

## RISULTATI

### 400 Misti ASSOLUTI Femmine -

| Pos | Atleta           | Anno Società                  | Tempo    | Pti |
|-----|------------------|-------------------------------|----------|-----|
| 1   | Bolt Hedwig      | NED 2006 NED Hz&Pc Heerenveen | 05'14"69 | 557 |
| 2   | Roffel Maud Emma | NED 2007 NED Hz&Pc Heerenveen | 05'47"72 | 412 |
| 3   | Clevering Meike  | NED 2002 NED Swol 1894        | 06'07"90 | 348 |

### 400 Misti ASSOLUTI Maschi -

| Pos | Atleta            | Anno Società                  | Tempo    | Pti |
|-----|-------------------|-------------------------------|----------|-----|
| 1   | Dekkinga Meindert | NED 2004 NED Dz&Pc            | 05'28"88 | 363 |
| 2   | Zessen Lars       | NED 2006 NED Hz&Pc Heerenveen | 05'46"25 | 311 |
| 3   | Essen Emiel       | NED 1997 NED Swol 1894        | 05'56"89 | 284 |
| 4   | Siebelt Jort      | NED 2007 NED Oz&Pc            | 05'57"14 | 284 |

### 200 Misti ASSOLUTI Femmine -

| Pos | Atleta                     | Anno Società                  | Tempo        | Pti |
|-----|----------------------------|-------------------------------|--------------|-----|
| 1   | Mulder Esmee               | NED 2008 NED Swol 1894        | 02'24"96     | 594 |
| 2   | Boxum Fay                  | NED 2009 NED Swol 1894        | 02'32"86     | 506 |
| 3   | Koolman Cynthia            | NED 2003 NED Swol 1894        | 02'43"49     | 414 |
| 4   | Hof Indy                   | NED 2008 NED Dz&Pc            | 02'44"44     | 406 |
| 5   | Reijmers Fenna             | NED 2008 NED De Ward          | 02'49"33     | 372 |
| 6   | Vuist Aniek                | NED 2006 NED Hz&Pc Heerenveen | 02'50"57     | 364 |
| 7   | Van Der Wal Marre          | NED 2010 NED Hz&Pc Heerenveen | 02'51"48     | 358 |
| 8   | Smilde Femke               | NED 2008 NED Hz&Pc Heerenveen | 02'59"54     | 312 |
| 9   | Noordenbos Joleen          | NED 2009 NED Orca Leeuwarden  | 03'01"65     | 301 |
| 10  | Groothuismink Elien        | NED 2008 NED Swol 1894        | 03'12"07     | 255 |
| 11  | Bloois Renske              | NED 2010 NED G.Z. Trivia      | 03'24"92     | 210 |
| 12  | Segenhout Isa              | NED 2010 NED Orca Leeuwarden  | 03'25"92     | 207 |
| 13  | Winkel Myrthe              | NED 2008 NED Swol 1894        | 03'26"01     | 206 |
| 14  | Dijkstra Gabrielle         | NED 2010 NED G.Z. Trivia      | 03'41"63     | 166 |
|     | Kersten Amke               | NED 2008 NED Orca Leeuwarden  | Squalificato |     |
|     | Dorlandt Elise Sophie Anne | NED 2010 NED Hz&Pc Heerenveen | Squalificato |     |

### 200 Misti ASSOLUTI Maschi -

| Pos | Atleta               | Anno Società                  | Tempo        | Pti |
|-----|----------------------|-------------------------------|--------------|-----|
| 1   | Wit Mies             | NED 2007 NED De Ward          | 02'23"59     | 445 |
| 2   | Vreeling Niek        | NED 2006 NED Oz&Pc            | 02'23"94     | 441 |
| 3   | Zee Eise             | NED 2005 NED Orca Leeuwarden  | 02'24"16     | 439 |
| 4   | Wiersma Jere Pieter  | NED 2007 NED Dz&Pc            | 02'28"06     | 405 |
| 5   | Veld Diede           | NED 2008 NED Swol 1894        | 02'28"90     | 399 |
| 6   | Koehoorn Gijs Diesel | NED 2008 NED Hz&Pc Heerenveen | 02'29"80     | 391 |
| 7   | Pieterman Seb        | NED 2006 NED Swol 1894        | 02'32"65     | 370 |
| 8   | Mustafic Damir       | NED 2008 NED Dz&Pc            | 02'35"36     | 351 |
| 9   | Zeeuw Siem           | NED 2008 NED Oz&Pc            | 02'35"64     | 349 |
| 10  | Overmars Teun        | NED 2008 NED Oz&Pc            | 02'42"24     | 308 |
| 11  | Emming Jesse         | NED 2008 NED Swol 1894        | 02'53"42     | 252 |
| 12  | Zwarthoff Julian     | NED 2008 NED Swol 1894        | 03'04"82     | 208 |
| 13  | Vuist Ivan           | NED 2008 NED Hz&Pc Heerenveen | 03'06"36     | 203 |
| 14  | Hempenius Tije       | NED 2009 NED Hz&Pc Heerenveen | 03'22"44     | 158 |
|     | Stel Jesse Ailco     | NED 2007 NED Hz&Pc Heerenveen | Squalificato |     |

### RISULTATI

#### 100 Dorso ASSOLUTI Femmine -

| Pos | Atleta             | Anno Società                  | Tempo        | Pti |
|-----|--------------------|-------------------------------|--------------|-----|
| 1   | Koehoorn Maud Mare | NED 2005 NED Hz&Pc Heerenveen | 01'12"03     | 442 |
| 2   | Hooghiemstra Silke | NED 2009 NED Neptunia '24     | 01'12"88     | 427 |
| 3   | Etten Laura        | NED 2008 NED Hz&Pc Heerenveen | 01'13"64     | 414 |
| 4   | Tiesinga Amber     | NED 2006 NED Dz&Pc            | 01'14"72     | 396 |
| 5   | Boer Vera          | NED 2009 NED Mz'pc De Reest   | 01'17"28     | 358 |
| 6   | Ronda Leona        | NED 2006 NED Orca Leeuwarden  | 01'17"71     | 352 |
| 7   | Cleveringa Dieuwke | NED 2007 NED Swol 1894        | 01'18"66     | 339 |
| 8   | Hoek Jildou        | NED 2008 NED Dz&Pc            | 01'22"27     | 296 |
| 9   | Gronde Yoni        | NED 2005 NED Swol 1894        | 01'23"74     | 281 |
| 10  | Draaijer Marit     | NED 2004 NED G.Z. Trivia      | 01'25"29     | 266 |
| 11  | Koning Esmee       | NED 2009 NED Swol 1894        | 01'42"39     | 154 |
| 12  | Zandbelt Lynn      | NED 2009 NED Swol 1894        | 01'42"81     | 152 |
| 13  | Berkum Meike       | NED 2010 NED Swol 1894        | 01'43"58     | 148 |
|     | Nauta Anna         | NED 2010 NED G.Z. Trivia      | Squalificato |     |
|     | Kamphof Sophie     | NED 2010 NED Swol 1894        | Squalificato |     |

#### 100 Dorso ASSOLUTI Maschi -

| Pos | Atleta           | Anno Società                  | Tempo    | Pti |
|-----|------------------|-------------------------------|----------|-----|
| 1   | Malda Joel       | NED 2003 NED Orca Leeuwarden  | 01'03"58 | 439 |
| 2   | Niemeijer Mees   | NED 2002 NED Dz&Pc            | 01'04"00 | 430 |
| 3   | Baas Marijn      | NED 2006 NED De Ward          | 01'06"11 | 390 |
| 4   | Wal Djurre       | NED 2005 NED Hz&Pc Heerenveen | 01'09"00 | 343 |
| 5   | Schutrump Robin  | NED 2007 NED Swol 1894        | 01'10"51 | 322 |
| 6   | Harms Ids        | NED 2007 NED G.Z. Trivia      | 01'11"80 | 304 |
| 7   | Muller Hein      | NED 2008 NED Dz&Pc            | 01'17"97 | 238 |
| 8   | Scheppink Daniel | NED 2009 NED Swol 1894        | 01'41"52 | 107 |
| 9   | Ouali Dhamin     | NED 2009 NED Swol 1894        | 01'45"66 | 95  |

#### 50 Rana ASSOLUTI Femmine -

| Pos | Atleta             | Anno Società                  | Tempo    | Pti |
|-----|--------------------|-------------------------------|----------|-----|
| 1   | Kleinbekman Lise   | NED 2005 NED Dz&Pc            | 00'35"34 | 527 |
| 2   | Dekker Inge        | NED 2002 NED Orca Leeuwarden  | 00'35"73 | 510 |
| 3   | Toonstra Joyce     | NED 2005 NED Neptunia '24     | 00'38"47 | 409 |
|     | Wortel Amelie      | NED 2005 NED Orca Leeuwarden  | 00'38"47 | 409 |
|     | Veen Marijne       | NED 2003 NED Orca Leeuwarden  | 00'38"47 | 409 |
| 6   | Kramer Ilse        | NED 2004 NED G.Z. Trivia      | 00'40"38 | 353 |
| 7   | Meinema Isabelle   | NED 2005 NED Swol 1894        | 00'44"20 | 269 |
| 8   | Noordenbos Joleen  | NED 2009 NED Orca Leeuwarden  | 00'46"22 | 235 |
| 9   | Jong Fenne Rianne  | NED 2008 NED Hz&Pc Heerenveen | 00'47"09 | 223 |
| 10  | Meulman Ylja Maria | NED 2010 NED Dz&Pc            | 00'49"23 | 195 |
| 11  | Nauta Femke        | NED 2010 NED G.Z. Trivia      | 00'49"51 | 191 |

### RISULTATI

#### 50 Rana ASSOLUTI Maschi -

| Pos | Atleta                 | Anno     | Società         | Tempo    | Pti |
|-----|------------------------|----------|-----------------|----------|-----|
| 1   | Bezuidenhout Christian | NED 1998 | NED G.Z. Trivia | 00'30"01 | 595 |
| 2   | Van Toly Nils          | NED 2007 | NED Swol 1894   | 00'39"35 | 264 |

#### 200 Farfalla ASSOLUTI Femmine -

| Pos | Atleta                 | Anno     | Società              | Tempo    | Pti |
|-----|------------------------|----------|----------------------|----------|-----|
| 1   | Agricola Julia Trienke | NED 2008 | NED Dz&Pc            | 02'46"60 | 370 |
| 2   | Gentile Ilana          | NED 2008 | NED Orca Leeuwarden  | 02'50"45 | 345 |
| 3   | Koehoorn Silke Grietje | NED 2003 | NED Hz&Pc Heerenveen | 03'04"77 | 271 |

#### 200 Farfalla ASSOLUTI Maschi -

| Pos | Atleta                | Anno     | Società              | Tempo    | Pti |
|-----|-----------------------|----------|----------------------|----------|-----|
| 1   | Issard Niek           | NED 2007 | NED Dz&Pc            | 02'22"71 | 436 |
| 2   | Evers Niek            | NED 2007 | NED Oz&Pc            | 03'00"09 | 217 |
| 3   | Zessen Lars           | NED 2006 | NED Hz&Pc Heerenveen | 03'07"52 | 192 |
| 4   | Strampel Vasco Albert | NED 2007 | NED Hz&Pc Heerenveen | 03'11"10 | 181 |

#### 50 Dorso ASSOLUTI Femmine -

| Pos | Atleta             | Anno     | Società              | Tempo    | Pti |
|-----|--------------------|----------|----------------------|----------|-----|
| 1   | Zee Nynke          | NED 2007 | NED Orca Leeuwarden  | 00'32"60 | 484 |
| 2   | Smilde Femke       | NED 2008 | NED Hz&Pc Heerenveen | 00'36"62 | 341 |
| 3   | Kersten Amke       | NED 2008 | NED Orca Leeuwarden  | 00'38"62 | 291 |
| 4   | Kootstra Anke      | NED 2005 | NED G.Z. Trivia      | 00'40"16 | 259 |
| 5   | Segenhout Isa      | NED 2010 | NED Orca Leeuwarden  | 00'40"31 | 256 |
| 6   | Dijkstra Gabrielle | NED 2010 | NED G.Z. Trivia      | 00'48"06 | 151 |

#### 50 Dorso ASSOLUTI Maschi -

| Pos | Atleta        | Anno     | Società             | Tempo    | Pti |
|-----|---------------|----------|---------------------|----------|-----|
| 1   | Baas Marijn   | NED 2006 | NED De Ward         | 00'31"51 | 350 |
| 2   | Veld Diede    | NED 2008 | NED Swol 1894       | 00'33"42 | 293 |
| 3   | Jelsma Remco  | NED 2008 | NED Dz&Pc           | 00'37"75 | 203 |
| 4   | Dijks Yannick | NED 2007 | NED Orca Leeuwarden | 00'39"95 | 172 |

#### 100 Farfalla ASSOLUTI Femmine -

| Pos | Atleta                     | Anno     | Società              | Tempo        | Pti |
|-----|----------------------------|----------|----------------------|--------------|-----|
| 1   | Dekker Inge                | NED 2002 | NED Orca Leeuwarden  | 01'10"88     | 457 |
| 2   | Boxum Fay                  | NED 2009 | NED Swol 1894        | 01'12"62     | 425 |
| 3   | Peer Esmee                 | NED 2002 | NED G.Z. Trivia      | 01'13"69     | 406 |
| 4   | Wal Sterre                 | NED 2005 | NED Hz&Pc Heerenveen | 01'15"89     | 372 |
| 5   | Tiesinga Amber             | NED 2006 | NED Dz&Pc            | 01'20"19     | 315 |
| 6   | Schaap Liselotte           | NED 2006 | NED Hz&Pc Heerenveen | 01'20"93     | 307 |
| 7   | Vuist Aniek                | NED 2006 | NED Hz&Pc Heerenveen | 01'22"80     | 286 |
| 8   | Wiltjer Ilse               | NED 2009 | NED Dz&Pc            | 01'22"91     | 285 |
| 9   | Krikke Jelena              | NED 2004 | NED Dz&Pc            | 01'35"00     | 189 |
| 10  | Groothuismink Elien        | NED 2008 | NED Swol 1894        | 01'51"15     | 118 |
| 11  | Zandbelt Lynn              | NED 2009 | NED Swol 1894        | 02'10"76     | 72  |
|     | Dorlandt Elise Sophie Anne | NED 2010 | NED Hz&Pc Heerenveen | Squalificato |     |

### RISULTATI

#### 100 Farfalla ASSOLUTI Maschi -

| Pos | Atleta                | Anno     | Società              | Tempo    | Pti |
|-----|-----------------------|----------|----------------------|----------|-----|
| 1   | Wal Djurre            | NED 2005 | NED Hz&Pc Heerenveen | 01'05"22 | 400 |
| 2   | Wit Mies              | NED 2007 | NED De Ward          | 01'05"35 | 398 |
| 3   | Zee Eise              | NED 2005 | NED Orca Leeuwarden  | 01'06"13 | 384 |
| 4   | Dekkinga Meindert     | NED 2004 | NED Dz&Pc            | 01'10"47 | 317 |
| 5   | Schutrup Robin        | NED 2007 | NED Swol 1894        | 01'10"79 | 313 |
| 6   | Emming Jesse          | NED 2008 | NED Swol 1894        | 01'24"90 | 181 |
| 7   | Overmars Teun         | NED 2008 | NED Oz&Pc            | 01'29"12 | 157 |
| 8   | Vuist Ivan            | NED 2008 | NED Hz&Pc Heerenveen | 01'37"65 | 119 |
| 9   | Mintjes Robin Quinten | NED 2010 | NED Dz&Pc            | 01'38"44 | 116 |
| 10  | Hempenius Tije        | NED 2009 | NED Hz&Pc Heerenveen | 01'53"34 | 76  |

#### 200 Stile Libero ASSOLUTI Femmine -

| Pos | Atleta             | Anno     | Società              | Tempo    | Pti |
|-----|--------------------|----------|----------------------|----------|-----|
| 1   | Mulder Esmee       | NED 2008 | NED Swol 1894        | 02'09"73 | 616 |
| 2   | Hulleman Ame       | NED 2002 | NED Dz&Pc            | 02'11"87 | 587 |
| 3   | Gentile Ilana      | NED 2008 | NED Orca Leeuwarden  | 02'23"97 | 451 |
| 4   | Van Der Wal Marre  | NED 2010 | NED Hz&Pc Heerenveen | 02'31"84 | 384 |
| 5   | Koehoorn Maud Mare | NED 2005 | NED Hz&Pc Heerenveen | 02'31"93 | 383 |
| 6   | Cleveringa Dieuwke | NED 2007 | NED Swol 1894        | 02'33"21 | 374 |
| 7   | Koolman Cynthia    | NED 2003 | NED Swol 1894        | 02'33"92 | 369 |
| 8   | Gronde Yoni        | NED 2005 | NED Swol 1894        | 02'39"58 | 331 |
| 9   | Draaijer Marit     | NED 2004 | NED G.Z. Trivia      | 02'41"88 | 317 |
| 10  | Nauta Femke        | NED 2010 | NED G.Z. Trivia      | 03'12"94 | 187 |
| 11  | Winkel Myrthe      | NED 2008 | NED Swol 1894        | 03'13"99 | 184 |
| 12  | Koning Esmee       | NED 2009 | NED Swol 1894        | 03'39"44 | 127 |

#### 200 Stile Libero ASSOLUTI Maschi -

| Pos | Atleta                 | Anno     | Società              | Tempo    | Pti |
|-----|------------------------|----------|----------------------|----------|-----|
| 1   | Bezuidenhout Christian | NED 1998 | NED G.Z. Trivia      | 02'03"72 | 518 |
| 2   | Vreeling Niek          | NED 2006 | NED Oz&Pc            | 02'09"34 | 453 |
| 3   | Mustafic Damir         | NED 2008 | NED Dz&Pc            | 02'16"38 | 386 |
| 4   | Zeeuw Siem             | NED 2008 | NED Oz&Pc            | 02'17"29 | 379 |
| 5   | Pieterman Seb          | NED 2006 | NED Swol 1894        | 02'17"78 | 375 |
| 6   | Harms Ids              | NED 2007 | NED G.Z. Trivia      | 02'20"45 | 354 |
| 7   | Strampel Vasco Albert  | NED 2007 | NED Hz&Pc Heerenveen | 02'33"93 | 269 |
| 8   | Stel Jesse Ailco       | NED 2007 | NED Hz&Pc Heerenveen | 02'34"26 | 267 |
| 9   | Grunder Ruben          | NED 2006 | NED Swol 1894        | 02'49"98 | 199 |

### RISULTATI

#### 50 Stile Libero ASSOLUTI Femmine -

| Pos | Atleta             | Anno Società                  | Tempo    | Pti |
|-----|--------------------|-------------------------------|----------|-----|
| 1   | Mulder Esmee       | NED 2008 NED Swol 1894        | 00'27"18 | 600 |
| 2   | Bolt Hedwig        | NED 2006 NED Hz&Pc Heerenveen | 00'28"17 | 539 |
| 3   | Peer Esmee         | NED 2002 NED G.Z. Trivia      | 00'28"72 | 508 |
| 4   | Wortel Amelie      | NED 2005 NED Orca Leeuwarden  | 00'28"84 | 502 |
| 5   | Zee Nynke          | NED 2007 NED Orca Leeuwarden  | 00'29"37 | 475 |
| 6   | Dekker Inge        | NED 2002 NED Orca Leeuwarden  | 00'29"53 | 468 |
| 7   | Jalving Lois       | NED 2004 NED Hz&Pc Heerenveen | 00'29"68 | 461 |
| 8   | Meinema Isabelle   | NED 2005 NED Swol 1894        | 00'30"51 | 424 |
| 9   | Kleinbekman Lise   | NED 2005 NED Dz&Pc            | 00'30"69 | 417 |
| 10  | Kramer Ilse        | NED 2004 NED G.Z. Trivia      | 00'31"25 | 395 |
| 11  | Kersten Amke       | NED 2008 NED Orca Leeuwarden  | 00'32"04 | 366 |
| 12  | Ronda Leona        | NED 2006 NED Orca Leeuwarden  | 00'33"42 | 322 |
| 13  | Jong Fenne Rianne  | NED 2008 NED Hz&Pc Heerenveen | 00'34"94 | 282 |
| 14  | Meulman Ylja Maria | NED 2010 NED Dz&Pc            | 00'39"02 | 202 |

#### 50 Stile Libero ASSOLUTI Maschi -

| Pos | Atleta               | Anno Società                  | Tempo    | Pti |
|-----|----------------------|-------------------------------|----------|-----|
| 1   | Malda Joel           | NED 2003 NED Orca Leeuwarden  | 00'25"00 | 524 |
| 2   | Issard Niek          | NED 2007 NED Dz&Pc            | 00'26"16 | 457 |
| 3   | Baas Marijn          | NED 2006 NED De Ward          | 00'26"66 | 432 |
| 4   | Koehoorn Gijs Diesel | NED 2008 NED Hz&Pc Heerenveen | 00'27"66 | 387 |
| 5   | Siebelt Jort         | NED 2007 NED Oz&Pc            | 00'29"59 | 316 |
| 6   | Grunder Ruben        | NED 2006 NED Swol 1894        | 00'34"14 | 205 |
| 7   | Dijks Yannick        | NED 2007 NED Orca Leeuwarden  | 00'35"04 | 190 |
| 8   | Ouali Dhamin         | NED 2009 NED Swol 1894        | 00'38"28 | 146 |

#### 100 Rana ASSOLUTI Femmine -

| Pos | Atleta                     | Anno Società                  | Tempo        | Pti |
|-----|----------------------------|-------------------------------|--------------|-----|
| 1   | Boxum Fay                  | NED 2009 NED Swol 1894        | 01'20"73     | 460 |
| 2   | Hoek Jildou                | NED 2008 NED Dz&Pc            | 01'24"75     | 398 |
| 3   | Hof Indy                   | NED 2008 NED Dz&Pc            | 01'24"77     | 398 |
| 4   | Toonstra Joyce             | NED 2005 NED Neptunia '24     | 01'25"31     | 390 |
| 5   | Veen Marijne               | NED 2003 NED Orca Leeuwarden  | 01'25"53     | 387 |
| 6   | Van Der Wal Marre          | NED 2010 NED Hz&Pc Heerenveen | 01'26"83     | 370 |
| 7   | Reijmers Fenna             | NED 2008 NED De Ward          | 01'27"45     | 362 |
| 8   | Boer Vera                  | NED 2009 NED Mz'pc De Reest   | 01'39"16     | 248 |
| 9   | Kootstra Anke              | NED 2005 NED G.Z. Trivia      | 01'40"79     | 236 |
| 10  | Bloois Renske              | NED 2010 NED G.Z. Trivia      | 01'44"49     | 212 |
| 11  | Nauta Anna                 | NED 2010 NED G.Z. Trivia      | 01'46"28     | 202 |
| 12  | Dorlandt Elise Sophie Anne | NED 2010 NED Hz&Pc Heerenveen | 01'48"10     | 191 |
| 13  | Zandbelt Lynn              | NED 2009 NED Swol 1894        | 01'52"33     | 171 |
| 14  | Berkum Meike               | NED 2010 NED Swol 1894        | 02'11"67     | 106 |
|     | Kamphof Sophie             | NED 2010 NED Swol 1894        | Squalificato |     |

### RISULTATI

#### 100 Rana ASSOLUTI Maschi -

| Pos | Atleta           | Anno Società                | Tempo    | Pti |
|-----|------------------|-----------------------------|----------|-----|
| 1   | Muller Hein      | NED 2008 NED Dz&Pc          | 01'18"85 | 345 |
| 2   | Evers Niek       | NED 2007 NED Oz&Pc          | 01'22"53 | 301 |
| 3   | Schutrup Robin   | NED 2007 NED Swol 1894      | 01'23"92 | 286 |
| 4   | Van Toly Nils    | NED 2007 NED Swol 1894      | 01'27"96 | 249 |
| 5   | Vries Koen       | NED 2008 NED Mz'pc De Reest | 01'28"99 | 240 |
| 6   | Visscher Collin  | NED 2010 NED Mz'pc De Reest | 01'41"49 | 162 |
| 7   | Scheppink Daniel | NED 2009 NED Swol 1894      | 01'52"34 | 119 |

#### 200 Rana ASSOLUTI Femmine -

| Pos | Atleta             | Anno Società                  | Tempo    | Pti |
|-----|--------------------|-------------------------------|----------|-----|
| 1   | Wal Sterne         | NED 2005 NED Hz&Pc Heerenveen | 02'53"15 | 469 |
| 2   | Koolman Cynthia    | NED 2003 NED Swol 1894        | 03'04"39 | 388 |
| 3   | Gronde Yoni        | NED 2005 NED Swol 1894        | 03'09"33 | 359 |
| 4   | Dijkstra Gabrielle | NED 2010 NED G.Z. Trivia      | 03'56"71 | 183 |

#### 200 Rana ASSOLUTI Maschi -

| Pos | Atleta       | Anno Società           | Tempo    | Pti |
|-----|--------------|------------------------|----------|-----|
| 1   | Emming Jesse | NED 2008 NED Swol 1894 | 03'15"40 | 232 |
| 2   | Jelsma Remco | NED 2008 NED Dz&Pc     | 03'16"48 | 228 |

#### 400 Stile Libero ASSOLUTI Femmine -

| Pos | Atleta           | Anno Società                  | Tempo    | Pti |
|-----|------------------|-------------------------------|----------|-----|
| 1   | Wiltjer Ilse     | NED 2009 NED Dz&Pc            | 04'58"16 | 482 |
| 2   | Roffel Maud Emma | NED 2007 NED Hz&Pc Heerenveen | 05'02"18 | 463 |
| 3   | Etten Laura      | NED 2008 NED Hz&Pc Heerenveen | 05'08"51 | 435 |
| 4   | Smilde Femke     | NED 2008 NED Hz&Pc Heerenveen | 05'44"27 | 313 |

#### 400 Stile Libero ASSOLUTI Maschi -

| Pos | Atleta           | Anno Società           | Tempo    | Pti |
|-----|------------------|------------------------|----------|-----|
| 1   | Veld Diede       | NED 2008 NED Swol 1894 | 04'34"80 | 460 |
| 2   | Overmars Teun    | NED 2008 NED Oz&Pc     | 05'15"75 | 303 |
| 3   | Zwarthoff Julian | NED 2008 NED Swol 1894 | 05'35"27 | 253 |

#### 50 Farfalla ASSOLUTI Femmine -

| Pos | Atleta             | Anno Società                 | Tempo    | Pti |
|-----|--------------------|------------------------------|----------|-----|
| 1   | Tiesinga Amber     | NED 2006 NED Dz&Pc           | 00'33"49 | 385 |
| 2   | Hooghiemstra Silke | NED 2009 NED Neptunia '24    | 00'35"59 | 321 |
| 3   | Draaijer Marit     | NED 2004 NED G.Z. Trivia     | 00'36"56 | 296 |
| 4   | Krikke Jelena      | NED 2004 NED Dz&Pc           | 00'37"34 | 278 |
| 5   | Ronda Leona        | NED 2006 NED Orca Leeuwarden | 00'38"31 | 257 |
| 6   | Noordenbos Joleen  | NED 2009 NED Orca Leeuwarden | 00'38"47 | 254 |
| 7   | Nauta Femke        | NED 2010 NED G.Z. Trivia     | 00'48"81 | 124 |
| 8   | Meulman Ylja Maria | NED 2010 NED Dz&Pc           | 00'51"16 | 108 |



**RISULTATI**
**50 Farfalla ASSOLUTI Maschi -**

| Pos | Atleta                 | Anno     | Società              | Tempo    | Pti |
|-----|------------------------|----------|----------------------|----------|-----|
| 1   | Bezuidenhout Christian | NED 1998 | NED G.Z. Trivia      | 00'26"51 | 552 |
| 2   | Niemeijer Mees         | NED 2002 | NED Dz&Pc            | 00'27"88 | 474 |
| 3   | Strampel Vasco Albert  | NED 2007 | NED Hz&Pc Heerenveen | 00'33"28 | 279 |

**100 Misti ASSOLUTI Femmine -**

| Pos | Atleta                 | Anno     | Società              | Tempo    | Pti |
|-----|------------------------|----------|----------------------|----------|-----|
| 1   | Zee Nynke              | NED 2007 | NED Orca Leeuwarden  | 01'12"91 | 465 |
| 2   | Wortel Amelie          | NED 2005 | NED Orca Leeuwarden  | 01'13"72 | 450 |
| 3   | Wal Sterre             | NED 2005 | NED Hz&Pc Heerenveen | 01'16"59 | 401 |
| 4   | Vuist Aniek            | NED 2006 | NED Hz&Pc Heerenveen | 01'17"67 | 385 |
| 5   | Toonstra Joyce         | NED 2005 | NED Neptunia '24     | 01'20"03 | 352 |
| 6   | Koehoorn Silke Grietje | NED 2003 | NED Hz&Pc Heerenveen | 01'20"25 | 349 |
| 7   | Hoek Jildou            | NED 2008 | NED Dz&Pc            | 01'26"34 | 280 |
| 8   | Kootstra Anke          | NED 2005 | NED G.Z. Trivia      | 01'28"63 | 259 |
| 9   | Jong Fenne Rianne      | NED 2008 | NED Hz&Pc Heerenveen | 01'33"15 | 223 |
| 10  | Winkel Myrthe          | NED 2008 | NED Swol 1894        | 01'42"35 | 168 |
| 11  | Koning Esmee           | NED 2009 | NED Swol 1894        | 01'52"44 | 126 |

**100 Misti ASSOLUTI Maschi -**

| Pos | Atleta                | Anno     | Società              | Tempo        | Pti |
|-----|-----------------------|----------|----------------------|--------------|-----|
| 1   | Malda Joel            | NED 2003 | NED Orca Leeuwarden  | 01'02"53     | 489 |
| 2   | Evers Niek            | NED 2007 | NED Oz&Pc            | 01'17"93     | 252 |
| 3   | Grunder Ruben         | NED 2006 | NED Swol 1894        | 01'33"90     | 144 |
| 4   | Mintjes Robin Quinten | NED 2010 | NED Dz&Pc            | 01'34"34     | 142 |
| 5   | Visscher Collin       | NED 2010 | NED Mz'pc De Reest   | 01'36"48     | 133 |
|     | Vuist Ivan            | NED 2008 | NED Hz&Pc Heerenveen | Squalificato |     |
|     | Ouali Dhamin          | NED 2009 | NED Swol 1894        | Squalificato |     |

**100 Stile Libero ASSOLUTI Femmine -**

| Pos | Atleta                 | Anno     | Società              | Tempo    | Pti |
|-----|------------------------|----------|----------------------|----------|-----|
| 1   | Hulleman Ame           | NED 2002 | NED Dz&Pc            | 01'00"47 | 573 |
| 2   | Dekker Inge            | NED 2002 | NED Orca Leeuwarden  | 01'01"81 | 537 |
| 3   | Peer Esmee             | NED 2002 | NED G.Z. Trivia      | 01'02"62 | 516 |
| 4   | Jalving Lois           | NED 2004 | NED Hz&Pc Heerenveen | 01'04"92 | 463 |
| 5   | Agricola Julia Trienke | NED 2008 | NED Dz&Pc            | 01'05"54 | 450 |
| 6   | Meinema Isabelle       | NED 2005 | NED Swol 1894        | 01'06"69 | 427 |
| 7   | Hof Indy               | NED 2008 | NED Dz&Pc            | 01'07"33 | 415 |
| 8   | Kramer Ilse            | NED 2004 | NED G.Z. Trivia      | 01'08"40 | 396 |
| 9   | Schaap Liselotte       | NED 2006 | NED Hz&Pc Heerenveen | 01'08"53 | 394 |
| 10  | Veen Marijne           | NED 2003 | NED Orca Leeuwarden  | 01'08"71 | 391 |
| 11  | Koolman Cynthia        | NED 2003 | NED Swol 1894        | 01'09"08 | 384 |
| 12  | Reijmers Fenna         | NED 2008 | NED De Ward          | 01'09"80 | 373 |
| 13  | Van Der Wal Marre      | NED 2010 | NED Hz&Pc Heerenveen | 01'11"01 | 354 |
| 14  | Kersten Amke           | NED 2008 | NED Orca Leeuwarden  | 01'11"88 | 341 |
| 15  | Noordenbos Joleen      | NED 2009 | NED Orca Leeuwarden  | 01'12"88 | 327 |
| 16  | Gronde Yoni            | NED 2005 | NED Swol 1894        | 01'14"23 | 310 |
| 17  | Segenhout Isa          | NED 2010 | NED Orca Leeuwarden  | 01'21"13 | 237 |
| 18  | Nauta Anna             | NED 2010 | NED G.Z. Trivia      | 01'30"72 | 169 |
| 19  | Berkum Meike           | NED 2010 | NED Swol 1894        | 01'36"86 | 139 |
| 20  | Zandbelt Lynn          | NED 2009 | NED Swol 1894        | 01'41"31 | 122 |
| 21  | Kamphof Sophie         | NED 2010 | NED Swol 1894        | 01'42"69 | 117 |

### RISULTATI

#### 100 Stile Libero ASSOLUTI Maschi -

| Pos | Atleta               | Anno     | Società              | Tempo    | Pti |
|-----|----------------------|----------|----------------------|----------|-----|
| 1   | Baas Marijn          | NED 2006 | NED De Ward          | 00'57"95 | 466 |
| 2   | Koehoorn Gijs Diesel | NED 2008 | NED Hz&Pc Heerenveen | 00'59"85 | 423 |
| 3   | Veld Diede           | NED 2008 | NED Swol 1894        | 01'01"20 | 395 |
| 4   | Zessen Lars          | NED 2006 | NED Hz&Pc Heerenveen | 01'02"48 | 372 |
| 5   | Harms Ids            | NED 2007 | NED G.Z. Trivia      | 01'03"50 | 354 |
| 6   | Siebelt Jort         | NED 2007 | NED Oz&Pc            | 01'04"51 | 338 |
| 7   | Vries Koen           | NED 2008 | NED Mz'pc De Reest   | 01'07"26 | 298 |
| 8   | Van Toly Nils        | NED 2007 | NED Swol 1894        | 01'07"77 | 291 |
| 9   | Muller Hein          | NED 2008 | NED Dz&Pc            | 01'08"96 | 276 |
| 10  | Stel Jesse Ailco     | NED 2007 | NED Hz&Pc Heerenveen | 01'12"91 | 234 |
| 11  | Zwarthoff Julian     | NED 2008 | NED Swol 1894        | 01'14"81 | 216 |
| 12  | Dijks Yannick        | NED 2007 | NED Orca Leeuwarden  | 01'16"62 | 201 |
| 13  | Hempenius Tije       | NED 2009 | NED Hz&Pc Heerenveen | 01'23"16 | 157 |
| 14  | Scheppink Daniel     | NED 2009 | NED Swol 1894        | 01'31"85 | 117 |

#### 200 Dorso ASSOLUTI Femmine -

| Pos | Atleta              | Anno     | Società              | Tempo    | Pti |
|-----|---------------------|----------|----------------------|----------|-----|
| 1   | Mulder Esmee        | NED 2008 | NED Swol 1894        | 02'25"32 | 548 |
| 2   | Bolt Hedwig         | NED 2006 | NED Hz&Pc Heerenveen | 02'25"37 | 547 |
| 3   | Boxum Fay           | NED 2009 | NED Swol 1894        | 02'30"77 | 490 |
| 4   | Gentile Ilana       | NED 2008 | NED Orca Leeuwarden  | 02'36"70 | 437 |
| 5   | Etten Laura         | NED 2008 | NED Hz&Pc Heerenveen | 02'39"51 | 414 |
| 6   | Koehoorn Maud Mare  | NED 2005 | NED Hz&Pc Heerenveen | 02'39"87 | 411 |
| 7   | Cleveringa Dieuwke  | NED 2007 | NED Swol 1894        | 02'44"31 | 379 |
| 8   | Hooghiemstra Silke  | NED 2009 | NED Neptunia '24     | 02'45"07 | 374 |
| 9   | Groothuismink Elien | NED 2008 | NED Swol 1894        | 02'57"83 | 299 |
| 10  | Bloois Renske       | NED 2010 | NED G.Z. Trivia      | 03'28"78 | 184 |

#### 200 Dorso ASSOLUTI Maschi -

| Pos | Atleta              | Anno     | Società              | Tempo    | Pti |
|-----|---------------------|----------|----------------------|----------|-----|
| 1   | Issard Niek         | NED 2007 | NED Dz&Pc            | 02'19"74 | 431 |
| 2   | Vreeling Niek       | NED 2006 | NED Oz&Pc            | 02'25"15 | 385 |
| 3   | Wiersma Jere Pieter | NED 2007 | NED Dz&Pc            | 02'26"80 | 372 |
| 4   | Wal Djurre          | NED 2005 | NED Hz&Pc Heerenveen | 02'27"59 | 366 |
| 5   | Zee Eise            | NED 2005 | NED Orca Leeuwarden  | 02'28"74 | 358 |
| 6   | Pieterman Seb       | NED 2006 | NED Swol 1894        | 02'30"74 | 344 |
| 7   | Zeeuw Siem          | NED 2008 | NED Oz&Pc            | 02'31"89 | 336 |
| 8   | Schutrup Robin      | NED 2007 | NED Swol 1894        | 02'32"49 | 332 |
| 9   | Dekkinga Meindert   | NED 2004 | NED Dz&Pc            | 02'33"52 | 325 |
| 10  | Jelsma Remco        | NED 2008 | NED Dz&Pc            | 02'53"28 | 226 |