------|----------------------|----------|-----|
| 1 | Smit Rick | NED 2006 NED Aqua'68 | 00'32"28 | 247 |
| 2 | Kroeze Wout | NED 2006 NED Azuro | 00'32"85 | 234 |
| 3 | Middendorp Lennart | NED 2006 NED Azuro | 00'33"47 | 221 |
| 4 | Hattum Jochum | NED 2006 NED Dz&Pc | 00'34"58 | 201 |

50 Stile Libero RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------------|----------|-----|
| 1 | Kommerie Ruben | NED 2004 NED Dz&Pc | 00'28"73 | 350 |
| 2 | Bosma Kaj | NED 2004 NED G.Z. Trivia | 00'29"72 | 316 |
| 3 | Ottens Niek | NED 2004 NED Azuro | 00'31"25 | 272 |
| 4 | Ten Berg Niels | NED 2004 NED Orca | 00'34"05 | 210 |

50 Stile Libero Esordienti A2 Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|---------------------------|-------------------------|--------------|-----|
| 1 | Zee Eise | NED 2005 NED Orca | 00'30"24 | 300 |
| 2 | Houwen Pepijn | NED 2005 NED Bubble | 00'30"94 | 280 |
| 3 | Munting Daan | NED 2005 NED Aqua'68 | 00'31"48 | 266 |
| 4 | Heling Daniel | NED 2005 NED De Valken | 00'31"54 | 265 |
| 5 | Slagter Kennie | NED 2005 NED Orca | 00'31"60 | 263 |
| 6 | Trompetter Ruben Bastiaan | NED 2005 NED Dz&Pc | 00'31"66 | 262 |
| 7 | Vos Lars | NED 2005 NED Ksn (sg) | 00'31"86 | 257 |
| 8 | Warris David | NED 2005 NED Aqua'68 | 00'33"36 | 223 |
| 9 | Dijks Jasper | NED 2005 NED Orca | 00'36"61 | 169 |
| | Knegt Remco | NED 2005 NED Zc Polaris | Squalificato | |

50 Stile Libero JUNIORES Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------------|--------------------------|----------|-----|
| 1 | Niemeijer Mees | NED 2002 NED Dz&Pc | 00'26"54 | 444 |
| 2 | Stahlie Rik | NED 2002 NED G.Z. Trivia | 00'27"54 | 398 |
| 3 | Bos Arnoud | NED 2002 NED Bubble | 00'27"56 | 397 |
| 4 | Vermeulen Kevin | NED 2002 NED Aqua'68 | 00'27"74 | 389 |
| 5 | Diekema Robin | NED 2002 NED Azuro | 00'28"04 | 377 |
| 6 | Poortinga Willem | NED 2001 NED Wetterwille | 00'31"01 | 278 |
| 7 | Wijma Sven | NED 2001 NED Wetterwille | 00'33"09 | 229 |

RISULTATI

50 Stile Libero RAGAZZI Maschi -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|-------------------|----------|-----------------|--------------|-----|
| 1 | Turkstra Rowan | NED 2003 | NED Ksn (sg) | 00'27"56 | 397 |
| 2 | Horsthuis Vincent | NED 2003 | NED De Granaet | 00'27"57 | 396 |
| 3 | Boer Erwin | NED 2003 | NED G.Z. Trivia | 00'28"19 | 371 |
| 4 | Vries Dimas | NED 2003 | NED Orca | 00'28"22 | 370 |
| 5 | Schievink Jens | NED 2003 | NED Wetterwille | 00'30"18 | 302 |
| | Drenth Thomas | NED 2003 | NED Zc Polaris | Squalificato | |

50 Stile Libero ASSOLUTI Maschi -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|-------------------|----------|-----------------|----------|-----|
| 1 | Ottens Jarno | NED 2000 | NED Azuro | 00'25"76 | 486 |
| 2 | Scheltens Frank | NED 1999 | NED Zc Polaris | 00'26"21 | 461 |
| 3 | Zwiep Han | NED 1996 | NED Zeno | 00'26"28 | 458 |
| 4 | Drijfhout Desmond | NED 1992 | NED Zeno | 00'26"34 | 455 |
| 5 | Pras Erwin | NED 1996 | NED G.Z.V.W. | 00'26"47 | 448 |
| 6 | Pathuis Max | NED 2000 | NED Bubble | 00'26"93 | 425 |
| 7 | Zomers Marten | NED 2000 | NED Borger | 00'26"97 | 423 |
| 8 | Zwiep Eric | NED 1998 | NED Zeno | 00'27"22 | 412 |
| 9 | Kost Bas | NED 2000 | NED Zc Polaris | 00'28"03 | 377 |
| 10 | Vroom Rico | NED 1998 | NED G.Z. Trivia | 00'28"89 | 344 |
| 11 | Huberts Xander | NED 1998 | NED Zeno | 00'29"89 | 311 |
| 12 | Meijberg Rens | NED 2000 | NED De Valken | 00'30"23 | 301 |

100 Stile Libero Esordienti A1 Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|--------------------|----------|-------------------------|----------|-----|
| 1 | Tol Lisanne | NED 2007 | NED Borger | 01'16"08 | 288 |
| 2 | Doornbos Sanne | NED 2007 | NED Zc Polaris | 01'17"78 | 269 |
| 3 | Postma Minke | NED 2007 | NED Sg. Bolsward-Workum | 01'18"17 | 265 |
| 4 | Godlieb Amber | NED 2007 | NED Azuro | 01'19"64 | 251 |
| 5 | Fitz Jim Lara | NED 2007 | NED G.Z. Trivia | 01'20"19 | 246 |
| 6 | Klinkhamer Annelie | NED 2007 | NED Borger | 01'20"26 | 245 |
| 7 | Werf Lotte | NED 2007 | NED Wetterwille | 01'21"21 | 236 |
| 8 | Hilbolling Benthe | NED 2007 | NED Borger | 01'22"64 | 224 |
| 9 | Smid Laura | NED 2007 | NED Nova | 01'25"83 | 200 |
| 10 | Noppers Esther | NED 2007 | NED Aqua'68 | 01'26"12 | 198 |
| 11 | Berends Eliza | NED 2007 | NED Zc Polaris | 01'26"80 | 194 |
| 12 | Groning Emma Rigt | NED 2007 | NED Wetterwille | 01'27"39 | 190 |
| 13 | Brunke Suus | NED 2007 | NED Aqualero | 01'31"67 | 164 |

RISULTATI
100 Stile Libero Esordienti A2 Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|------------------|----------|--------------------|----------|-----|
| 1 | Santing Almyra | NED 2006 | NED Zpc Hooegeveen | 01'10"35 | 364 |
| 2 | Helder Celine | NED 2006 | NED Orca | 01'11"39 | 348 |
| 3 | Duinen Kim | NED 2006 | NED Aqualero | 01'13"82 | 315 |
| 4 | Schott Sari | NED 2006 | NED Bubble | 01'15"89 | 290 |
| 5 | Oldenkamp Sharon | NED 2006 | NED Ksn (sg) | 01'17"10 | 276 |
| 6 | Bentum Ilse | NED 2006 | NED Zpc Hooegeveen | 01'17"88 | 268 |
| 7 | Boer Iris | NED 2006 | NED Aqualero | 01'17"99 | 267 |
| 8 | Wit Marjolein | NED 2006 | NED Ksn (sg) | 01'18"35 | 263 |
| 9 | Van Doren Emma | NED 2006 | NED Aqua'68 | 01'18"53 | 262 |
| 10 | Booij Sophie | NED 2006 | NED De Valken | 01'22"78 | 223 |
| 11 | Zweers Elize | NED 2006 | NED Aqua'68 | 01'23"39 | 218 |
| 12 | De Vries Chantal | NED 2006 | NED Dz&Pc | 01'23"90 | 214 |
| 13 | Molen Denize | NED 2006 | NED Aqua'68 | 01'24"16 | 212 |
| 14 | Draaisma Margot | NED 2006 | NED Zeno | 01'28"16 | 185 |

100 Stile Libero RAGAZZI Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|------------------------|----------|-----------------|--------------|-----|
| 1 | Vellinga Naomi | NED 2005 | NED Wetterwille | 01'09"78 | 373 |
| 2 | Kaijser Marylay | NED 2005 | NED Borger | 01'10"82 | 357 |
| 3 | Elzinga Rinlaphad | NED 2005 | NED De Granaet | 01'10"96 | 355 |
| 4 | Westra Saule | NED 2005 | NED Ksn (sg) | 01'12"78 | 329 |
| 5 | Hofstra Esmee | NED 2005 | NED Wetterwille | 01'14"81 | 303 |
| 6 | Hoogewerf Cynthia | NED 2005 | NED Azuro | 01'14"96 | 301 |
| 7 | Esschert Van Den Linde | NED 2005 | NED Zc Polaris | 01'16"00 | 289 |
| 8 | Hummel Jorien | NED 2005 | NED Zc Polaris | 01'16"66 | 281 |
| 9 | Dekker Nina | NED 2005 | NED Z.C. Haren | 01'18"56 | 261 |
| 10 | Kootstra Anke | NED 2005 | NED G.Z. Trivia | 01'19"91 | 248 |
| 11 | Thijs Joy | NED 2005 | NED Aqua'68 | 01'27"22 | 191 |
| | Rinzema Alicia | NED 2005 | NED Wetterwille | Squalificato | |
| | Bakker Ambersophie | NED 2005 | NED Orca | Squalificato | |

100 Stile Libero JUNIORES Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|-------------------|----------|--------------------|--------------|-----|
| 1 | Scholte Chaira | NED 2003 | NED Bubble | 01'07"68 | 409 |
| 2 | Kroeze Guusje | NED 2004 | NED Azuro | 01'07"99 | 403 |
| 3 | Pathuis Eline | NED 2003 | NED Bubble | 01'08"03 | 403 |
| 4 | Sluiman Alja | NED 2003 | NED Aqualero | 01'08"67 | 391 |
| 5 | Hummel Lyanne | NED 2003 | NED Zc Polaris | 01'11"75 | 343 |
| 6 | Veere Loisa | NED 2003 | NED Zpc Hooegeveen | 01'13"11 | 324 |
| 7 | Kramer Ilse | NED 2004 | NED G.Z. Trivia | 01'13"27 | 322 |
| 8 | Velde Nienke | NED 2004 | NED De Valken | 01'13"50 | 319 |
| 9 | Speijer Marieke | NED 2004 | NED Bubble | 01'14"19 | 310 |
| 10 | Heuvel Ilse | NED 2004 | NED De Valken | 01'15"63 | 293 |
| 11 | Bouma Wilma | NED 2004 | NED Aqua'68 | 01'16"63 | 281 |
| 12 | Draaijer Marit | NED 2004 | NED Aqualero | 01'17"27 | 275 |
| 13 | Riedel Lena | NED 2004 | NED Aqua'68 | 01'18"01 | 267 |
| 14 | Peters Lisa | NED 2003 | NED Zc Polaris | 01'20"78 | 240 |
| 15 | Santen Carlijn | NED 2003 | NED Aqua'68 | 01'23"38 | 218 |
| 16 | Stahlie Kim | NED 2004 | NED G.Z. Trivia | 01'24"84 | 207 |
| | Luttje Kim | NED 2003 | NED Bubble | Squalificato | |
| | Belga Marit Lejan | NED 2004 | NED Aqualero | Squalificato | |

RISULTATI

100 Stile Libero ASSOLUTI Femmine -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|----------------------|----------|-------------------|--------------|-----|
| 1 | Battjes Chayenne | NED 2002 | NED Bubble | 01'04"29 | 477 |
| 2 | Gorter Myrna | NED 1995 | NED Neptunia '24 | 01'04"56 | 471 |
| 3 | Sietsma Myrthe | NED 2002 | NED Wetterwille | 01'04"64 | 469 |
| 4 | Vries Ingrid | NED 2001 | NED De Granaet | 01'05"38 | 454 |
| 5 | Gaast Alicia | NED 2002 | NED G.Z. Trivia | 01'05"44 | 452 |
| 6 | Stoppels Desanka | NED 2001 | NED Azuro | 01'05"47 | 452 |
| 7 | Rolink Lotte | NED 1995 | NED Zc Polaris | 01'06"61 | 429 |
| 8 | Bolhuis Lianne | NED 1997 | NED Zeno | 01'06"75 | 426 |
| 9 | Dotinga Anne Greetje | NED 2000 | NED Neptunia '24 | 01'07"60 | 410 |
| 10 | Jong Evelien | NED 1998 | NED Neptunia '24 | 01'07"68 | 409 |
| 11 | Kloezen Esmee | NED 2002 | NED Bubble | 01'08"07 | 402 |
| 12 | Hof Lotte | NED 2002 | NED De Granaet | 01'08"88 | 388 |
| 13 | Dassen Rebecca | NED 1999 | NED Zc Polaris | 01'10"12 | 368 |
| 14 | Spierenburg Leonique | NED 2002 | NED De Valken | 01'11"05 | 353 |
| 15 | Remmelts Irana | NED 2001 | NED Aqua'68 | 01'11"37 | 349 |
| 16 | Wiekens Marloes | NED 1993 | NED Bubble | 01'12"03 | 339 |
| 17 | Zanten Corina | NED 1999 | NED Aqualero | 01'12"22 | 336 |
| 18 | Zondag Melanie | NED 1998 | NED Borger | 01'12"42 | 334 |
| 19 | Rinzema Lisanne | NED 2002 | NED Wetterwille | 01'12"84 | 328 |
| 20 | Tolman Arita | NED 2000 | NED De Valken | 01'13"81 | 315 |
| 21 | Kooi Ilse | NED 2002 | NED De Granaet | 01'14"07 | 312 |
| 22 | Kienhuis Tove | NED 2002 | NED Aqua'68 | 01'15"88 | 290 |
| 23 | Wijk Danique | NED 2001 | NED G.Z. Trivia | 01'16"10 | 287 |
| 24 | Emmink Jose | NED 1999 | NED Zpc Hoogeveen | 01'16"26 | 286 |
| 25 | Domselaar Liza | NED 2002 | NED G.Z. Trivia | 01'16"43 | 284 |
| 26 | Drijfhout Mirte | NED 1990 | NED Zeno | 01'17"47 | 272 |
| 27 | Boertien Selma | NED 2002 | NED Aqua'68 | 01'17"85 | 268 |
| 28 | Boer Laura | NED 2001 | NED Wetterwille | 01'19"03 | 257 |
| 29 | Anakotta Donna | NED 2001 | NED Zpc Hoogeveen | 01'24"57 | 209 |
| | Masselink Sterre | NED 2002 | NED Aqua'68 | Squalificato | |

200 Dorso Esordienti A1 Maschi -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|--------------------|----------|-----------|----------|-----|
| 1 | Kroeze Wout | NED 2006 | NED Azuro | 02'57"51 | 210 |
| 2 | Middendorp Lennart | NED 2006 | NED Azuro | 03'01"01 | 198 |
| 3 | Hattum Jochum | NED 2006 | NED Dz&Pc | 03'02"89 | 192 |

200 Dorso Esordienti A2 Maschi -

| Pos | Atleta | Anno | Società | Tempo | Pti |
|-----|---------------------------|----------|------------|--------------|-----|
| 1 | Trompetter Ruben Bastiaan | NED 2005 | NED Dz&Pc | 02'45"01 | 262 |
| 2 | Houwen Pepijn | NED 2005 | NED Bubble | 02'47"32 | 251 |
| | Dijks Jasper | NED 2005 | NED Orca | Squalificato | |

RISULTATI
200 Dorso RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-----------|--------------------------|----------|-----|
| 1 | Bosma Kaj | NED 2004 NED G.Z. Trivia | 02'49"28 | 242 |

200 Dorso RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|-----------------------|----------|-----|
| 1 | Turkstra Rowan | NED 2003 NED Ksn (sg) | 02'35"12 | 315 |

200 Dorso JUNIORES Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------------|--------------------------|----------|-----|
| 1 | Niemeijer Mees | NED 2002 NED Dz&Pc | 02'28"44 | 360 |
| 2 | Tjassing Jesper | NED 2002 NED Azuro | 02'33"42 | 326 |
| 3 | Vermeulen Kevin | NED 2002 NED Aqua'68 | 02'44"45 | 265 |
| 4 | Poortinga Willem | NED 2001 NED Wetterwille | 02'55"38 | 218 |

200 Dorso ASSOLUTI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|---------------|--------------------------|----------|-----|
| 1 | Vonk Sjoerd | NED 2000 NED Wetterwille | 02'25"29 | 384 |
| 2 | Zwier Han | NED 1996 NED Zeno | 02'41"21 | 281 |
| 3 | Meijberg Rens | NED 2000 NED De Valken | 02'50"52 | 237 |

200 Rana Esordienti A1 Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|---------------------------------|--|--------------------------|-----|
| 1 | Kaijser Jorylyn | NED 2007 NED Borger | 03'12"83 | 339 |
| 2 | Tol Lisanne | NED 2007 NED Borger | 03'21"61 | 297 |
| 3 | Klinkhamer Annelie | NED 2007 NED Borger | 03'24"34 | 285 |
| 4 | Boterman Fenna | NED 2007 NED G.Z. Trivia | 03'37"21 | 237 |
| 5 | Groning Emma Rigt Boer Nynke | NED 2007 NED Wetterwille NED 2007 NED Sg. Bolsward-Workum | 03'37"52 Squalificato | 236 |

200 Rana Esordienti A2 Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-----------------|------------------------|----------|-----|
| 1 | Ronda Leona | NED 2006 NED Orca | 03'12"47 | 341 |
| 2 | Van Doren Emma | NED 2006 NED Aqua'68 | 03'26"72 | 275 |
| 3 | Duinen Kim | NED 2006 NED Aqualero | 03'29"99 | 263 |
| 4 | Kleinjan Renske | NED 2006 NED Zeno | 03'44"52 | 215 |
| 5 | Booij Sophie | NED 2006 NED De Valken | 03'46"44 | 209 |

RISULTATI

200 Rana RAGAZZI Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-------------------|---------------------------|----------|-----|
| 1 | Schaap Melanie | NED 2005 NED Bubble | 03'11"79 | 345 |
| 2 | Toonstra Joyce | NED 2005 NED Neptunia '24 | 03'15"05 | 328 |
| 3 | Dekker Nina | NED 2005 NED Z.C. Haren | 03'22"87 | 291 |
| 4 | Kaijser Marylay | NED 2005 NED Borger | 03'23"58 | 288 |
| 5 | Elzinga Rinlaphad | NED 2005 NED De Granaet | 03'24"09 | 286 |
| 6 | Vellinga Naomi | NED 2005 NED Wetterwille | 03'34"22 | 247 |
| 7 | Kootstra Anke | NED 2005 NED G.Z. Trivia | 03'43"18 | 219 |
| 8 | Rinzema Alicia | NED 2005 NED Wetterwille | 03'49"76 | 200 |

200 Rana JUNIORES Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-------------------------------|---|--------------------------|-----|
| 1 | Bouma Wilma | NED 2004 NED Aqua'68 | 03'07"85 | 367 |
| 2 | Stavorinus Merle | NED 2004 NED De Granaet | 03'09"47 | 358 |
| 3 | Eisenga Iris | NED 2004 NED G.Z. Trivia | 03'15"91 | 324 |
| 4 | Kramer Ilse | NED 2004 NED G.Z. Trivia | 03'23"11 | 290 |
| 5 | Stuut Xoe | NED 2004 NED Aqua'68 | 03'24"71 | 284 |
| 6 | Anakotta Leah | NED 2004 NED Zpc Hoogeveen | 03'27"85 | 271 |
| 7 | Draaijer Marit | NED 2004 NED Aqualero | 03'28"67 | 268 |
| 8 | Wiersma Samijn Janine | NED 2004 NED Orca | 03'34"49 | 246 |
| 9 | Velde Nienke | NED 2004 NED De Valken | 03'36"76 | 239 |
| 10 | Veere Loisa | NED 2003 NED Zpc Hoogeveen | 03'42"08 | 222 |
| 11 | Heuvel Ilse | NED 2004 NED De Valken | 03'42"70 | 220 |
| 12 | Verheul Madelon Luttje Kim | NED 2003 NED Zpc Hoogeveen NED 2003 NED Bubble | 03'49"49 Squalificato | 201 |

200 Rana CADETTI Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|------------------|--------------------------|----------|-----|
| 1 | Stoppels Desanka | NED 2001 NED Azuro | 03'01"89 | 404 |
| 2 | Sietsma Myrthe | NED 2002 NED Wetterwille | 03'04"35 | 388 |
| 3 | Remmelts Irana | NED 2001 NED Aqua'68 | 03'10"06 | 354 |
| 4 | Domselaar Liza | NED 2002 NED G.Z. Trivia | 03'15"40 | 326 |
| 5 | Boer Laura | NED 2001 NED Wetterwille | 03'15"89 | 324 |
| 6 | Kienhuis Tove | NED 2002 NED Aqua'68 | 03'29"64 | 264 |
| 7 | Boertien Selma | NED 2002 NED Aqua'68 | 03'33"05 | 251 |
| 8 | Rinzema Lisanne | NED 2002 NED Wetterwille | 03'36"19 | 241 |

200 Rana ASSOLUTI Femmine -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|--------------------|----------------------------|----------|-----|
| 1 | Hettinga Noel Iris | NED 2000 NED Neptunia '24 | 02'59"35 | 422 |
| 2 | Emmink Jose | NED 1999 NED Zpc Hoogeveen | 03'39"49 | 230 |

RISULTATI
100 Farfalla Esordienti A1 Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|-----------------------|----------|-----|
| 1 | Teitsma Dennis | NED 2006 NED Aqualero | 01'30"08 | 152 |
| 2 | Kroes Jorn | NED 2006 NED Azuro | 01'36"00 | 125 |
| 3 | Smit Rick | NED 2006 NED Aqua'68 | 01'41"42 | 106 |

100 Farfalla Esordienti A2 Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------|-----------------------|----------|-----|
| 1 | Zee Eise | NED 2005 NED Orca | 01'19"55 | 220 |
| 2 | Vos Lars | NED 2005 NED Ksn (sg) | 01'20"83 | 210 |

100 Farfalla RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|----------------|--------------------|----------|-----|
| 1 | Kommerie Ruben | NED 2004 NED Dz&Pc | 01'13"44 | 280 |
| 2 | Gort Robin | NED 2004 NED Dz&Pc | 01'21"34 | 206 |

100 Farfalla RAGAZZI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|---------------------------------|---|--------------------------|-----|
| 1 | Boer Erwin | NED 2003 NED G.Z. Trivia | 01'11"05 | 309 |
| 2 | Baarda Mathijs | NED 2003 NED Orca | 01'14"46 | 269 |
| 3 | Horsthuis Vincent | NED 2003 NED De Granaet | 01'15"05 | 262 |
| 4 | Turkstra Rowan | NED 2003 NED Ksn (sg) | 01'19"00 | 225 |
| 5 | Schievink Jens Drenth Thomas | NED 2003 NED Wetterwille NED 2003 NED Zc Polaris | 01'26"93 Squalificato | 169 |

100 Farfalla JUNIORES Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-----------------|-----------------------|----------|-----|
| 1 | Betten Hidde | NED 2002 NED Dz&Pc | 01'06"77 | 373 |
| 2 | Franken Jarno | NED 2001 NED G.Z.V.W. | 01'06"81 | 372 |
| 3 | Bos Arnoud | NED 2002 NED Bubble | 01'07"91 | 354 |
| 4 | Ploeg Harmen | NED 2002 NED Azuro | 01'08"30 | 348 |
| 5 | Tjassing Jesper | NED 2002 NED Azuro | 01'17"24 | 241 |

100 Farfalla ASSOLUTI Maschi -

| Pos | Atleta | Anno Società | Tempo | Pti |
|-----|-------------------|-------------------------|----------|-----|
| 1 | Pras Erwin | NED 1996 NED G.Z.V.W. | 01'03"44 | 435 |
| 2 | Ottens Jarno | NED 2000 NED Azuro | 01'04"13 | 421 |
| 3 | Zomers Marten | NED 2000 NED Borger | 01'10"51 | 317 |
| 4 | Drijfhout Desmond | NED 1992 NED Zeno | 01'10"52 | 316 |
| 5 | Scheltens Frank | NED 1999 NED Zc Polaris | 01'12"86 | 287 |
| 6 | Speelman Emil | NED 1994 NED Azuro | 01'17"14 | 242 |
| 7 | Zwiep Eric | NED 1998 NED Zeno | 01'17"57 | 238 |
| 8 | Huberts Xander | NED 1998 NED Zeno | 01'21"62 | 204 |

RISULTATI
Mistaffetta 4x100 Misti JUNIORES Femmine -

| Pos | Società | Tempo | Pti |
|-----|---|--------------|-----|
| 1 | NED G.Z. Trivia <i>(Fitz Jim Lara, Boterman Fenna, Boer Erwin, Bosma Kaj)</i> | 05'39"97 | |
| | NED Zc Polaris <i>(Hummel Jorien, Maat Stijn, Esschert Van Den Linde, Drenth Thomas)</i> | Squalificato | |

Mistaffetta 4x100 Misti ASSOLUTI Femmine -

| Pos | Società | Tempo | Pti |
|-----|--|--------------|-----|
| 1 | NED Azuro <i>(Kroeze Guusje, Ploeg Harmen, Ottens Jarno, Stoppels Desanka)</i> | 04'46"46 | |
| 2 | NED Wetterwille <i>(Vonk Sjoerd, Boer Laura, Sietsma Myrthe, Schievink Jens)</i> | 04'55"45 | |
| 3 | NED Zeno <i>(Bolhuis Lianne, Drijfhout Mirte, Drijfhout Desmond, Zwiep Han)</i> | 04'55"59 | |
| 4 | NED Zc Polaris <i>(Dassen Rebecca, Kost Bas, Rolink Lotte, Scheltens Frank)</i> | 05'02"36 | |
| 5 | NED G.Z. Trivia <i>(Stahlie Rik, Vroom Rico, Gaast Alicia, Domselaar Liza)</i> | 05'09"67 | |
| 6 | NED Aqua'68 <i>(Stuut Xoe, Smit Rick, Bouma Wilma, Vermeulen Kevin)</i> | 05'21"92 | |
| 7 | NED Orca <i>(Baarda Mathijs, Beltman Tove, Laan Anneke, Zee Eise)</i> | 05'32"22 | |
| 8 | NED Wetterwille <i>(Vellinga Naomi, Poortinga Willem, Buikema Suze, Wijma Sven)</i> | 05'40"97 | |
| 9 | NED Aqua'68 <i>(Munting Daan, Zweers Elize, Warris David, Santen Carljin)</i> | 06'19"58 | |
| | NED Dz&Pc <i>(Niemeijer Mees, De Vries Chantal, Betten Hidde, Hattum Leonie)</i> | Squalificato | |