

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 1
8-10-2016

Heren, 200m vrije slag

2004 en eerder
Resultaten

| Rang | | | | | | | In.tijd | Tijd | RT | Klasse |
|------|----------------------|----------------|---------------|---------|----------------|-------|---------------|-------|----|--------|
| 1. | Rowan Keen | ZC Borger | 199500727 | 1:53.98 | 1:53.85 | +0,91 | | | | |
| | 50m: 27.13 | 27.13 | 100m: 56.16 | 29.03 | 150m: 1:25.32 | 29.16 | 200m: 1:53.85 | 28.53 | | |
| 2. | Erik Nijholt | DZ&PC | 199401349 | 1:51.12 | 1:54.96 | +0,80 | | | | |
| | 50m: 26.82 | 26.82 | 100m: 56.22 | 29.40 | 150m: 1:25.75 | 29.53 | 200m: 1:54.96 | 29.21 | | |
| 3. | Niels Wiersema | Nova | 199703221 | 1:59.22 | 1:58.37 | | | | | |
| | 50m: 27.65 | 27.65 | 100m: 58.69 | 31.04 | 150m: 1:28.99 | 30.30 | 200m: 1:58.37 | 29.38 | | |
| 4. | Friso van der Meulen | TriVia | 199800617 | 2:00.65 | 2:00.74 | +0,84 | | | | |
| | 50m: 28.01 | 28.01 | 100m: 57.80 | 29.79 | 150m: 1:28.97 | 31.17 | 200m: 2:00.74 | 31.77 | | |
| 5. | David Anthonio | De Kikker | 200102551 | 2:01.63 | 2:01.34 | +0,86 | | | | |
| | 50m: 28.01 | 28.01 | 100m: 58.82 | 30.81 | 150m: 1:30.59 | 31.77 | 200m: 2:01.34 | 30.75 | | |
| 6. | Junior de Bruin | ZPC Hoogeveen | 200000839 | 2:02.08 | 2:01.44 | +0,76 | | | | |
| | <i>* handgeklokt</i> | | | | | | | | | |
| | 50m: 28.82 | 28.82 | 100m: 59.46 | 30.64 | 150m: 1:30.91 | 31.45 | 200m: 2:01.44 | 30.53 | | |
| 7. | Dave Holweg | ZPC Livo | 199701521 | 2:02.46 | 2:01.76 | +0,81 | | | | |
| | 50m: 27.30 | 27.30 | 100m: 57.92 | 30.62 | 150m: 1:29.64 | 31.72 | 200m: 2:01.76 | 32.12 | | |
| 8. | Darren Chen | De Kikker | 200001149 | 2:02.26 | 2:02.01 | +0,71 | | | | |
| | 50m: 28.60 | 28.60 | 100m: 59.14 | 30.54 | 150m: 1:31.06 | 31.92 | 200m: 2:02.01 | 30.95 | | |
| 9. | David Scheffer | TriVia | 199500175 | 2:09.94 | 2:03.15 | +0,76 | | | | |
| | 50m: 26.87 | 26.87 | 100m: 57.55 | 30.68 | 150m: 1:30.18 | 32.63 | 200m: 2:03.15 | 32.97 | | |
| 10. | Darryl Lubbinge | ZPC Hoogeveen | 199701045 | 2:02.85 | 2:04.13 | +0,74 | | | | |
| | 50m: 27.19 | 27.19 | 100m: 58.41 | 31.22 | 150m: 1:30.80 | 32.39 | 200m: 2:04.13 | 33.33 | | |
| 11. | Jorn Lucas | Z&PV de Veene | 200000675 | 2:07.13 | 2:05.64 | +0,79 | | | | |
| | 50m: 28.82 | 28.82 | 100m: 1:00.45 | 31.63 | 150m: 1:33.62 | 33.17 | 200m: 2:05.64 | 32.02 | | |
| 12. | Maik Huser | ZPC Hoogeveen | 199900265 | 2:07.22 | 2:05.76 | +0,81 | | | | |
| | 50m: 28.77 | 28.77 | 100m: 1:00.40 | 31.63 | 150m: 1:33.42 | 33.02 | 200m: 2:05.76 | 32.34 | | |
| 13. | Dennis Wildeboer | Nova | 199800571 | 2:01.86 | 2:06.22 | +0,87 | | | | |
| | 50m: 28.47 | 28.47 | 100m: 1:00.02 | 31.55 | 150m: 1:32.46 | 32.44 | 200m: 2:06.22 | 33.76 | | |
| 14. | Coen de Lang | ZPC Hoogeveen | 200100067 | 2:04.05 | 2:10.01 | | | | | |
| | * | | | | | | | | | |
| | 50m: 28.73 | 28.73 | 100m: 1:00.75 | 32.02 | 150m: 1:34.15 | 33.40 | 200m: 2:10.01 | 35.86 | | |
| 15. | Wessel Everloo | Z&PV de Veene | 198906597 | 2:07.88 | 2:10.75 | +0,91 | S14 | | | |
| | 50m: 30.68 | 30.68 | 100m: 1:04.87 | 34.19 | 150m: 1:38.54 | 33.67 | 200m: 2:10.75 | 32.21 | | |
| 16. | Stefan Kwant | Nova | 199200781 | 2:14.42 | 2:11.92 | +0,79 | | | | |
| | 50m: 30.13 | 30.13 | 100m: 1:03.52 | 33.39 | 150m: 1:37.79 | 34.27 | 200m: 2:11.92 | 34.13 | | |
| 17. | Raoul Witten | ZPC Hoogeveen | 200200231 | 2:19.52 | 2:13.10 | +0,76 | | | | |
| | 50m: 30.04 | 30.04 | 100m: 1:03.02 | 32.98 | 150m: 1:38.01 | 34.99 | 200m: 2:13.10 | 35.09 | | |
| 18. | Diederik de Boer | Steenwijk 1934 | 200000269 | 2:16.91 | 2:14.94 | +0,82 | | | | |
| | 50m: 30.32 | 30.32 | 100m: 1:04.09 | 33.77 | 150m: 1:39.17 | 35.08 | 200m: 2:14.94 | 35.77 | | |
| 19. | Niels Kragt | Dedemsvaart-AC | 200300155 | 2:28.00 | 2:16.64 | +0,81 | | | | |
| | 50m: 31.16 | 31.16 | 100m: 1:06.25 | 35.09 | 150m: 1:42.13 | 35.88 | 200m: 2:16.64 | 34.51 | | |
| 20. | Andy Oort | De Spatters | 199900471 | 2:18.03 | 2:19.02 | +0,81 | | | | |
| | 50m: 31.38 | 31.38 | 100m: 1:06.26 | 34.88 | 150m: 1:43.13 | 36.87 | 200m: 2:19.02 | 35.89 | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 1, Heren, 200m vrije slag, 2004 en eerder

| Rang | | | | | | | In.tijd | Tijd | RT | Klasse | | |
|-------|-----------------|-------|-------|---------------------|---------|-------|-----------|---------|----------------|--------|---------|-------|
| 21. | Rico Vroom | | | TriVia | | | 199802363 | 2:19.11 | 2:19.58 | +0,83 | | |
| | 50m: | 31.29 | 31.29 | 100m: | 1:06.01 | 34.72 | 150m: | 1:43.09 | 37.08 | 200m: | 2:19.58 | 36.49 |
| 22. | Kylian Heederik | | | Deltasteur | | | 200300353 | 2:19.10 | 2:20.01 | | | |
| | 50m: | 30.87 | 30.87 | 100m: | 1:05.85 | 34.98 | 150m: | 1:43.80 | 37.95 | 200m: | 2:20.01 | 36.21 |
| 23. | Sven Harskamp | | | SG FZC54-De Vikings | | | 199605073 | 2:19.12 | 2:23.86 | +0,83 | | |
| | 50m: | 31.74 | 31.74 | 100m: | 1:07.30 | 35.56 | 150m: | 1:45.64 | 38.34 | 200m: | 2:23.86 | 38.22 |
| 24. | Mac Peeks | | | ZPC Hoogeveen | | | 200400153 | 2:29.66 | 2:26.31 | | | |
| | 50m: | 32.85 | 32.85 | 100m: | 1:10.36 | 37.51 | 150m: | 1:48.92 | 38.56 | 200m: | 2:26.31 | 37.39 |
| AFGEM | Daniël Bots | | | De Kikker | | | 200202051 | 2:26.29 | | | | |

Programmanr. 2
8-10-2016

Dames, 200m vrije slag

2005 en eerder
Resultaten

| Rang | | | | | | | In.tijd | Tijd | RT | Klasse | | |
|------|---------------------|-------|-------|----------------|---------|-------|-----------|---------|----------------|--------|---------|-------|
| 1. | Myrna van Duijven | | | DZ&PC | | | 199900252 | 2:08.36 | 2:06.48 | +0,73 | | |
| | 50m: | 28.67 | 28.67 | 100m: | 59.90 | 31.23 | 150m: | 1:33.10 | 33.20 | 200m: | 2:06.48 | 33.38 |
| 2. | Jill Blide | | | ZPC Hoogeveen | | | 200004734 | 2:08.59 | 2:10.34 | +0,87 | | |
| | 50m: | 29.83 | 29.83 | 100m: | 1:02.12 | 32.29 | 150m: | 1:36.00 | 33.88 | 200m: | 2:10.34 | 34.34 |
| 3. | Michelle Zomerdijk | | | Dedemsvaart-AC | | | 200003196 | 2:12.49 | 2:12.10 | +0,82 | | |
| | 50m: | 29.85 | 29.85 | 100m: | 1:03.07 | 33.22 | 150m: | 1:37.64 | 34.57 | 200m: | 2:12.10 | 34.46 |
| 4. | Marissa Lindemulder | | | Orca | | | 199306392 | 2:14.95 | 2:12.61 | +0,82 | | |
| | 50m: | 29.70 | 29.70 | 100m: | 1:02.41 | 32.71 | 150m: | 1:36.84 | 34.43 | 200m: | 2:12.61 | 35.77 |
| 5. | Hanne te Velthuis | | | Dedemsvaart-AC | | | 200201324 | 2:17.63 | 2:14.50 | +0,92 | | |
| | 50m: | 31.15 | 31.15 | 100m: | 1:04.40 | 33.25 | 150m: | 1:39.10 | 34.70 | 200m: | 2:14.50 | 35.40 |
| 6. | Inge Dekker | | | TriVia | | | 200200476 | 2:21.64 | 2:16.75 | +0,83 | | |
| | 50m: | 31.76 | 31.76 | 100m: | 1:06.70 | 34.94 | 150m: | 1:42.65 | 35.95 | 200m: | 2:16.75 | 34.10 |
| 7. | Suzanne Mosch | | | MSV- Zeemacht | | | 199400548 | 2:15.98 | 2:16.82 | +0,80 | | |
| | 50m: | 30.89 | 30.89 | 100m: | 1:05.66 | 34.77 | 150m: | 1:41.76 | 36.10 | 200m: | 2:16.82 | 35.06 |
| 8. | Fleur Vialle | | | Nova | | | 200100554 | 2:19.83 | 2:17.19 | +0,83 | | |
| | 50m: | 31.32 | 31.32 | 100m: | 1:06.26 | 34.94 | 150m: | 1:42.41 | 36.15 | 200m: | 2:17.19 | 34.78 |
| 9. | Simone Anvelink | | | MSV- Zeemacht | | | 200001546 | 2:15.68 | 2:17.38 | +0,92 | | |
| | 50m: | 32.11 | 32.11 | 100m: | 1:07.24 | 35.13 | 150m: | 1:42.55 | 35.31 | 200m: | 2:17.38 | 34.83 |
| 10. | Dionne Salomons | | | ZC Borger | | | 200200504 | 2:18.65 | 2:17.55 | +0,86 | | |
| | 50m: | 32.17 | 32.17 | 100m: | 1:07.07 | 34.90 | 150m: | 1:42.92 | 35.85 | 200m: | 2:17.55 | 34.63 |
| 11. | Janna van Kooten | | | TriVia | | | 200404584 | 2:19.54 | 2:17.71 | +0,94 | | |
| | 50m: | 32.46 | 32.46 | 100m: | 1:07.43 | 34.97 | 150m: | 1:43.31 | 35.88 | 200m: | 2:17.71 | 34.40 |
| 12. | Froukje Osinga | | | Orca | | | 200003090 | 2:21.22 | 2:18.30 | | | |
| | 50m: | 31.31 | 31.31 | 100m: | 1:06.41 | 35.10 | 150m: | 1:42.51 | 36.10 | 200m: | 2:18.30 | 35.79 |
| 13. | Sanne Berg | | | Dedemsvaart-AC | | | 200004194 | 2:17.59 | 2:18.66 | +0,90 | | |
| | 50m: | 31.35 | 31.35 | 100m: | 1:05.86 | 34.51 | 150m: | 1:42.18 | 36.32 | 200m: | 2:18.66 | 36.48 |
| 14. | Myrthe Natzijl | | | De Kikker | | | 200400076 | 2:17.92 | 2:19.10 | | | |
| | 50m: | 32.26 | 32.26 | 100m: | 1:07.93 | 35.67 | 150m: | 1:44.41 | 36.48 | 200m: | 2:19.10 | 34.69 |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 2, Dames, 200m vrije slag, 2005 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------------|---------------------|---------------|---------|----------------|---------|---------------|-------|--------|
| 15. | Amy Lynn Zweers | Dedemsvaart-AC | 200300390 | 2:27.55 | 2:19.90 | +0,81 | | | |
| | 50m: 31.74 | 31.74 | 100m: 1:07.98 | 36.24 | 150m: 1:44.98 | 37.00 | 200m: 2:19.90 | 34.92 | |
| 16. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 2:26.24 | 2:20.21 | | | | |
| | 50m: 32.15 | 32.15 | 100m: 1:08.10 | 35.95 | 150m: 1:46.27 | 38.17 | 200m: 2:20.21 | 33.94 | |
| 17. | Benthe Knol | ZC Borger | 200101574 | 2:20.24 | 2:20.69 | +0,77 | | | |
| | 50m: 31.72 | 31.72 | 100m: 1:07.11 | 35.39 | 150m: 1:44.21 | 37.10 | 200m: 2:20.69 | 36.48 | |
| 18. | Manon de Man | Deltasteur | 200201458 | 2:19.70 | 2:21.58 | +0,73 | | | |
| | 50m: 31.22 | 31.22 | 100m: 1:06.96 | 35.74 | 150m: 1:44.35 | 37.39 | 200m: 2:21.58 | 37.23 | |
| 19. | Kyra Wesemann | MSV- Zeemacht | 200201440 | 2:18.88 | 2:21.73 | +0,75 | | | |
| | 50m: 31.88 | 31.88 | 100m: 1:07.42 | 35.54 | 150m: 1:45.00 | 37.58 | 200m: 2:21.73 | 36.73 | |
| 20. | Veerle Nieborg | TriVia | 200400428 | 2:25.74 | 2:23.21 | +0,87 | | | |
| | 50m: 32.89 | 32.89 | 100m: 1:08.93 | 36.04 | 150m: 1:46.66 | 37.73 | 200m: 2:23.21 | 36.55 | |
| 21. | Lotte Breukelman | Dedemsvaart-AC | 200001828 | 2:26.70 | 2:23.92 | +0,86 | | | |
| | 50m: 32.65 | 32.65 | 100m: 1:08.88 | 36.23 | 150m: 1:46.73 | 37.85 | 200m: 2:23.92 | 37.19 | |
| 22. | Charlotte Wilbers | ZPC Hoogeveen | 200400312 | 2:23.07 | 2:24.13 | +0,78 | | | |
| | 50m: 32.72 | 32.72 | 100m: 1:09.34 | 36.62 | 150m: 1:46.92 | 37.58 | 200m: 2:24.13 | 37.21 | |
| 23. | Chantal Tiesinga | TriVia | 200302452 | 2:24.69 | 2:24.32 | +0,80 | | | |
| | 50m: 33.36 | 33.36 | 100m: 1:09.33 | 35.97 | 150m: 1:47.03 | 37.70 | 200m: 2:24.32 | 37.29 | |
| 24. | Maudé Lesscher | Z&PV de Veene | 200300018 | 2:28.87 | 2:24.38 | +0,75 | | | |
| | 50m: 33.26 | 33.26 | 100m: 1:09.65 | 36.39 | 150m: 1:47.32 | 37.67 | 200m: 2:24.38 | 37.06 | |
| 25. | Suzanne van den Brink | MSV- Zeemacht | 199901438 | 2:21.00 | 2:24.73 | +0,79 | | | |
| | 50m: 32.42 | 32.42 | 100m: 1:08.35 | 35.93 | 150m: 1:46.43 | 38.08 | 200m: 2:24.73 | 38.30 | |
| 26. | Leonie Rockers | De Kikker | 200300256 | 2:32.17 | 2:26.47 | +0,83 | | | |
| | 50m: 32.73 | 32.73 | 100m: 1:10.21 | 37.48 | 200m: 2:26.47 | 1:16.26 | | | |
| 27. | Brenda Beijering | ZC Borger | 200300352 | 2:29.59 | 2:26.52 | +0,78 | | | |
| | 50m: 33.22 | 33.22 | 100m: 1:10.55 | 37.33 | 150m: 1:49.46 | 38.91 | 200m: 2:26.52 | 37.06 | |
| 28. | Marinda Top | Zeno | 200300460 | 2:23.53 | 2:27.47 | +0,83 | | | |
| | 50m: 32.59 | 32.59 | 100m: 1:09.38 | 36.79 | 150m: 1:49.13 | 39.75 | 200m: 2:27.47 | 38.34 | |
| 29. | Amber van der Kruk | MSV- Zeemacht | 200102730 | 2:28.49 | 2:29.02 | +1,01 | S14 | | |
| | 50m: 32.06 | 32.06 | 100m: 1:08.86 | 36.80 | 150m: 1:48.25 | 39.39 | 200m: 2:29.02 | 40.77 | |
| 30. | Marle Sewüster | De Kikker | 199804104 | 2:24.41 | 2:32.26 | +0,75 | | | |
| | 50m: 34.01 | 34.01 | 100m: 1:12.34 | 38.33 | 150m: 1:52.19 | 39.85 | 200m: 2:32.26 | 40.07 | |
| 31. | Meghan Mulder | Dedemsvaart-AC | 200301734 | 2:43.99 | 2:33.47 | +0,91 | | | |
| | 50m: 34.35 | 34.35 | 100m: 1:13.38 | 39.03 | 150m: 1:54.46 | 41.08 | 200m: 2:33.47 | 39.01 | |
| 32. | Liza Scheenstra | SG FZC54-De Vikings | 200104276 | 2:29.46 | 2:34.94 | +0,83 | | | |
| | 50m: 33.59 | 33.59 | 100m: 1:11.05 | 37.46 | 150m: 1:52.46 | 41.41 | 200m: 2:34.94 | 42.48 | |
| 33. | Myrthe Idema | TriVia | 200303240 | 2:34.41 | 2:36.84 | | | | |
| | 50m: 35.77 | 35.77 | 100m: 1:15.87 | 40.10 | 150m: 1:56.79 | 40.92 | 200m: 2:36.84 | 40.05 | |
| 34. | Tove Beltman | Orca | 200301618 | 2:47.95 | 2:38.97 | +0,80 | | | |
| | 50m: 36.98 | 36.98 | 100m: 1:16.66 | 39.68 | 150m: 1:58.29 | 41.63 | 200m: 2:38.97 | 40.68 | |
| 35. | Sanne Hoving | HZ&PC Heerenveen | 200003332 | 2:42.91 | 2:40.42 | +0,97 | S9 | | |
| | 50m: 37.61 | 37.61 | 100m: 1:18.45 | 40.84 | 150m: 2:00.63 | 42.18 | 200m: 2:40.42 | 39.79 | |
| 36. | Maud Masselink | Z&PV de Veene | 200300512 | 2:39.30 | 2:40.56 | | | | |
| | 50m: 36.52 | 36.52 | 100m: 1:17.14 | 40.62 | 150m: 1:59.56 | 42.42 | 200m: 2:40.56 | 41.00 | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 2, Dames, 200m vrije slag, 2005 en eerder

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|-------|---|-------------------|-----------|---------|------|-------|--------|
| DIS | Amé Hulleman | ReVeLie Swim Team | 200202794 | 2:24.70 | | +0,75 | |
| | <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | |
| AFGEM | Kristel Hormann | TriVia | 199601084 | 2:15.77 | | | |
| AFGEM | Naomi Hofsink | Deltasteur | 199402508 | 2:12.06 | | | |

Programmanr. 3
8-10-2016

Heren, 50m rugslag

2004 en eerder
Resultaten

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|------|------------------|----------------------|-----------|---------|--------------|-------|--------|
| 1. | Arjan Dekker | ReVeLie Swim Team | 200000499 | 29.72 | 29.58 | +0,74 | |
| 2. | Getjo Gachatryan | Orca | 200005545 | 31.37 | 31.88 | +0,66 | |
| 3. | Jarno Ottens | ZPCA Eemsrobben (SG) | 200000273 | 33.84 | 32.65 | +0,67 | |
| 4. | Stefan Banus | De Kikker | 200204105 | 40.39 | 39.10 | +0,75 | |

Programmanr. 4
8-10-2016

Dames, 50m rugslag

2005 en eerder
Resultaten

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------------|----------------------|-----------|---------|--------------|-------|--------|
| 1. | Simone Krans | ZPC Hoogeveen | 199900756 | 30.20 | 30.12 | +0,66 | |
| 2. | Arianne Kooijinga | TriVia | 200001544 | 30.98 | 30.78 | +0,77 | |
| 3. | Eline van der Wal | DZ&PC | 200100930 | 32.20 | 31.39 | +0,66 | |
| 4. | Hilde Dekker | ReVeLie Swim Team | 199901926 | 32.48 | 32.23 | +0,81 | |
| 5. | Sanne Ditzel | Aquapoldro | 199901092 | 31.47 | 32.42 | +0,70 | |
| 6. | Maaïke Doornwaard | Deltasteur | 199800264 | 32.90 | 32.51 | +0,82 | |
| 7. | Lotte Rougoor | Dedemsvaart-AC | 200000774 | 31.54 | 32.87 | +0,70 | |
| 8. | Annet van Stratum | Deltasteur | 199003640 | 32.81 | 33.05 | +0,67 | |
| 9. | Anouschka Steenbergen | ZPC Hoogeveen | 200000280 | 32.65 | 33.14 | +0,64 | |
| 10. | Anique Coelingh | ZPC Hoogeveen | 200000638 | 32.91 | 33.41 | +0,75 | |
| 11. | Carolien Baarda | Orca | 199704060 | 34.53 | 33.89 | +0,73 | |
| 12. | Lauri Lesscher | Z&PV de Veene | 199900318 | 34.66 | 34.09 | +0,75 | |
| 13. | Danique Slaper | TriVia | 200401914 | 34.66 | 34.21 | +0,78 | |
| 14. | Henriëke Jonkman | DZ&PC | 200000840 | 33.93 | 34.32 | +0,74 | |
| 15. | Tara van Bree | Dedemsvaart-AC | 200103650 | 36.33 | 34.62 | +0,79 | |
| 16. | Lise Klein Ganseij | Dedemsvaart-AC | 199902024 | 34.29 | 34.63 | +0,72 | |
| 17. | Ylsa Dijkstra | DZ&PC | 200200728 | 34.70 | 34.69 | +0,71 | |
| 18. | Rosanne Kuilder | Z&PV de Veene | 200100074 | 34.77 | 34.80 | +0,69 | |
| 19. | Milou Looyé | ZPCA Eemsrobben (SG) | 200100742 | 37.99 | 36.56 | +0,80 | |
| 20. | Lotte-Lynn Sterken | De Kikker | 200301342 | 38.30 | 36.90 | +0,90 | |
| 21. | Noa Sopamena | ReVeLie Swim Team | 200202546 | 37.79 | 37.50 | +0,72 | |
| | * | | | | | | |
| 22. | Erna Smit | DZ&PC | 200201908 | 39.23 | 38.24 | +0,77 | |
| 23. | Vera Vanderheyden | ReVeLie Swim Team | 200103416 | 38.09 | 38.29 | +0,86 | |
| NG | Myrthe Offenga | SG FZC54-De Vikings | 199901874 | 34.12 | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 5
8-10-2016

Heren, 100m schoolslag

2004 en eerder
Resultaten

| Rang | | | | | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------------|-------|----------------------|-----------|---------|----------------|---------|------|----|--------|
| 1. | Bryan Chen | | De Kikker | 199803201 | 1:06.86 | 1:06.32 | +0,68 | | | |
| | 50m: 30.67 | 30.67 | 100m: 1:06.32 | 35.65 | | | | | | |
| 2. | Stijn Boertien | | Dedemsvaart-AC | 200100719 | 1:08.56 | 1:09.46 | | | | |
| | 50m: 31.86 | 31.86 | 100m: 1:09.46 | 37.60 | | | | | | |
| 3. | Jesse Zweers | | Dedemsvaart-AC | 200100399 | 1:11.48 | 1:09.81 | +0,74 | | | |
| | 50m: 32.69 | 32.69 | 100m: 1:09.81 | 37.12 | | | | | | |
| 4. | Thomas Hamstra | | HZ&PC Heerenveen | 200001693 | 1:10.09 | 1:11.53 | +1,15 | | | |
| | * | | | | | | | | | |
| | 50m: 34.36 | 34.36 | 100m: 1:11.53 | 37.17 | | | | | | |
| 5. | Marc de Vries | | HZ&PC Heerenveen | 199500381 | 1:11.67 | 1:12.33 | +0,76 | | | |
| | 50m: 33.64 | 33.64 | 100m: 1:12.33 | 38.69 | | | | | | |
| 6. | Ivo Karamoy Faulhaber | | Z&PV de Veene | 200200363 | 1:20.23 | 1:15.41 | +0,84 | | | |
| | 50m: 36.53 | 36.53 | 100m: 1:15.41 | 38.88 | | | | | | |
| 7. | Kylian Kooyman | | Steenwijk 1934 | 199900763 | 1:15.36 | 1:16.06 | +0,75 | | | |
| | 50m: 34.82 | 34.82 | 100m: 1:16.06 | 41.24 | | | | | | |
| 8. | Noa Burgstra | | TriVia | 200300557 | 1:18.55 | 1:16.33 | +0,81 | | | |
| | 50m: 35.99 | 35.99 | 100m: 1:16.33 | 40.34 | | | | | | |
| 9. | Auke Jan Ytsma | | Orca | 199900905 | 1:18.65 | 1:17.03 | | | | |
| | 50m: 35.85 | 35.85 | 100m: 1:17.03 | 41.18 | | | | | | |
| 10. | Kevin van Dijk | | Deltasteur | 200101089 | 1:15.92 | 1:17.24 | +0,95 | | | |
| | 50m: 36.41 | 36.41 | 100m: 1:17.24 | 40.83 | | | | | | |
| 11. | Mark Boertien | | Dedemsvaart-AC | 199903219 | 1:18.38 | 1:17.40 | +0,78 | | | |
| | 50m: 35.94 | 35.94 | 100m: 1:17.40 | 41.46 | | | | | | |
| 12. | Ivo Kroes | | ZPCA Eemsrobben (SG) | 200300079 | 1:20.63 | 1:18.25 | +0,72 | | | |
| | 50m: 36.84 | 36.84 | 100m: 1:18.25 | 41.41 | | | | | | |
| 13. | Matthijs Poppe | | Z&PV de Veene | 200201091 | 1:21.90 | 1:20.67 | +0,76 | | | |
| | 50m: 37.98 | 37.98 | 100m: 1:20.67 | 42.69 | | | | | | |
| 14. | Mike Fuhler | | ZC Borger | 200201983 | 1:22.98 | 1:21.36 | +0,76 | | | |
| | 50m: 38.74 | 38.74 | 100m: 1:21.36 | 42.62 | | | | | | |
| 15. | Björn Kokkelkoren | | ZPC Hoogeveen | 200200757 | 1:23.37 | 1:21.84 | +0,83 | | | |
| | 50m: 38.13 | 38.13 | 100m: 1:21.84 | 43.71 | | | | | | |
| 16. | Chiel Kootstra | | Dedemsvaart-AC | 200301463 | 1:27.53 | 1:24.39 | +0,98 | | | |
| | 50m: 39.96 | 39.96 | 100m: 1:24.39 | 44.43 | | | | | | |
| 17. | Ruben Harbers | | Z&PV de Veene | 200103351 | 1:26.61 | 1:28.18 | +0,90 | | | |
| | 50m: 41.72 | 41.72 | 100m: 1:28.18 | 46.46 | | | | | | |
| 18. | Borek Buursma | | HZ&PC Heerenveen | 200200747 | 1:27.69 | 1:28.42 | | | | |
| | 50m: 41.73 | 41.73 | 100m: 1:28.42 | 46.69 | | | | | | |
| 19. | Mees Niemeijer | | DZ&PC | 200201275 | 1:33.03 | 1:28.70 | +0,73 | | | |
| | 50m: 42.15 | 42.15 | 100m: 1:28.70 | 46.55 | | | | | | |
| 20. | Bart Harbers | | Z&PV de Veene | 200303069 | 1:32.57 | 1:34.02 | +0,77 | | | |
| | 50m: 44.94 | 44.94 | 100m: 1:34.02 | 49.08 | | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 5, Heren, 100m schoolslag, 2004 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|---|-------|---------------|-------|-----------|---------|----------------|-------|--------|
| 21. | Tiemen Jonkman | | DZ&PC | | 200301193 | 1:44.49 | 1:35.13 | +0,82 | |
| | 50m: | 44.05 | 44.05 | 100m: | 1:35.13 | 51.08 | | | |
| DIS | Thomas Kappe | | ZPC Hoogeveen | | 199805141 | 1:07.62 | | | |
| | <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | | | |

Programmanr. 6
8-10-2016

Dames, 100m schoolslag

2005 en eerder
Resultaten

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|--------------------|-------|----------------------|-------|-----------|---------|----------------|-------|--------|
| 1. | Hinke Groos | | DZ&PC | | 199901768 | 1:16.12 | 1:15.68 | +0,76 | |
| | 50m: | 35.87 | 35.87 | 100m: | 1:15.68 | 39.81 | | | |
| 2. | Lonneke Graansma | | TriVia | | 199900936 | 1:16.01 | 1:16.12 | +0,80 | |
| | 50m: | 35.89 | 35.89 | 100m: | 1:16.12 | 40.23 | | | |
| 3. | Mirthe Schenkel | | ZPC Hoogeveen | | 200300666 | 1:19.05 | 1:16.78 | +0,92 | |
| | 50m: | 36.13 | 36.13 | 100m: | 1:16.78 | 40.65 | | | |
| 4. | Amber Koning | | ZPCA Eemsrobben (SG) | | 200202842 | 1:18.94 | 1:17.56 | +0,99 | |
| | 50m: | 36.66 | 36.66 | 100m: | 1:17.56 | 40.90 | | | |
| 5. | Kirsten Bies | | Dedemsvaart-AC | | 199800516 | 1:17.66 | 1:18.36 | +0,75 | |
| | 50m: | 36.36 | 36.36 | 100m: | 1:18.36 | 42.00 | | | |
| 6. | Anouk van der Kruk | | MSV- Zeemacht | | 199903778 | 1:18.02 | 1:18.39 | +0,73 | |
| | * | | | | | | | | |
| | 50m: | 36.07 | 36.07 | 100m: | 1:18.39 | 42.32 | | | |
| 7. | Chaira Brinks | | De Kikker | | 200005556 | 1:16.85 | 1:18.69 | | |
| | 50m: | 36.35 | 36.35 | 100m: | 1:18.69 | 42.34 | | | |
| 8. | Lindy Elkerbout | | Z&PV de Veene | | 200000604 | 1:17.48 | 1:18.74 | +0,88 | |
| | 50m: | 38.06 | 38.06 | 100m: | 1:18.74 | 40.68 | | | |
| 9. | Marieke Wildeboer | | TriVia | | 200100016 | 1:17.66 | 1:19.05 | +0,88 | |
| | 50m: | 36.78 | 36.78 | 100m: | 1:19.05 | 42.27 | | | |
| 10. | Anouk Dijkstra | | ZPCA Eemsrobben (SG) | | 199704378 | 1:18.03 | 1:19.40 | +0,90 | |
| | 50m: | 37.35 | 37.35 | 100m: | 1:19.40 | 42.05 | | | |
| 11. | Leonie van Wier | | HZ&PC Heerenveen | | 200200436 | 1:28.95 | 1:21.96 | +0,78 | |
| | 50m: | 38.44 | 38.44 | 100m: | 1:21.96 | 43.52 | | | |
| 12. | Emma Sies | | TriVia | | 200300732 | 1:23.38 | 1:23.24 | +0,82 | |
| | * | | | | | | | | |
| | 50m: | 39.30 | 39.30 | 100m: | 1:23.24 | 43.94 | | | |
| 13. | Alessia Sluis | | Dedemsvaart-AC | | 200300896 | 1:28.10 | 1:23.55 | +0,76 | |
| | 50m: | 39.36 | 39.36 | 100m: | 1:23.55 | 44.19 | | | |
| 14. | Tinka Kingma | | SG FZC54-De Vikings | | 200103176 | 1:23.83 | 1:24.12 | +0,73 | |
| | 50m: | 40.60 | 40.60 | 100m: | 1:24.12 | 43.52 | | | |
| 15. | Iris Nieuwhof | | TriVia | | 200401944 | 1:29.66 | 1:26.16 | +0,75 | |
| | 50m: | 41.16 | 41.16 | 100m: | 1:26.16 | 45.00 | | | |
| 16. | Esmee van Peer | | TriVia | | 200201114 | 1:28.85 | 1:26.45 | | |
| | 50m: | 40.26 | 40.26 | 100m: | 1:26.45 | 46.19 | | | |

Limietwedstrijd korte baan
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Programmanr. 6, Dames, 100m schoolslag, 2005 en eerder

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|------|------------------------|-------|----------------------|-----------|---------|----------------|-------|--------|
| 17. | Tessa Sportel | | Dedemsvaart-AC | 200401644 | 1:32.20 | 1:26.81 | +0,75 | |
| | 50m: | 40.68 | 40.68 | 100m: | 1:26.81 | 46.13 | | |
| 18. | Yvonne Kuipers | | Zeno | 200303078 | 1:29.98 | 1:27.07 | +1,00 | |
| | 50m: | 41.64 | 41.64 | 100m: | 1:27.07 | 45.43 | | |
| 19. | Marijine van der Veen | | Orca | 200300960 | 1:28.77 | 1:27.61 | +0,90 | |
| | 50m: | 40.50 | 40.50 | 100m: | 1:27.61 | 47.11 | | |
| 20. | Brenda Beijering | | ZC Borger | 200300352 | 1:31.01 | 1:28.08 | +0,88 | |
| | 50m: | 41.34 | 41.34 | 100m: | 1:28.08 | 46.74 | | |
| 21. | Miron Schimmelpenning | | ZPC Hoogeveen | 200500426 | 1:30.71 | 1:28.10 | +0,80 | |
| | 50m: | 41.68 | 41.68 | 100m: | 1:28.10 | 46.42 | | |
| 22. | Marthe Lubberts | | HZ&PC Heerenveen | 200000846 | 1:27.49 | 1:28.15 | +0,81 | |
| | 50m: | 40.29 | 40.29 | 100m: | 1:28.15 | 47.86 | | |
| 23. | Kyomi Groenhart | | DZ&PC | 200400628 | 1:32.03 | 1:28.66 | | |
| | 50m: | 41.71 | 41.71 | 100m: | 1:28.66 | 46.95 | | |
| 24. | Naomi Broekman | | De Spatters | 200100020 | 1:23.93 | 1:29.90 | +0,80 | |
| | 50m: | 41.73 | 41.73 | 100m: | 1:29.90 | 48.17 | | |
| 25. | Lilian Ottens | | ZPCA Eemsrobben (SG) | 199602552 | 1:25.18 | 1:30.37 | +0,86 | |
| | 50m: | 42.16 | 42.16 | 100m: | 1:30.37 | 48.21 | | |
| 26. | Iris Zandvoort | | Z&PV de Veene | 200202274 | 1:32.05 | 1:31.16 | +0,81 | |
| | 50m: | 44.35 | 44.35 | 100m: | 1:31.16 | 46.81 | | |
| 27. | Iris Eisenga | | TriVia | 200401254 | 1:31.93 | 1:31.81 | +0,92 | |
| | 50m: | 42.96 | 42.96 | 100m: | 1:31.81 | 48.85 | | |
| 28. | Carmen Erenstein | | Dedemsvaart-AC | 200101036 | 1:33.31 | 1:32.75 | +1,03 | |
| | 50m: | 43.46 | 43.46 | 100m: | 1:32.75 | 49.29 | | |
| 29. | Manon Tiggelaar | | ZPC Hoogeveen | 200400394 | 1:32.64 | 1:33.32 | +0,93 | |
| | 50m: | 44.62 | 44.62 | 100m: | 1:33.32 | 48.70 | | |
| 30. | Danique Afink | | Z&PV de Veene | 200201584 | 1:35.74 | 1:34.08 | +0,87 | |
| | 50m: | 43.08 | 43.08 | 100m: | 1:34.08 | 51.00 | | |
| 31. | Laura Eisenga | | TriVia | 200201854 | 1:31.89 | 1:34.89 | +0,90 | |
| | 50m: | 43.47 | 43.47 | 100m: | 1:34.89 | 51.42 | | |
| 32. | Amber Boomsma | | HZ&PC Heerenveen | 200401416 | 1:37.72 | 1:35.32 | +0,80 | |
| | 50m: | 44.32 | 44.32 | 100m: | 1:35.32 | 51.00 | | |
| 33. | Pip Eggerding | | Dedemsvaart-AC | 200302394 | 1:36.86 | 1:36.21 | | |
| | 50m: | 45.47 | 45.47 | 100m: | 1:36.21 | 50.74 | | |
| 34. | Marrit Tiekstra | | Orca | 200301796 | 1:36.03 | 1:37.08 | +0,79 | |
| | 50m: | 45.31 | 45.31 | 100m: | 1:37.08 | 51.77 | | |
| 35. | Carmen van Klaarbergen | | DZ&PC | 200500562 | 1:36.93 | 1:38.47 | +0,77 | |
| | 50m: | 45.75 | 45.75 | 100m: | 1:38.47 | 52.72 | | |
| 36. | Lise Kleinbekman | | ReVeLie Swim Team | 200502870 | 1:42.76 | 1:38.79 | +0,83 | |
| | * | | | | | | | |
| | 50m: | 45.19 | 45.19 | 100m: | 1:38.79 | 53.60 | | |
| 37. | Leonie van Hattum | | DZ&PC | 200205922 | NT | 1:41.12 | +0,71 | |
| | 50m: | 47.26 | 47.26 | 100m: | 1:41.12 | 53.86 | | |

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Programmanr. 6, Dames, 100m schoolslag, 2005 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|-------|----------------------|----------------|---------------|-----------|--|---------|----------------|----|--------|
| 38. | Larissa Redjosentono | De Kikker | | 200403210 | | 1:55.06 | 1:44.34 | | |
| | 50m: 48.60 | 48.60 | 100m: 1:44.34 | 55.74 | | | | | |
| AFGEM | Ellen Altena | TriVia | | 200300266 | | 1:23.18 | | | |
| NG | Chantal Odink | Dedemsvaart-AC | | 200304574 | | 1:35.35 | | | |

Programmanr. 7
8-10-2016

Heren, 100m vlinderslag

2004 en eerder
Resultaten

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|-------------------------|------------------|---------------|-----------|--|---------|----------------|-------|--------|
| 1. | Erik Nijholt | DZ&PC | | 199401349 | | 57.76 | 58.50 | +0,79 | |
| | 50m: 27.37 | 27.37 | 100m: 58.50 | 31.13 | | | | | |
| 2. | Richard Kuipers | Orca | | 199704171 | | 59.48 | 59.45 | +0,82 | |
| | 50m: 27.76 | 27.76 | 100m: 59.45 | 31.69 | | | | | |
| 3. | Matthijs van Meerendonk | TriVia | | 199900375 | | 59.93 | 1:00.30 | +0,75 | |
| | 50m: 28.13 | 28.13 | 100m: 1:00.30 | 32.17 | | | | | |
| 4. | Ingmar Hartman | De Kikker | | 199801013 | | 1:00.29 | 1:00.46 | +0,82 | |
| | 50m: 27.42 | 27.42 | 100m: 1:00.46 | 33.04 | | | | | |
| 5. | Derk Jan Speelman | De Spatters | | 199602425 | | 1:02.04 | 1:00.88 | +0,68 | |
| | 50m: 28.03 | 28.03 | 100m: 1:00.88 | 32.85 | | | | | |
| 6. | Rowan Keen | ZC Borger | | 199500727 | | 1:02.49 | 1:00.91 | +0,80 | |
| | 50m: 28.95 | 28.95 | 100m: 1:00.91 | 31.96 | | | | | |
| 7. | Jari Hofsink | Deltasteur | | 199700535 | | 59.81 | 1:01.71 | | |
| | 50m: 28.27 | 28.27 | 100m: 1:01.71 | 33.44 | | | | | |
| 8. | Jordi de Nijs | MSV- Zeemacht | | 199801851 | | 1:00.03 | 1:01.86 | +0,75 | |
| | 50m: 28.34 | 28.34 | 100m: 1:01.86 | 33.52 | | | | | |
| 9. | Karel Lubberts | HZ&PC Heerenveen | | 199805419 | | 1:04.18 | 1:02.86 | +0,76 | |
| | 50m: 28.97 | 28.97 | 100m: 1:02.86 | 33.89 | | | | | |
| 10. | Maik Huser | ZPC Hoogeveen | | 199900265 | | 1:08.40 | 1:05.08 | +0,86 | |
| | 50m: 30.11 | 30.11 | 100m: 1:05.08 | 34.97 | | | | | |
| 11. | Leon van den Hof | Dedemsvaart-AC | | 200203269 | | 1:08.16 | 1:06.16 | +0,76 | |
| | 50m: 30.57 | 30.57 | 100m: 1:06.16 | 35.59 | | | | | |
| 12. | Coen de Lang | ZPC Hoogeveen | | 200100067 | | 1:07.69 | 1:06.40 | | |
| | 50m: 31.66 | 31.66 | 100m: 1:06.40 | 34.74 | | | | | |
| 13. | Gerard Ijspeert | TriVia | | 200100051 | | 1:06.77 | 1:07.93 | +0,77 | |
| | 50m: 30.89 | 30.89 | 100m: 1:07.93 | 37.04 | | | | | |
| 14. | Owen Peeks | ZPC Hoogeveen | | 200100765 | | 1:10.76 | 1:08.78 | +0,88 | |
| | 50m: 31.53 | 31.53 | 100m: 1:08.78 | 37.25 | | | | | |
| 15. | Tycho Atanasov | De Kikker | | 200201133 | | 1:11.08 | 1:09.12 | +0,76 | |
| | 50m: 31.13 | 31.13 | 100m: 1:09.12 | 37.99 | | | | | |
| 16. | Jelmer Lesscher | Z&PV de Veene | | 200100791 | | 1:12.40 | 1:10.98 | +0,76 | |
| | 50m: 32.63 | 32.63 | 100m: 1:10.98 | 38.35 | | | | | |

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Programmanr. 7, Heren, 100m vlinderslag, 2004 en eerder

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|-------|-------------------|-------|----------------------|-----------|---------|----------------|--------|
| 17. | Jurre Broekstra | | SG FZC54-De Vikings | 200201483 | 1:13.66 | 1:11.21 | |
| | 50m: 33.20 | 33.20 | 100m: 1:11.21 | 38.01 | | | |
| 18. | Jurek Frik | | ZPCA Eemsrobben (SG) | 200203335 | 1:15.51 | 1:12.24 | +0,83 |
| | 50m: 34.30 | 34.30 | 100m: 1:12.24 | 37.94 | | | |
| 19. | Otmar Lesscher | | Z&PV de Veene | 200100795 | 1:08.83 | 1:12.40 | +0,88 |
| | 50m: 31.71 | 31.71 | 100m: 1:12.40 | 40.69 | | | |
| 20. | Andy Oort | | De Spatters | 199900471 | 1:12.92 | 1:13.13 | +0,82 |
| | 50m: 33.07 | 33.07 | 100m: 1:13.13 | 40.06 | | | |
| 21. | Jaime Fais | | TriVia | 200400291 | 1:19.66 | 1:18.11 | +0,80 |
| | 50m: 35.87 | 35.87 | 100m: 1:18.11 | 42.24 | | | |
| 22. | Quinten Stuut | | ZPCA Eemsrobben (SG) | 200203239 | 1:24.41 | 1:20.85 | +0,53 |
| | 50m: 37.13 | 37.13 | 100m: 1:20.85 | 43.72 | | | |
| 23. | Meindert Dekkinga | | HZ&PC Heerenveen | 200400377 | 1:33.19 | 1:31.22 | +0,79 |
| | 50m: 39.97 | 39.97 | 100m: 1:31.22 | 51.25 | | | |
| AFGEM | Daniël Bots | | De Kikker | 200202051 | 1:16.57 | | |

Programmanr. 8
8-10-2016

Dames, 100m vlinderslag

2005 en eerder
Resultaten

| Rang | | | | In.tijd | Tijd | RT | Klasse | |
|------|-----------------------|-------|---------------------|-----------|---------|----------------|--------|-----|
| 1. | Karin Rijkelijkhuisen | | DZ&PC | 199403358 | 1:06.98 | 1:05.19 | +0,83 | |
| | 50m: 30.53 | 30.53 | 100m: 1:05.19 | 34.66 | | | | |
| 2. | Janneke Weiland | | Orca | 200100128 | 1:09.31 | 1:08.13 | +0,75 | |
| | 50m: 31.87 | 31.87 | 100m: 1:08.13 | 36.26 | | | | |
| 3. | Renée Vanderheyden | | ReVeLie Swim Team | 199903130 | 1:07.90 | 1:10.31 | +0,92 | |
| | 50m: 33.70 | 33.70 | 100m: 1:10.31 | 36.61 | | | | |
| 4. | Froukje Osinga | | Orca | 200003090 | 1:12.16 | 1:11.85 | +0,81 | |
| | 50m: 33.60 | 33.60 | 100m: 1:11.85 | 38.25 | | | | |
| 5. | Ilona Venema | | ReVeLie Swim Team | 200200050 | 1:10.86 | 1:12.38 | +0,83 | S10 |
| | 50m: 33.57 | 33.57 | 100m: 1:12.38 | 38.81 | | | | |
| 6. | Maud Kuipers | | Dedemsvaart-AC | 200201894 | 1:09.45 | 1:12.39 | +0,83 | |
| | 50m: 33.26 | 33.26 | 100m: 1:12.39 | 39.13 | | | | |
| 7. | Lianne van Wier | | HZ&PC Heerenveen | 200200438 | 1:14.18 | 1:13.61 | +0,81 | |
| | 50m: 33.03 | 33.03 | 100m: 1:13.61 | 40.58 | | | | |
| 8. | Nynke Zandstra | | DZ&PC | 200202044 | 1:18.54 | 1:13.98 | +0,86 | |
| | 50m: 33.42 | 33.42 | 100m: 1:13.98 | 40.56 | | | | |
| 9. | Rixt-Nynke Baron | | SG FZC54-De Vikings | 199601896 | 1:12.65 | 1:14.54 | +0,86 | |
| | 50m: 33.54 | 33.54 | 100m: 1:14.54 | 41.00 | | | | |
| 10. | Mariëlle Dolfijn | | TriVia | 200201640 | 1:11.87 | 1:14.89 | +0,92 | |
| | 50m: 33.47 | 33.47 | 100m: 1:14.89 | 41.42 | | | | |
| 11. | Kayleigh Westenberg | | Z&PV de Veene | 200004064 | 1:13.73 | 1:15.55 | | |
| | 50m: 34.64 | 34.64 | 100m: 1:15.55 | 40.91 | | | | |

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Programmanr. 8, Dames, 100m vlinderslag, 2005 en eerder

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|-------|--------------------|----------------------|-----------|---------|----------------|-------|--------|
| 12. | Olena Dijkstra | TriVia | 200202624 | 1:18.43 | 1:15.95 | +0,92 | |
| | 50m: 35.16 35.16 | 100m: 1:15.95 40.79 | | | | | |
| 13. | Masha Polushkina | ReVeLie Swim Team | 200203064 | 1:17.39 | 1:16.15 | +0,85 | |
| | 50m: 35.08 35.08 | 100m: 1:16.15 41.07 | | | | | |
| 14. | Kyra Montijn | Dedemsvaart-AC | 200101270 | 1:19.04 | 1:18.18 | +0,89 | |
| | 50m: 33.38 33.38 | 100m: 1:18.18 44.80 | | | | | |
| 15. | Anneke vd Laan | Orca | 200201154 | 1:19.87 | 1:19.82 | | |
| | 50m: 34.95 34.95 | 100m: 1:19.82 44.87 | | | | | |
| 16. | Rosalie Baarda | Orca | 199903460 | 1:19.86 | 1:20.69 | +0,82 | |
| | 50m: 36.49 36.49 | 100m: 1:20.69 44.20 | | | | | |
| 17. | Rosa Ebbinge | DZ&PC | 200200904 | 1:23.49 | 1:21.85 | +0,79 | |
| | 50m: 37.77 37.77 | 100m: 1:21.85 44.08 | | | | | |
| 18. | Emma Hofstee | TriVia | 200401282 | 1:21.59 | 1:23.11 | +0,79 | |
| | 50m: 38.04 38.04 | 100m: 1:23.11 45.07 | | | | | |
| 19. | Eline Dankelman | Dedemsvaart-AC | 200204804 | 1:20.92 | 1:23.16 | +0,76 | |
| | 50m: 36.59 36.59 | 100m: 1:23.16 46.57 | | | | | |
| 20. | Senna van der Veen | ZPC Hoogeveen | 200400072 | 1:18.62 | 1:23.32 | +0,84 | |
| | 50m: 38.13 38.13 | 100m: 1:23.32 45.19 | | | | | |
| 21. | Xoe Stuit | ZPCA Eemsrobben (SG) | 200400754 | 1:24.18 | 1:23.58 | +0,69 | |
| | 50m: 38.80 38.80 | 100m: 1:23.58 44.78 | | | | | |
| 22. | Marle Sewüster | De Kikker | 199804104 | 1:24.53 | 1:23.76 | +0,81 | |
| | 50m: 36.73 36.73 | 100m: 1:23.76 47.03 | | | | | |
| AFGEM | Kristel Hormann | TriVia | 199601084 | 1:07.02 | | | |
| AFGEM | Marit Boxum | Deltasteur | 200000068 | 1:06.14 | | | |

Programmanr. 9
8-10-2016

Heren, 50m vrije slag

2004 en eerder
Resultaten

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|------|--------------------|---------------------|-----------|---------|--------------|-------|--------|
| 1. | Thomas Kappe | ZPC Hoogeveen | 199805141 | 24.39 | 24.61 | +0,76 | |
| 2. | Rik Hofland | Vzv | 199701737 | 24.79 | 24.93 | +0,77 | |
| 3. | David Scheffer | TriVia | 199500175 | 24.53 | 24.99 | | |
| 4. | Christiaan Zwaal | MSV- Zeemacht | 199503881 | 24.37 | 25.21 | +0,66 | |
| 5. | Karel Lubberts | HZ&PC Heerenveen | 199805419 | 25.32 | 25.53 | +0,75 | |
| 6. | Stefan Kwant | Nova | 199200781 | 24.80 | 25.63 | +0,73 | |
| 7. | Remco Dijkstra | HZ&PC Heerenveen | 200100789 | 25.68 | 25.68 | +0,84 | |
| 8. | Sebastiaan Rottier | TriVia | 200000147 | 26.17 | 25.91 | | |
| 9. | Arjan Dekker | ReVeLie Swim Team | 200000499 | 26.18 | 26.21 | | |
| 10. | Getjo Gachatrijan | Orca | 200005545 | 26.02 | 26.70 | +0,65 | |
| | Darren Sieswerda | SG FZC54-De Vikings | 200001763 | 27.24 | 26.70 | | |
| 12. | Mike Müller | Deltasteur | 200102653 | 27.76 | 27.58 | | |
| 13. | Sven Harskamp | SG FZC54-De Vikings | 199605073 | 27.62 | 28.79 | | |
| | * | | | | | | |
| 14. | Borek Buursma | HZ&PC Heerenveen | 200200747 | 29.03 | 29.13 | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 9, Heren, 50m vrije slag, 2004 en eerder

| Rang | | | In.tijd | Tijd | RT | Klasse |
|-------|-----------------------|----------------------|-----------|-------|--------------|--------|
| 15. | Tenzin Tieman | Vzv | 200005549 | 29.83 | 29.28 | +0,91 |
| 16. | Robin Diekema | ZPCA Eemsrobben (SG) | 200201431 | 31.42 | 30.55 | +0,78 |
| 17. | Olivier Knuver | Dedemsvaart-AC | 200303319 | 35.18 | 33.32 | +0,97 |
| 18. | Stefan Banus | De Kikker | 200204105 | 35.16 | 33.85 | +0,82 |
| | * | | | | | |
| 19. | Rowan Turkstra | De Kikker | 200301045 | 34.03 | 33.91 | |
| NG.ZA | Ruben Harbers | Z&PV de Veene | 200103351 | 29.76 | | |
| NG.ZA | Ivo Karamoy Faulhaber | Z&PV de Veene | 200200363 | 29.27 | | |

Programmanr. 10
8-10-2016

Dames, 50m vrije slag

2005 en eerder
Resultaten

| Rang | | | In.tijd | Tijd | RT | Klasse |
|------|----------------------|----------------------|-----------|-------|--------------|--------|
| 1. | Annet van Stratum | Deltasteur | 199003640 | 26.81 | 27.14 | +0,89 |
| 2. | Anne Fleur Willemsen | ZPCA Eemsrobben (SG) | 199901396 | 27.67 | 27.23 | +0,77 |
| 3. | Arienne Kooijinga | TriVia | 200001544 | 27.47 | 27.46 | +0,80 |
| 4. | Hinke Groos | DZ&PC | 199901768 | 27.49 | 27.65 | |
| 5. | Jill Blide | ZPC Hoogeveen | 200004734 | 27.50 | 28.14 | +0,79 |
| 6. | Hilde Dekker | ReVeLie Swim Team | 199901926 | 28.35 | 28.35 | +0,84 |
| 7. | Tessa Mosch | MSV- Zeemacht | 199102172 | 28.04 | 28.53 | +0,70 |
| 8. | Daphne Rockers | De Kikker | 200001376 | 28.24 | 28.64 | +0,73 |
| 9. | Lindy Elkerbout | Z&PV de Veene | 200000604 | 28.43 | 28.74 | |
| 10. | Chaira Brinks | De Kikker | 200005556 | 27.77 | 28.83 | +0,82 |
| 11. | Maike Doornwaard | Deltasteur | 199800264 | 28.74 | 28.88 | +0,88 |
| 12. | Fleur Vialle | Nova | 200100554 | 29.20 | 28.91 | +0,77 |
| 13. | Carolien Baarda | Orca | 199704060 | 29.37 | 29.43 | +0,82 |
| 14. | Inge Dekker | TriVia | 200200476 | 29.30 | 29.52 | +0,80 |
| 15. | Maudé Lesscher | Z&PV de Veene | 200300018 | 29.67 | 29.64 | |
| 16. | Henriëke Jonkman | DZ&PC | 200000840 | 29.45 | 30.42 | +0,85 |
| 17. | Margreet Koster | ZPCA Eemsrobben (SG) | 199700330 | 29.00 | 30.47 | +0,83 |
| 18. | Marthe Lubberts | HZ&PC Heerenveen | 200000846 | 29.99 | 30.55 | +0,81 |
| | * | | | | | |
| 19. | Danique Slaper | TriVia | 200401914 | 30.39 | 30.59 | +0,74 |
| 20. | Amé Hulleman | ReVeLie Swim Team | 200202794 | 30.53 | 30.62 | +0,82 |
| 21. | Rosanne Kuilder | Z&PV de Veene | 200100074 | 30.20 | 30.86 | +0,76 |
| 22. | Desanka Stoppels | ZPCA Eemsrobben (SG) | 200101362 | 30.05 | 30.91 | +0,81 |
| 23. | Vera Vanderheyden | ReVeLie Swim Team | 200103416 | 31.21 | 31.42 | |
| 24. | Marijne van der Veen | Orca | 200300960 | 31.21 | 31.43 | +0,85 |
| | * | | | | | |
| 25. | Tinka Kingma | SG FZC54-De Vikings | 200103176 | 30.96 | 31.48 | +0,76 |
| 26. | Milou Looyé | ZPCA Eemsrobben (SG) | 200100742 | 31.51 | 31.63 | +0,79 |
| 27. | Liza Scheenstra | SG FZC54-De Vikings | 200104276 | 31.77 | 31.75 | +0,69 |
| 28. | Lotte-Lynn Sterken | De Kikker | 200301342 | 33.90 | 32.03 | +0,92 |
| 29. | Xoe Stuu | ZPCA Eemsrobben (SG) | 200400754 | 32.57 | 32.35 | +0,79 |
| 30. | Yvonne Kuipers | Zeno | 200303078 | 33.01 | 32.63 | +0,90 |
| | * | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 10, Dames, 50m vrije slag, 2005 en eerder

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|-------|------------------------|----------------------|-----------|---------|--------------|-------|--------|
| 31. | Noa Sopamena | ReVeLie Swim Team | 200202546 | 32.12 | 32.74 | +0,79 | |
| 32. | Gerda Woldendorp | SG FZC54-De Vikings | 200300418 | 31.69 | 32.91 | +0,83 | |
| 33. | Tessa Maat | Deltasteur | 200201826 | 33.16 | 33.04 | +0,91 | |
| 34. | Iris Zandvoort | Z&PV de Veene | 200202274 | 32.51 | 33.19 | +0,84 | |
| 35. | Lilian Ottens | ZPCA Eemsrobber (SG) | 199602552 | 30.84 | 33.54 | +0,89 | |
| 36. | Inge Willemsen | ZPCA Eemsrobber (SG) | 199801958 | 32.90 | 33.77 | | |
| 37. | Danique Rootinck | Zeno | 200402024 | 34.52 | 33.87 | +0,80 | |
| 38. | Charley Zethoven | HZ&PC Heerenveen | 200500868 | 34.41 | 34.05 | +0,74 | |
| 39. | Carmen van Klaarbergen | DZ&PC | 200500562 | 36.10 | 34.47 | +0,78 | |
| 40. | Erna Smit | DZ&PC | 200201908 | 34.16 | 34.60 | +0,82 | |
| 41. | Sanne Hoving | HZ&PC Heerenveen | 200003332 | 35.66 | 35.45 | | S9 |
| 42. | Larissa Redjosentono | De Kikker | 200403210 | 37.95 | 36.93 | | |
| 43. | Laura Eisenga | TriVia | 200201854 | 33.79 | 37.06 | +0,94 | |
| 44. | Lise Kleinbekman | ReVeLie Swim Team | 200502870 | 38.39 | 37.07 | +0,84 | |
| AFGEM | Naomi Hofsink | Deltasteur | 199402508 | 27.79 | | | |
| NG | Myrthe Offenga | SG FZC54-De Vikings | 199901874 | 28.54 | | | |

Programmanr. 11
8-10-2016

Heren, 200m rugslag

2004 en eerder
Resultaten

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|------|-------------------|---------------------|---------------------|---------------------|----------------|-------|----|--------|
| 1. | Darryl Lubbinge | ZPC Hoogeveen | 199701045 | 2:15.54 | 2:16.15 | +0,79 | | |
| | 50m: 32.20 32.20 | 100m: 1:06.91 34.71 | 150m: 1:41.92 35.01 | 200m: 2:16.15 34.23 | | | | |
| 2. | Dennis Wildeboer | Nova | 199800571 | 2:16.19 | 2:17.51 | +0,70 | | |
| | 50m: 32.24 32.24 | 100m: 1:06.59 34.35 | 150m: 1:41.95 35.36 | 200m: 2:17.51 35.56 | | | | |
| 3. | Jorn Lucas | Z&PV de Veene | 200000675 | 2:25.89 | 2:22.75 | +0,81 | | |
| | 50m: 33.96 33.96 | 100m: 1:10.51 36.55 | 150m: 1:46.80 36.29 | 200m: 2:22.75 35.95 | | | | |
| 4. | Wessel Everloo | Z&PV de Veene | 198906597 | 2:17.16 | 2:23.80 | +0,90 | | S14 |
| | 50m: 34.30 34.30 | 100m: 1:10.57 36.27 | 150m: 1:47.58 37.01 | 200m: 2:23.80 36.22 | | | | |
| 5. | Björn Kokkelkoren | ZPC Hoogeveen | 200200757 | 2:30.07 | 2:27.09 | +0,83 | | |
| | 50m: 35.14 35.14 | 100m: 1:12.40 37.26 | 150m: 1:50.49 38.09 | 200m: 2:27.09 36.60 | | | | |
| 6. | Jelmer Lesscher | Z&PV de Veene | 200100791 | 2:30.19 | 2:27.84 | +0,76 | | |
| | 50m: 34.79 34.79 | 100m: 1:12.61 37.82 | 150m: 1:50.83 38.22 | 200m: 2:27.84 37.01 | | | | |
| 7. | Otmar Lesscher | Z&PV de Veene | 200100795 | 2:34.39 | 2:28.66 | +0,80 | | |
| | 50m: 35.07 35.07 | 100m: 1:12.84 37.77 | 150m: 1:51.93 39.09 | 200m: 2:28.66 36.73 | | | | |
| 8. | Gerard Ijspeert | TriVia | 200100051 | 2:24.29 | 2:29.23 | +0,72 | | |
| | 50m: 33.83 33.83 | 100m: 1:11.19 37.36 | 150m: 1:50.43 39.24 | 200m: 2:29.23 38.80 | | | | |
| 9. | Diederik de Boer | Steenwijk 1934 | 200000269 | 2:35.38 | 2:30.19 | +0,73 | | |
| | 50m: 36.32 36.32 | 100m: 1:13.99 37.67 | 150m: 1:52.82 38.83 | 200m: 2:30.19 37.37 | | | | |
| 10. | Jovanny Timmer | De Spatters | 200302369 | 2:38.57 | 2:33.81 | +0,83 | | |
| | 50m: 35.42 35.42 | 100m: 1:13.78 38.36 | 150m: 1:54.43 40.65 | 200m: 2:33.81 39.38 | | | | |
| 11. | Thomas Hamstra | HZ&PC Heerenveen | 200001693 | 2:29.98 | 2:34.29 | +0,71 | | |
| | 50m: 35.62 35.62 | 100m: 1:14.07 38.45 | 150m: 1:54.10 40.03 | 200m: 2:34.29 40.19 | | | | |
| 12. | Mac Peeks | ZPC Hoogeveen | 200400153 | 2:41.50 | 2:37.09 | +0,71 | | |
| | 50m: 37.03 37.03 | 100m: 1:17.20 40.17 | 150m: 1:57.92 40.72 | 200m: 2:37.09 39.17 | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 11, Heren, 200m rugslag, 2004 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|---|---------------|---------------|---------|----------------|---------|---------------|-------|--------|
| 13. | Matthijs Poppe | Z&PV de Veene | 200201091 | 2:44.12 | 2:46.29 | +0,72 | | | |
| | 50m: 37.98 | 37.98 | 100m: 1:19.52 | 41.54 | 150m: 2:03.58 | 44.06 | 200m: 2:46.29 | 42.71 | |
| 14. | Bart Harbers | Z&PV de Veene | 200303069 | 2:53.52 | 2:49.61 | +0,75 | | | |
| | 50m: 39.75 | 39.75 | 100m: 1:23.18 | 43.43 | 150m: 2:06.43 | 43.25 | 200m: 2:49.61 | 43.18 | |
| DIS | Friso van der Meulen | TriVia | 199800617 | 2:19.25 | | | | +0,83 | |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> | | | | | | | | |

Programmanr. 12
8-10-2016

Dames, 200m rugslag

2005 en eerder
Resultaten

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|---------------------|---------------------|---------------|---------|----------------|---------|---------------|-------|--------|
| 1. | Eline van der Wal | DZ&PC | 200100930 | 2:21.42 | 2:20.14 | +0,71 | | | |
| | 50m: 33.45 | 33.45 | 100m: 1:08.71 | 35.26 | 150m: 1:44.43 | 35.72 | 200m: 2:20.14 | 35.71 | |
| 2. | Tessa van de Belt | Dedemsvaart-AC | 200102056 | 2:26.91 | 2:28.29 | +0,74 | | | |
| | 50m: 35.46 | 35.46 | 100m: 1:12.93 | 37.47 | 150m: 1:51.58 | 38.65 | 200m: 2:28.29 | 36.71 | |
| 3. | Sanne Ditzel | Aquapoldro | 199901092 | 2:26.56 | 2:28.64 | +0,72 | | | |
| | 50m: 34.24 | 34.24 | 100m: 1:11.02 | 36.78 | 150m: 1:49.56 | 38.54 | 200m: 2:28.64 | 39.08 | |
| 4. | Dionne Salomons | ZC Borger | 200200504 | 2:30.75 | 2:28.92 | +0,67 | | | |
| | 50m: 34.55 | 34.55 | 100m: 1:12.25 | 37.70 | 150m: 1:51.24 | 38.99 | 200m: 2:28.92 | 37.68 | |
| 5. | Saranda Hofstra | De Kikker | 199700526 | 2:24.34 | 2:31.21 | +0,68 | | | |
| | 50m: 33.01 | 33.01 | 100m: 1:09.52 | 36.51 | 150m: 1:47.50 | 37.98 | 200m: 2:31.21 | 43.71 | |
| 6. | Anique Coelingh | ZPC Hoogeveen | 200000638 | 2:27.33 | 2:31.79 | +0,78 | | | |
| | 50m: 34.72 | 34.72 | 100m: 1:12.51 | 37.79 | 150m: 1:52.24 | 39.73 | 200m: 2:31.79 | 39.55 | |
| 7. | Wiktorija Redzimska | ZPC Hoogeveen | 200106042 | 2:30.11 | 2:32.73 | +0,80 | | | |
| | 50m: 35.66 | 35.66 | 100m: 1:15.01 | 39.35 | 150m: 1:54.36 | 39.35 | 200m: 2:32.73 | 38.37 | |
| 8. | Lauri Lesscher | Z&PV de Veene | 199900318 | 2:32.91 | 2:33.94 | +0,70 | | | |
| | 50m: 35.34 | 35.34 | 100m: 1:13.94 | 38.60 | 150m: 1:54.01 | 40.07 | 200m: 2:33.94 | 39.93 | |
| 9. | Ylsa Dijkstra | DZ&PC | 200200728 | 2:32.89 | 2:35.58 | +0,73 | | | |
| | 50m: 36.73 | 36.73 | 100m: 1:16.73 | 40.00 | 150m: 1:56.40 | 39.67 | 200m: 2:35.58 | 39.18 | |
| 10. | Laura van der Velde | SG FZC54-De Vikings | 200300630 | 2:35.61 | 2:36.17 | +0,71 | | | |
| | 50m: 36.61 | 36.61 | 100m: 1:16.22 | 39.61 | 150m: 1:56.53 | 40.31 | 200m: 2:36.17 | 39.64 | |
| 11. | Sanne Berg | Dedemsvaart-AC | 200004194 | 2:36.95 | 2:36.27 | +0,88 | | | |
| | 50m: 35.96 | 35.96 | 100m: 1:14.68 | 38.72 | 150m: 1:55.23 | 40.55 | 200m: 2:36.27 | 41.04 | |
| 12. | Charlotte Wilbers | ZPC Hoogeveen | 200400312 | 2:40.85 | 2:39.47 | +0,69 | | | |
| | 50m: 37.19 | 37.19 | 100m: 1:17.76 | 40.57 | 150m: 1:58.97 | 41.21 | 200m: 2:39.47 | 40.50 | |
| 13. | Manon Tiggelaar | ZPC Hoogeveen | 200400394 | 2:40.47 | 2:41.09 | +0,87 | | | |
| | 50m: 38.52 | 38.52 | 100m: 1:20.23 | 41.71 | 150m: 2:01.95 | 41.72 | 200m: 2:41.09 | 39.14 | |
| 14. | Senna van der Veen | ZPC Hoogeveen | 200400072 | 2:35.55 | 2:42.21 | +0,94 | | | |
| | 50m: 38.19 | 38.19 | 100m: 1:19.96 | 41.77 | 150m: 2:01.85 | 41.89 | 200m: 2:42.21 | 40.36 | |
| 15. | Janna van Kooten | TriVia | 200404584 | 2:48.50 | 2:45.17 | +0,99 | | | |
| | 50m: 39.50 | 39.50 | 100m: 1:21.08 | 41.58 | 150m: 2:03.70 | 42.62 | 200m: 2:45.17 | 41.47 | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 12, Dames, 200m rugslag, 2005 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|-------|---|------------------|---------------|---------|----------------|---------|---------------|-------|--------|
| 16. | Danique Afink | Z&PV de Veene | 200201584 | 2:47.61 | 2:46.37 | +0,82 | | | |
| | 50m: 38.61 | 38.61 | 100m: 1:22.28 | 43.67 | 150m: 2:05.45 | 43.17 | 200m: 2:46.37 | 40.92 | |
| 17. | Veerle Nieborg | TriVia | 200400428 | NT | 2:49.87 | +0,71 | | | |
| | 50m: 40.42 | 40.42 | 100m: 1:23.06 | 42.64 | 150m: 2:07.08 | 44.02 | 200m: 2:49.87 | 42.79 | |
| 18. | Joëlle van der Veen | Dedemsvaart-AC | 200201176 | 2:53.00 | 2:49.96 | +0,91 | | | |
| | 50m: 39.85 | 39.85 | 100m: 1:22.66 | 42.81 | 150m: 2:06.79 | 44.13 | 200m: 2:49.96 | 43.17 | |
| 19. | Charley Zethoven | HZ&PC Heerenveen | 200500868 | 3:22.56 | 2:56.90 | +0,73 | | | |
| | 50m: 41.64 | 41.64 | 100m: 1:27.35 | 45.71 | 150m: 2:13.54 | 46.19 | 200m: 2:56.90 | 43.36 | |
| 20. | Myrthe Idema | TriVia | 200303240 | 2:56.64 | 2:58.62 | | | | |
| | 50m: 41.98 | 41.98 | 100m: 1:26.82 | 44.84 | 150m: 2:13.24 | 46.42 | 200m: 2:58.62 | 45.38 | |
| 21. | Anna van Eeken | HZ&PC Heerenveen | 200401414 | 3:16.48 | 3:08.65 | +0,80 | | | |
| | 50m: 42.83 | 42.83 | 100m: 1:29.39 | 46.56 | 150m: 2:16.91 | 47.52 | 200m: 3:08.65 | 51.74 | |
| DIS | Marinda Top | Zeno | 200300460 | 2:45.28 | | +0,87 | | | |
| | <i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i> | | | | | | | | |
| AFGEM | Ellen Altena | TriVia | 200300266 | 2:39.89 | | | | | |

Programmanr. 13
8-10-2016

Heren, 200m schoolslag

2004 en eerder
Resultaten

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------|----------------------|---------------|---------|----------------|---------|---------------|-------|--------|
| 1. | Koen Lems | ZPC Hoogeveen | 199603709 | 2:13.86 | 2:17.24 | +0,82 | | | |
| | 50m: 30.19 | 30.19 | 100m: 1:04.48 | 34.29 | 150m: 1:40.16 | 35.68 | 200m: 2:17.24 | 37.08 | |
| 2. | Bryan Chen | De Kikker | 199803201 | 2:28.59 | 2:29.43 | +0,74 | | | |
| | 50m: 33.06 | 33.06 | 100m: 1:11.69 | 38.63 | 150m: 1:50.88 | 39.19 | 200m: 2:29.43 | 38.55 | |
| 3. | Noa Burgstra | TriVia | 200300557 | 2:50.45 | 2:48.18 | +0,77 | | | |
| | 50m: 38.20 | 38.20 | 100m: 1:21.06 | 42.86 | 150m: 2:05.11 | 44.05 | 200m: 2:48.18 | 43.07 | |
| 4. | Rico Vroom | TriVia | 199802363 | 2:45.47 | 2:48.68 | | | | |
| | 50m: 37.04 | 37.04 | 100m: 1:20.17 | 43.13 | 150m: 2:04.64 | 44.47 | 200m: 2:48.68 | 44.04 | |
| 5. | Ivo Kroes | ZPCA Eemsrobben (SG) | 200300079 | 2:53.11 | 2:48.98 | +0,78 | | | |
| | 50m: 38.25 | 38.25 | 100m: 1:22.30 | 44.05 | 150m: 2:06.26 | 43.96 | 200m: 2:48.98 | 42.72 | |
| 6. | Kylian Heederik | Deltasteur | 200300353 | 2:48.54 | 2:49.43 | +0,85 | | | |
| | 50m: 37.57 | 37.57 | 100m: 1:19.72 | 42.15 | 150m: 2:04.00 | 44.28 | 200m: 2:49.43 | 45.43 | |
| 7. | Mike Fuhler | ZC Borger | 200201983 | 2:59.98 | 2:56.54 | +0,87 | | | |
| | 50m: 39.37 | 39.37 | 100m: 1:23.66 | 44.29 | 150m: 2:10.36 | 46.70 | 200m: 2:56.54 | 46.18 | |
| 8. | Robin Diekema | ZPCA Eemsrobben (SG) | 200201431 | 2:58.69 | 2:57.75 | +0,68 | | | |
| | 50m: 39.46 | 39.46 | 100m: 1:24.57 | 45.11 | 150m: 2:11.49 | 46.92 | 200m: 2:57.75 | 46.26 | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 14
8-10-2016

Dames, 200m schoolslag

2005 en eerder
Resultaten

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|-------------------------|---------------------|---------------------|---------------------|----------------|---------|------|----|--------|
| 1. | Karin Rijkelijhuizen | DZ&PC | 199403358 | 2:38.17 | 2:38.38 | +0,84 | | | |
| | 50m: 35.76 35.76 | 100m: 1:16.11 40.35 | 150m: 1:57.29 41.18 | 200m: 2:38.38 41.09 | | | | | |
| 2. | Mirthe Schenkel | ZPC Hoogeveen | 200300666 | 2:51.28 | 2:46.57 | | | | |
| | 50m: 38.14 38.14 | 100m: 1:21.79 43.65 | 150m: 2:04.79 43.00 | 200m: 2:46.57 41.78 | | | | | |
| 3. | Simone Krans | ZPC Hoogeveen | 199900756 | 2:46.67 | 2:48.29 | +0,81 | | | |
| | 50m: 37.55 37.55 | 100m: 1:20.04 42.49 | 150m: 2:04.14 44.10 | 200m: 2:48.29 44.15 | | | | | |
| 4. | Myrthe Natzijl * | De Kikker | 200400076 | 2:51.91 | 2:57.28 | +0,77 | | | |
| | 50m: 40.72 40.72 | 100m: 1:26.73 46.01 | 150m: 2:12.96 46.23 | 200m: 2:57.28 44.32 | | | | | |
| 5. | Veerle Nieborg | TriVia | 200400428 | 2:59.46 | 2:58.64 | +0,97 | | | |
| | 50m: 41.84 41.84 | 100m: 1:27.87 46.03 | 150m: 2:13.69 45.82 | 200m: 2:58.64 44.95 | | | | | |
| 6. | Anneke vd Laan | Orca | 200201154 | 3:00.26 | 3:01.33 | +0,80 | | | |
| | 50m: 41.83 41.83 | 100m: 1:28.49 46.66 | 150m: 2:15.70 47.21 | 200m: 3:01.33 45.63 | | | | | |
| 7. | Emma Sies | TriVia | 200300732 | 2:57.10 | 3:01.90 | +0,78 | | | |
| | 50m: 40.15 40.15 | 100m: 1:26.10 45.95 | 150m: 2:14.03 47.93 | 200m: 3:01.90 47.87 | | | | | |
| 8. | Esmee van Peer | TriVia | 200201114 | 3:11.61 | 3:07.67 | +0,78 | | | |
| | 50m: 41.87 41.87 | 100m: 1:30.28 48.41 | 150m: 2:19.03 48.75 | 200m: 3:07.67 48.64 | | | | | |
| 9. | Naomi Broekman | De Spatters | 200100020 | 3:01.35 | 3:09.04 | +0,79 | | | |
| | 50m: 43.08 43.08 | 100m: 1:32.03 48.95 | 150m: 2:20.69 48.66 | 200m: 3:09.04 48.35 | | | | | |
| 10. | Miron Schimmelpenning | ZPC Hoogeveen | 200500426 | 3:14.56 | 3:09.53 | +0,88 | | | |
| | 50m: 43.38 43.38 | 100m: 1:31.64 48.26 | 150m: 2:21.23 49.59 | 200m: 3:09.53 48.30 | | | | | |
| 11. | Iris Nieuwhof | TriVia | 200401944 | 3:20.74 | 3:14.08 | +0,80 | | | |
| | 50m: 44.07 44.07 | 100m: 1:34.26 50.19 | 150m: 2:24.81 50.55 | 200m: 3:14.08 49.27 | | | | | |
| 12. | Lotte-Lynn Sterken * | De Kikker | 200301342 | 3:20.27 | 3:14.84 | | | | |
| | 50m: 44.54 44.54 | 100m: 1:32.48 47.94 | 150m: 2:24.54 52.06 | 200m: 3:14.84 50.30 | | | | | |
| 13. | Tove Beltman | Orca | 200301618 | 3:24.40 | 3:18.44 | +0,77 | | | |
| | 50m: 44.33 44.33 | 100m: 1:34.53 50.20 | 150m: 2:26.48 51.95 | 200m: 3:18.44 51.96 | | | | | |
| 14. | Iris Eisenga | TriVia | 200401254 | 3:14.60 | 3:19.03 | | | | |
| | 50m: 43.59 43.59 | 100m: 1:35.28 51.69 | 150m: 2:28.69 53.41 | 200m: 3:19.03 50.34 | | | | | |
| 15. | Danique Rootinck | Zeno | 200402024 | 3:21.38 | 3:21.40 | +0,86 | | | |
| | 50m: 46.17 46.17 | 100m: 1:37.83 51.66 | 150m: 2:30.79 52.96 | 200m: 3:21.40 50.61 | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 15
8-10-2016

Heren, 50m vlinderslag

2004 en eerder
Resultaten

| Rang | | | In.tijd | Tijd | RT | Klasse |
|-------|----------------------|----------------------|-----------|-------|--------------|--------|
| 1. | Richard Kuipers | Orca | 199704171 | 26.80 | 27.00 | +0,71 |
| 2. | Karel Lubberts | HZ&PC Heerenveen | 199805419 | 27.56 | 27.99 | +0,77 |
| 3. | Getjo Gachatrijan | Orca | 200005545 | 27.57 | 28.46 | |
| 4. | Mike Müller | Deltasteur | 200102653 | 29.10 | 29.17 | +0,75 |
| 5. | Marc de Vries | HZ&PC Heerenveen | 199500381 | 28.33 | 29.28 | +0,74 |
| 6. | Sebastiaan Rottier | TriVia | 200000147 | 29.79 | 29.37 | +0,80 |
| 7. | Kylian Kooyman | Steenwijk 1934 | 199900763 | 29.43 | 29.90 | +0,86 |
| 8. | Mark Boertien | Dedemsvaart-AC | 199903219 | 33.04 | 32.65 | +0,82 |
| 9. | Jurek Frik | ZPCA Eemsrobben (SG) | 200203335 | 33.16 | 33.27 | +0,87 |
| 10. | Mees Niemeijer | DZ&PC | 200201275 | 36.56 | 37.33 | |
| 11. | Sem Wellenberg | Dedemsvaart-AC | 200301301 | 40.11 | 40.61 | +1,02 |
| 12. | Rowan Turkstra | De Kikker | 200301045 | 43.24 | 44.18 | +0,86 |
| AFGEM | Harmen van der Ploeg | ZPCA Eemsrobben (SG) | 200203695 | 35.12 | | |

Programmanr. 16
8-10-2016

Dames, 50m vlinderslag

2005 en eerder
Resultaten

| Rang | | | In.tijd | Tijd | RT | Klasse |
|-------|----------------------|----------------------|-----------|-------|--------------|--------|
| 1. | Myrna van Duijven | DZ&PC | 199900252 | 29.38 | 30.04 | +0,74 |
| 2. | Anne Fleur Willemsen | ZPCA Eemsrobben (SG) | 199901396 | 30.18 | 30.18 | |
| 3. | Janneke Weiland | Orca | 200100128 | 30.79 | 30.81 | +0,76 |
| 4. | Renée Vanderheyden | ReVeLie Swim Team | 199903130 | 29.86 | 31.89 | +0,85 |
| 5. | Kayleigh Westenberg | Z&PV de Veene | 200004064 | 32.49 | 33.10 | +0,78 |
| 6. | Inge Willemsen | ZPCA Eemsrobben (SG) | 199801958 | 32.80 | 33.83 | +0,92 |
| * | | | | | | |
| 7. | Daphne Spaan | Dedemsvaart-AC | 200100740 | 33.94 | 34.70 | +0,86 |
| 8. | Carmen Erenstein | Dedemsvaart-AC | 200101036 | 33.21 | 35.57 | +1,06 |
| 9. | Milou Looyé | ZPCA Eemsrobben (SG) | 200100742 | 35.77 | 35.69 | |
| 10. | Sarina Beuker | SG FZC54-De Vikings | 200303454 | 37.52 | 35.81 | +0,60 |
| 11. | Hanna Oving | De Kikker | 200400738 | 36.03 | 36.21 | +0,73 |
| 12. | Vera Vanderheyden | ReVeLie Swim Team | 200103416 | 35.88 | 36.26 | +0,74 |
| * | | | | | | |
| 13. | Tessa Maat | Deltasteur | 200201826 | 37.06 | 36.72 | +0,97 |
| 14. | Erna Smit | DZ&PC | 200201908 | 39.28 | 39.25 | +0,79 |
| AFGEM | Kristel Hormann | TriVia | 199601084 | 30.76 | | |
| NG | Leandra Vedder | Steenwijk 1934 | 199600866 | 31.47 | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 17
8-10-2016

Heren, 100m vrije slag

2004 en eerder
Resultaten

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|------|------------------|-------|----------------------|-----------|---------|----------------|--------|
| 1. | Thomas Kappe | | ZPC Hoogeveen | 199805141 | 52.54 | 53.40 | +0,75 |
| | 50m: 25.71 | 25.71 | 100m: 53.40 | 27.69 | | | |
| 2. | Ingmar Hartman | | De Kikker | 199801013 | 54.30 | 54.02 | +0,81 |
| | 50m: 25.75 | 25.75 | 100m: 54.02 | 28.27 | | | |
| 3. | Rik Hofland | | Vzv | 199701737 | 54.42 | 55.28 | |
| | 50m: 26.48 | 26.48 | 100m: 55.28 | 28.80 | | | |
| 4. | Niels Wiersema | | Nova | 199703221 | 54.48 | 55.40 | +0,83 |
| | 50m: 26.89 | 26.89 | 100m: 55.40 | 28.51 | | | |
| 5. | Darren Chen | | De Kikker | 200001149 | 56.92 | 55.97 | +0,72 |
| | 50m: 27.23 | 27.23 | 100m: 55.97 | 28.74 | | | |
| 6. | David Scheffer | | TriVia | 199500175 | 54.62 | 56.12 | +0,77 |
| | 50m: 26.11 | 26.11 | 100m: 56.12 | 30.01 | | | |
| 7. | Jesse Zweers | | Dedemsvaart-AC | 200100399 | 56.24 | 56.42 | +0,79 |
| | 50m: 26.76 | 26.76 | 100m: 56.42 | 29.66 | | | |
| 8. | Jordi de Nijs | | MSV- Zeemacht | 199801851 | 54.95 | 56.67 | +0,79 |
| | 50m: 27.20 | 27.20 | 100m: 56.67 | 29.47 | | | |
| 9. | Junior de Bruin | | ZPC Hoogeveen | 200000839 | 55.44 | 57.08 | +0,77 |
| | 50m: 26.93 | 26.93 | 100m: 57.08 | 30.15 | | | |
| 10. | Auke Jan Ytsma | | Orca | 199900905 | 56.41 | 57.36 | +0,75 |
| | 50m: 27.46 | 27.46 | 100m: 57.36 | 29.90 | | | |
| 11. | Stefan Kwant | | Nova | 199200781 | 56.62 | 57.47 | |
| | 50m: 27.54 | 27.54 | 100m: 57.47 | 29.93 | | | |
| 12. | Remco Dijkstra | | HZ&PC Heerenveen | 200100789 | 55.84 | 57.67 | +0,95 |
| | 50m: 27.32 | 27.32 | 100m: 57.67 | 30.35 | | | |
| 13. | Tycho Atanasov | | De Kikker | 200201133 | 57.47 | 58.06 | +0,68 |
| | 50m: 28.16 | 28.16 | 100m: 58.06 | 29.90 | | | |
| 14. | Owen Peeks | | ZPC Hoogeveen | 200100765 | 57.80 | 58.41 | +0,84 |
| | 50m: 28.45 | 28.45 | 100m: 58.41 | 29.96 | | | |
| 15. | Kevin van Dijk | | Deltasteur | 200101089 | 59.36 | 59.49 | +0,96 |
| | 50m: 28.10 | 28.10 | 100m: 59.49 | 31.39 | | | |
| 16. | Darren Sieswerda | | SG FZC54-De Vikings | 200001763 | 59.94 | 1:00.34 | +0,71 |
| | 50m: 28.69 | 28.69 | 100m: 1:00.34 | 31.65 | | | |
| 17. | Thomas Hamstra | | HZ&PC Heerenveen | 200001693 | 57.80 | 1:00.48 | +0,81 |
| | 50m: 28.72 | 28.72 | 100m: 1:00.48 | 31.76 | | | |
| 18. | Jurre Broekstra | | SG FZC54-De Vikings | 200201483 | 1:01.69 | 1:00.56 | +0,81 |
| | 50m: 29.23 | 29.23 | 100m: 1:00.56 | 31.33 | | | |
| 19. | Diederik de Boer | | Steenwijk 1934 | 200000269 | 1:00.02 | 1:00.69 | +0,83 |
| | 50m: 29.51 | 29.51 | 100m: 1:00.69 | 31.18 | | | |
| 20. | Lars Arends | | TriVia | 200204101 | 1:03.44 | 1:01.06 | +0,71 |
| | 50m: 29.72 | 29.72 | 100m: 1:01.06 | 31.34 | | | |
| 21. | Jarno Ottens | | ZPCA Eemsrobben (SG) | 200000273 | 1:01.41 | 1:01.36 | |
| | 50m: 29.64 | 29.64 | 100m: 1:01.36 | 31.72 | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 17, Heren, 100m vrije slag, 2004 en eerder

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|-------|-----------------------|----------------------|-----------|---------|----------------|-------|----|--------|
| 22. | Ivo Karamoy Faulhaber | Z&PV de Veene | 200200363 | 1:04.03 | 1:02.58 | +0,83 | | |
| | 50m: 30.20 30.20 | 100m: 1:02.58 32.38 | | | | | | |
| 23. | Borek Buursma | HZ&PC Heerenveen | 200200747 | 1:03.52 | 1:04.35 | +0,77 | | |
| | 50m: 30.87 30.87 | 100m: 1:04.35 33.48 | | | | | | |
| 24. | Tenzin Tieman * | Vzv | 200005549 | 1:07.28 | 1:04.64 | +0,83 | | |
| | 50m: 30.61 30.61 | 100m: 1:04.64 34.03 | | | | | | |
| 25. | Mac Peeks | ZPC Hoogeveen | 200400153 | 1:06.13 | 1:05.65 | +0,86 | | |
| | 50m: 31.43 31.43 | 100m: 1:05.65 34.22 | | | | | | |
| 26. | Ruben Harbers | Z&PV de Veene | 200103351 | 1:06.34 | 1:06.57 | | | |
| | 50m: 31.51 31.51 | 100m: 1:06.57 35.06 | | | | | | |
| 27. | Matthijs Poppe | Z&PV de Veene | 200201091 | 1:04.98 | 1:07.52 | +0,76 | | |
| | 50m: 31.95 31.95 | 100m: 1:07.52 35.57 | | | | | | |
| 28. | Jorian Darwinkel | HZ&PC Heerenveen | 200300565 | 1:12.65 | 1:07.84 | +0,74 | | |
| | 50m: 32.36 32.36 | 100m: 1:07.84 35.48 | | | | | | |
| 29. | Quinten Stuuat | ZPCA Eemsrobben (SG) | 200203239 | 1:08.98 | 1:08.59 | +0,74 | | |
| | 50m: 33.36 33.36 | 100m: 1:08.59 35.23 | | | | | | |
| 30. | Jaime Fais | TriVia | 200400291 | 1:08.90 | 1:11.19 | +0,76 | | |
| | 50m: 33.24 33.24 | 100m: 1:11.19 37.95 | | | | | | |
| 31. | Tiemen Jonkman | DZ&PC | 200301193 | 1:22.22 | 1:20.85 | +0,80 | | |
| | 50m: 37.26 37.26 | 100m: 1:20.85 43.59 | | | | | | |
| AFGEM | Harmen van der Ploeg | ZPCA Eemsrobben (SG) | 200203695 | 1:05.61 | | | | |

Programmanr. 18
8-10-2016

Dames, 100m vrije slag

2005 en eerder
Resultaten

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|------|---------------------|---------------------|-----------|---------|----------------|-------|----|--------|
| 1. | Annet van Stratum | Deltasteur | 199003640 | 58.91 | 59.29 | +0,89 | | |
| | 50m: 28.64 28.64 | 100m: 59.29 30.65 | | | | | | |
| 2. | Arianne Kooijinga | TriVia | 200001544 | 59.14 | 59.46 | +0,79 | | |
| | 50m: 28.78 28.78 | 100m: 59.46 30.68 | | | | | | |
| 3. | Hinke Groos | DZ&PC | 199901768 | 59.43 | 1:00.00 | | | |
| | 50m: 28.85 28.85 | 100m: 1:00.00 31.15 | | | | | | |
| 4. | Marissa Lindemulder | Orca | 199306392 | 1:01.24 | 1:00.16 | +0,89 | | |
| | 50m: 29.31 29.31 | 100m: 1:00.16 30.85 | | | | | | |
| 5. | Leonie van Wier | HZ&PC Heerenveen | 200200436 | 1:01.86 | 1:00.94 | +0,81 | | |
| | 50m: 29.48 29.48 | 100m: 1:00.94 31.46 | | | | | | |
| 6. | Eline van der Wal | DZ&PC | 200100930 | 1:01.38 | 1:01.21 | +0,79 | | |
| | 50m: 29.91 29.91 | 100m: 1:01.21 31.30 | | | | | | |
| 7. | Nynke Zandstra | DZ&PC | 200202044 | 1:03.66 | 1:01.51 | +0,87 | | |
| | 50m: 29.76 29.76 | 100m: 1:01.51 31.75 | | | | | | |
| 8. | Anouk van der Kruk | MSV- Zeemacht | 199903778 | 1:00.68 | 1:01.88 | +0,78 | | |
| | 50m: 29.31 29.31 | 100m: 1:01.88 32.57 | | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 18, Dames, 100m vrije slag, 2005 en eerder

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------------|-------|----------------------|-----------|---------|----------------|-------|--------|
| 9. | Lotte Rougoor | | Dedemsvaart-AC | 200000774 | 1:02.51 | 1:02.04 | +0,81 | |
| | 50m: 29.79 | 29.79 | 100m: 1:02.04 | 32.25 | | | | |
| 10. | Amy Lynn Zweers | | Dedemsvaart-AC | 200300390 | 1:04.57 | 1:02.09 | +0,82 | |
| | 50m: 30.25 | 30.25 | 100m: 1:02.09 | 31.84 | | | | |
| 11. | Mariëlle Dolfijn | | TriVia | 200201640 | 1:02.19 | 1:02.46 | +0,89 | |
| | 50m: 30.00 | 30.00 | 100m: 1:02.46 | 32.46 | | | | |
| 12. | Lindy Elkerbout | | Z&PV de Veene | 200000604 | 1:00.89 | 1:02.49 | +0,86 | |
| | 50m: 29.97 | 29.97 | 100m: 1:02.49 | 32.52 | | | | |
| 13. | Suzanne Mosch | | MSV- Zeemacht | 199400548 | 1:01.98 | 1:02.57 | +0,72 | |
| | 50m: 29.64 | 29.64 | 100m: 1:02.57 | 32.93 | | | | |
| 14. | Maaïke Doornwaard | | Deltasteur | 199800264 | 1:01.05 | 1:02.59 | +0,86 | |
| | 50m: 30.01 | 30.01 | 100m: 1:02.59 | 32.58 | | | | |
| 15. | Amber Koning | | ZPCA Eemsrobben (SG) | 200202842 | 1:02.70 | 1:02.72 | +0,92 | |
| | 50m: 30.58 | 30.58 | 100m: 1:02.72 | 32.14 | | | | |
| 16. | Dionne Salomons | | ZC Borger | 200200504 | 1:01.84 | 1:02.77 | | |
| | 50m: 30.70 | 30.70 | 100m: 1:02.77 | 32.07 | | | | |
| 17. | Lauri Lesscher | | Z&PV de Veene | 199900318 | 1:03.29 | 1:03.33 | +0,84 | |
| | * | | | | | | | |
| | 50m: 30.46 | 30.46 | 100m: 1:03.33 | 32.87 | | | | |
| 18. | Ilona Venema | | ReVeLie Swim Team | 200200050 | 1:05.19 | 1:03.84 | +0,80 | S10 |
| | 50m: 30.34 | 30.34 | 100m: 1:03.84 | 33.50 | | | | |
| 19. | Tara van Bree | | Dedemsvaart-AC | 200103650 | 1:02.88 | 1:03.85 | +0,92 | |
| | 50m: 31.16 | 31.16 | 100m: 1:03.85 | 32.69 | | | | |
| 20. | Tessa Mosch | | MSV- Zeemacht | 199102172 | 1:02.93 | 1:04.21 | | |
| | 50m: 30.42 | 30.42 | 100m: 1:04.21 | 33.79 | | | | |
| 21. | Masha Polushkina | | ReVeLie Swim Team | 200203064 | 1:04.19 | 1:04.39 | +0,83 | |
| | 50m: 31.61 | 31.61 | 100m: 1:04.39 | 32.78 | | | | |
| 22. | Manon de Man | | Deltasteur | 200201458 | 1:03.85 | 1:04.47 | +0,81 | |
| | 50m: 30.78 | 30.78 | 100m: 1:04.47 | 33.69 | | | | |
| 23. | Simone Anvelink | | MSV- Zeemacht | 200001546 | 1:04.68 | 1:04.54 | | |
| | 50m: 31.27 | 31.27 | 100m: 1:04.54 | 33.27 | | | | |
| 24. | Kyra Wesemann | | MSV- Zeemacht | 200201440 | 1:04.21 | 1:04.58 | +0,84 | |
| | 50m: 31.28 | 31.28 | 100m: 1:04.58 | 33.30 | | | | |
| 25. | Lonneke Graansma | | TriVia | 199900936 | 1:04.84 | 1:04.67 | +0,76 | |
| | 50m: 31.00 | 31.00 | 100m: 1:04.67 | 33.67 | | | | |
| 26. | Rixt-Nynke Baron | | SG FZC54-De Vikings | 199601896 | 1:02.22 | 1:05.08 | +0,80 | |
| | 50m: 30.61 | 30.61 | 100m: 1:05.08 | 34.47 | | | | |
| 27. | Suzanne van den Brink | | MSV- Zeemacht | 199901438 | 1:04.55 | 1:05.13 | +0,80 | |
| | 50m: 31.04 | 31.04 | 100m: 1:05.13 | 34.09 | | | | |
| 28. | Ylsa Dijkstra | | DZ&PC | 200200728 | 1:05.27 | 1:05.45 | +0,86 | |
| | 50m: 31.84 | 31.84 | 100m: 1:05.45 | 33.61 | | | | |
| 29. | Benthe Knol | | ZC Borger | 200101574 | 1:04.82 | 1:05.62 | +0,67 | |
| | 50m: 31.25 | 31.25 | 100m: 1:05.62 | 34.37 | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 18, Dames, 100m vrije slag, 2005 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|----------------------|----------------------|---------------|-------|-----------|---------|----------------|-------|--------|
| 29. | Henrieke Jonkman | DZ&PC | | | 200000840 | 1:05.11 | 1:05.62 | +0,91 | |
| | 50m: 31.44 | 31.44 | 100m: 1:05.62 | 34.18 | | | | | |
| 31. | Mirthe Schenkel | ZPC Hoogeveen | | | 200300666 | 1:07.25 | 1:05.80 | +0,90 | |
| | 50m: 31.65 | 31.65 | 100m: 1:05.80 | 34.15 | | | | | |
| 32. | Lise Klein Ganseij | Dedemsvaart-AC | | | 199902024 | 1:05.95 | 1:05.93 | | |
| | 50m: 31.21 | 31.21 | 100m: 1:05.93 | 34.72 | | | | | |
| 33. | Olena Dijkstra | TriVia | | | 200202624 | 1:05.98 | 1:06.33 | +0,92 | |
| | * | | | | | | | | |
| | 50m: 31.81 | 31.81 | 100m: 1:06.33 | 34.52 | | | | | |
| 34. | Laura van der Velde | SG FZC54-De Vikings | | | 200300630 | 1:08.11 | 1:06.34 | +0,76 | |
| | 50m: 32.48 | 32.48 | 100m: 1:06.34 | 33.86 | | | | | |
| 35. | Desanka Stoppels | ZPCA Eemsrobber (SG) | | | 200101362 | 1:06.57 | 1:06.95 | +0,81 | |
| | 50m: 32.16 | 32.16 | 100m: 1:06.95 | 34.79 | | | | | |
| 36. | Rosa Ebbinge | DZ&PC | | | 200200904 | 1:05.48 | 1:07.18 | +0,82 | |
| | 50m: 32.59 | 32.59 | 100m: 1:07.18 | 34.59 | | | | | |
| 37. | Kyomi Groenhart | DZ&PC | | | 200400628 | 1:06.94 | 1:07.36 | +0,77 | |
| | 50m: 32.76 | 32.76 | 100m: 1:07.36 | 34.60 | | | | | |
| 38. | Marinda Top | Zeno | | | 200300460 | 1:05.79 | 1:07.41 | +0,84 | |
| | 50m: 32.70 | 32.70 | 100m: 1:07.41 | 34.71 | | | | | |
| 39. | Chantal Tiesinga | TriVia | | | 200302452 | 1:07.08 | 1:07.44 | +0,78 | |
| | 50m: 32.45 | 32.45 | 100m: 1:07.44 | 34.99 | | | | | |
| 40. | Danique Slaper | TriVia | | | 200401914 | 1:07.14 | 1:07.66 | +0,85 | |
| | 50m: 32.77 | 32.77 | 100m: 1:07.66 | 34.89 | | | | | |
| 41. | Marthe Lubberts | HZ&PC Heerenveen | | | 200000846 | 1:07.43 | 1:08.37 | +0,83 | |
| | 50m: 32.64 | 32.64 | 100m: 1:08.37 | 35.73 | | | | | |
| 42. | Marijke van der Veen | Orca | | | 200300960 | 1:09.64 | 1:08.76 | +0,88 | |
| | 50m: 31.96 | 31.96 | 100m: 1:08.76 | 36.80 | | | | | |
| 43. | Amber van der Kruk | MSV- Zeemacht | | | 200102730 | 1:07.81 | 1:08.83 | +0,96 | S14 |
| | 50m: 32.29 | 32.29 | 100m: 1:08.83 | 36.54 | | | | | |
| 44. | Rosalie Baarda | Orca | | | 199903460 | 1:07.44 | 1:08.93 | | |
| | 50m: 32.36 | 32.36 | 100m: 1:08.93 | 36.57 | | | | | |
| 45. | Liza Scheenstra | SG FZC54-De Vikings | | | 200104276 | 1:07.61 | 1:09.13 | | |
| | * | | | | | | | | |
| | 50m: 33.08 | 33.08 | 100m: 1:09.13 | 36.05 | | | | | |
| 46. | Meghan Mulder | Dedemsvaart-AC | | | 200301734 | 1:07.96 | 1:09.29 | +0,85 | |
| | 50m: 33.39 | 33.39 | 100m: 1:09.29 | 35.90 | | | | | |
| 47. | Emma Hofstee | TriVia | | | 200401282 | 1:11.08 | 1:10.38 | +0,86 | |
| | 50m: 33.46 | 33.46 | 100m: 1:10.38 | 36.92 | | | | | |
| 48. | Lotte-Lynn Sterken | De Kikker | | | 200301342 | 1:13.31 | 1:10.97 | +1,04 | |
| | 50m: 34.72 | 34.72 | 100m: 1:10.97 | 36.25 | | | | | |
| 49. | Marlies Berends | HZ&PC Heerenveen | | | 200402194 | 1:17.34 | 1:12.05 | +0,77 | |
| | 50m: 34.84 | 34.84 | 100m: 1:12.05 | 37.21 | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 18, Dames, 100m vrije slag, 2005 en eerder

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|-------|-------------------|---------------------|-----------|---------|----------------|-------|----|--------|
| 50. | Yvonne Kuipers | Zeno | 200303078 | 1:11.99 | 1:13.53 | +0,92 | | |
| | 50m: 36.00 36.00 | 100m: 1:13.53 37.53 | | | | | | |
| 51. | Tove Beltman | Orca | 200301618 | 1:17.21 | 1:13.97 | +0,83 | | |
| | 50m: 36.03 36.03 | 100m: 1:13.97 37.94 | | | | | | |
| 52. | Amber Boomsma | HZ&PC Heerenveen | 200401416 | 1:17.54 | 1:15.71 | +0,86 | | |
| | 50m: 36.67 36.67 | 100m: 1:15.71 39.04 | | | | | | |
| 53. | Iris Nieuwhof | TriVia | 200401944 | 1:11.51 | 1:15.82 | | | |
| | 50m: 35.47 35.47 | 100m: 1:15.82 40.35 | | | | | | |
| 54. | Danique Rootinck | Zeno | 200402024 | 1:14.86 | 1:16.29 | +0,89 | | |
| | 50m: 36.70 36.70 | 100m: 1:16.29 39.59 | | | | | | |
| 55. | Esmee Greydanus | De Spatters | 200200544 | 1:09.44 | 1:16.85 | +0,91 | | |
| | 50m: 35.51 35.51 | 100m: 1:16.85 41.34 | | | | | | |
| 56. | Lise Kleinbekman | ReVeLie Swim Team | 200502870 | 1:22.58 | 1:24.57 | | | |
| | 50m: 39.61 39.61 | 100m: 1:24.57 44.96 | | | | | | |
| 57. | Leonie van Hattum | DZ&PC | 200205922 | NT | 1:25.05 | | | |
| | * | | | | | | | |
| | 50m: 40.51 40.51 | 100m: 1:25.05 44.54 | | | | | | |
| AFGEM | Naomi Hofsink | Deltasteur | 199402508 | 59.73 | | | | |
| NG | Chantal Odink | Dedemsvaart-AC | 200304574 | 1:18.04 | | | | |
| NG | Myrthe Offenga | SG FZC54-De Vikings | 199901874 | 1:01.76 | | | | |

Programmanr. 19
8-10-2016

Heren, 100m rugslag

2004 en eerder
Resultaten

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|------|----------------------|---------------------|-----------|---------|----------------|-------|----|--------|
| 1. | Erik Nijholt | DZ&PC | 199401349 | 57.78 | 59.70 | +0,76 | | |
| | 50m: 29.14 29.14 | 100m: 59.70 30.56 | | | | | | |
| 2. | Friso van der Meulen | TriVia | 199800617 | 1:03.80 | 1:02.61 | +0,81 | | |
| | 50m: 30.14 30.14 | 100m: 1:02.61 32.47 | | | | | | |
| 3. | Jari Hofsink | Deltasteur | 199700535 | 1:00.11 | 1:02.74 | +0,75 | | |
| | 50m: 30.08 30.08 | 100m: 1:02.74 32.66 | | | | | | |
| 4. | Leon van den Hof | Dedemsvaart-AC | 200203269 | 1:02.65 | 1:03.55 | +0,71 | | |
| | 50m: 30.53 30.53 | 100m: 1:03.55 33.02 | | | | | | |
| 5. | Arjan Dekker | ReVeLie Swim Team | 200000499 | 1:03.27 | 1:04.57 | | | |
| | * | | | | | | | |
| | 50m: 31.41 31.41 | 100m: 1:04.57 33.16 | | | | | | |
| 6. | Coen de Lang | ZPC Hoogeveen | 200100067 | 1:03.45 | 1:06.19 | +0,72 | | |
| | 50m: 32.04 32.04 | 100m: 1:06.19 34.15 | | | | | | |
| 7. | Gerard Ijspeert | TriVia | 200100051 | 1:06.18 | 1:07.80 | +0,69 | | |
| | 50m: 33.32 33.32 | 100m: 1:07.80 34.48 | | | | | | |
| 8. | Raoul Witten | ZPC Hoogeveen | 200200231 | 1:08.26 | 1:08.06 | +0,72 | | |
| | 50m: 33.39 33.39 | 100m: 1:08.06 34.67 | | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 19, Heren, 100m rugslag, 2004 en eerder

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|-------|-----------------------|---------------------|-----------|---------|----------------|-------|--------|
| 9. | Jelmer Lesscher | Z&PV de Veene | 200100791 | 1:07.92 | 1:08.41 | +0,80 | |
| | 50m: 33.37 33.37 | 100m: 1:08.41 35.04 | | | | | |
| 10. | Wessel Everloo | Z&PV de Veene | 198906597 | 1:07.16 | 1:09.19 | +0,91 | S14 |
| | 50m: 34.33 34.33 | 100m: 1:09.19 34.86 | | | | | |
| 11. | Björn Kokkelkoren | ZPC Hoogeveen | 200200757 | 1:10.35 | 1:09.75 | +0,80 | |
| | 50m: 34.60 34.60 | 100m: 1:09.75 35.15 | | | | | |
| 12. | Lars Arends | TriVia | 200204101 | 1:10.91 | 1:12.45 | | |
| | * 50m: 35.55 35.55 | 100m: 1:12.45 36.90 | | | | | |
| 13. | Mees Niemeijer | DZ&PC | 200201275 | 1:17.76 | 1:19.25 | +0,77 | |
| | 50m: 39.00 39.00 | 100m: 1:19.25 40.25 | | | | | |
| 14. | Jaime Fais | TriVia | 200400291 | 1:18.66 | 1:20.40 | +0,82 | |
| | 50m: 39.12 39.12 | 100m: 1:20.40 41.28 | | | | | |
| 15. | Bart Harbers | Z&PV de Veene | 200303069 | 1:18.62 | 1:26.50 | +0,77 | |
| | 50m: 42.23 42.23 | 100m: 1:26.50 44.27 | | | | | |
| AFGEM | Daniël Bots | De Kikker | 200202051 | 1:12.82 | | | |

Programmanr. 20
8-10-2016

Dames, 100m rugslag

2005 en eerder
Resultaten

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|------|---------------------|---------------------|-----------|---------|----------------|-------|--------|
| 1. | Renée Vanderheyden | ReVeLie Swim Team | 199903130 | 1:06.19 | 1:08.64 | +0,69 | |
| | 50m: 33.48 33.48 | 100m: 1:08.64 35.16 | | | | | |
| 2. | Anouschka Steenberg | ZPC Hoogeveen | 200000280 | 1:07.56 | 1:09.69 | +0,77 | |
| | 50m: 34.05 34.05 | 100m: 1:09.69 35.64 | | | | | |
| 3. | Inge Dekker | TriVia | 200200476 | 1:10.67 | 1:11.47 | +0,88 | |
| | 50m: 35.25 35.25 | 100m: 1:11.47 36.22 | | | | | |
| 4. | Wiktorija Redzimska | ZPC Hoogeveen | 200106042 | 1:09.86 | 1:11.53 | | |
| | 50m: 34.73 34.73 | 100m: 1:11.53 36.80 | | | | | |
| 5. | Anique Coelingh | ZPC Hoogeveen | 200000638 | 1:08.83 | 1:11.78 | +0,78 | |
| | 50m: 34.59 34.59 | 100m: 1:11.78 37.19 | | | | | |
| 6. | Daphne Rockers | De Kikker | 200001376 | 1:09.87 | 1:12.64 | +0,63 | |
| | 50m: 35.07 35.07 | 100m: 1:12.64 37.57 | | | | | |
| 7. | Fleur Vialle | Nova | 200100554 | 1:13.60 | 1:12.78 | +0,84 | |
| | 50m: 35.27 35.27 | 100m: 1:12.78 37.51 | | | | | |
| 8. | Brenda Beijering | ZC Borger | 200300352 | 1:15.99 | 1:13.57 | +0,71 | |
| | 50m: 36.12 36.12 | 100m: 1:13.57 37.45 | | | | | |
| 9. | Lotte Breukelman | Dedemsvaart-AC | 200001828 | 1:12.36 | 1:14.58 | +0,85 | |
| | 50m: 37.31 37.31 | 100m: 1:14.58 37.27 | | | | | |
| 10. | Rosanne Kuilder | Z&PV de Veene | 200100074 | 1:15.94 | 1:15.20 | +0,68 | |
| | 50m: 36.86 36.86 | 100m: 1:15.20 38.34 | | | | | |
| 11. | Kayleigh Westenberg | Z&PV de Veene | 200004064 | 1:12.28 | 1:15.21 | +0,85 | |
| | 50m: 36.74 36.74 | 100m: 1:15.21 38.47 | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 20, Dames, 100m rugslag, 2005 en eerder

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|-------|------------------------|-------|----------------------|-----------|---------|----------------|-------|--------|
| 12. | Danique Slaper | | TriVia | 200401914 | 1:16.79 | 1:15.23 | | |
| | 50m: 37.31 | 37.31 | 100m: 1:15.23 | 37.92 | | | | |
| 13. | Lianne van Wier | | HZ&PC Heerenveen | 200200438 | 1:15.55 | 1:15.31 | +0,74 | |
| | 50m: 36.34 | 36.34 | 100m: 1:15.31 | 38.97 | | | | |
| 14. | Senna van der Veen | | ZPC Hoogeveen | 200400072 | 1:12.59 | 1:15.85 | +0,88 | |
| | 50m: 36.64 | 36.64 | 100m: 1:15.85 | 39.21 | | | | |
| 15. | Amé Hulleman | | ReVeLie Swim Team | 200202794 | 1:15.43 | 1:16.52 | | |
| | 50m: 36.41 | 36.41 | 100m: 1:16.52 | 40.11 | | | | |
| 16. | Marle Sewüster | | De Kikker | 199804104 | 1:15.59 | 1:16.80 | +0,80 | |
| | 50m: 37.26 | 37.26 | 100m: 1:16.80 | 39.54 | | | | |
| 17. | Manon Tiggelaar | | ZPC Hoogeveen | 200400394 | 1:16.54 | 1:17.04 | +0,79 | |
| | 50m: 38.08 | 38.08 | 100m: 1:17.04 | 38.96 | | | | |
| 18. | Danique Afink | | Z&PV de Veene | 200201584 | 1:16.66 | 1:17.39 | +0,86 | |
| | 50m: 37.55 | 37.55 | 100m: 1:17.39 | 39.84 | | | | |
| 19. | Joëlle van der Veen | | Dedemsvaart-AC | 200201176 | 1:16.07 | 1:18.33 | +0,87 | |
| | 50m: 37.69 | 37.69 | 100m: 1:18.33 | 40.64 | | | | |
| 20. | Alessia Sluis | | Dedemsvaart-AC | 200300896 | 1:21.05 | 1:18.39 | +0,87 | |
| | 50m: 38.38 | 38.38 | 100m: 1:18.39 | 40.01 | | | | |
| 21. | Eline Dankelman | | Dedemsvaart-AC | 200204804 | 1:19.74 | 1:19.51 | +0,80 | |
| | 50m: 38.06 | 38.06 | 100m: 1:19.51 | 41.45 | | | | |
| 22. | Gerda Woldendorp | | SG FZC54-De Vikings | 200300418 | 1:19.51 | 1:20.47 | +0,79 | |
| | 50m: 39.21 | 39.21 | 100m: 1:20.47 | 41.26 | | | | |
| 23. | Myrthe Idema | | TriVia | 200303240 | 1:21.09 | 1:22.72 | +0,86 | |
| | 50m: 40.45 | 40.45 | 100m: 1:22.72 | 42.27 | | | | |
| 24. | Erna Smit | | DZ&PC | 200201908 | 1:23.98 | 1:23.05 | +0,72 | |
| | 50m: 40.22 | 40.22 | 100m: 1:23.05 | 42.83 | | | | |
| 25. | Esmee Greydanus | | De Spatters | 200200544 | 1:18.34 | 1:23.58 | +0,81 | |
| | 50m: 39.82 | 39.82 | 100m: 1:23.58 | 43.76 | | | | |
| 26. | Anneke vd Laan | | Orca | 200201154 | 1:24.40 | 1:25.91 | +0,72 | |
| | 50m: 41.42 | 41.42 | 100m: 1:25.91 | 44.49 | | | | |
| 27. | Lilian Ottens | | ZPCA Eemsrobben (SG) | 199602552 | 1:22.08 | 1:26.14 | +0,80 | |
| | 50m: 42.31 | 42.31 | 100m: 1:26.14 | 43.83 | | | | |
| 28. | Xoe Stuit | | ZPCA Eemsrobben (SG) | 200400754 | 1:26.60 | 1:26.20 | +0,75 | |
| | 50m: 42.28 | 42.28 | 100m: 1:26.20 | 43.92 | | | | |
| 29. | Sanne Hoving | | HZ&PC Heerenveen | 200003332 | 1:28.97 | 1:26.98 | +0,91 | S9 |
| | 50m: 43.29 | 43.29 | 100m: 1:26.98 | 43.69 | | | | |
| 30. | Iris Zandvoort | | Z&PV de Veene | 200202274 | 1:24.18 | 1:27.93 | | |
| | 50m: 42.87 | 42.87 | 100m: 1:27.93 | 45.06 | | | | |
| 31. | Pip Eggerding | | Dedemsvaart-AC | 200302394 | 1:24.99 | 1:27.97 | +0,82 | |
| | 50m: 42.85 | 42.85 | 100m: 1:27.97 | 45.12 | | | | |
| 32. | Carmen van Klaarbergen | | DZ&PC | 200500562 | 1:27.01 | 1:29.18 | +1,01 | |
| | 50m: 43.91 | 43.91 | 100m: 1:29.18 | 45.27 | | | | |
| AFGEM | Chaira Brinks | | De Kikker | 200005556 | 1:10.40 | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 21
8-10-2016

Heren, 50m schoolslag

2004 en eerder
Resultaten

| Rang | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------|---------------------|-----------|-------|--------------|--------|
| 1. | Junior de Bruin | ZPC Hoogeveen | 200000839 | 31.34 | 30.99 | +0,79 |
| | Richard Kuipers | Orca | 199704171 | 31.24 | 30.99 | +0,79 |
| 3. | Darryl Lubbinge | ZPC Hoogeveen | 199701045 | 32.10 | 32.07 | |
| 4. | Marc de Vries | HZ&PC Heerenveen | 199500381 | 32.89 | 33.74 | +0,80 |
| 5. | Kylian Kooyman | Steenwijk 1934 | 199900763 | 33.62 | 33.87 | +0,76 |
| 6. | Sven Harskamp | SG FZC54-De Vikings | 199605073 | 37.47 | 36.30 | +0,80 |
| 7. | Noa Burgstra | TriVia | 200300557 | 37.41 | 36.34 | +0,89 |
| 8. | Mike Fuhler | ZC Borger | 200201983 | 37.83 | 38.39 | +0,88 |

Programmanr. 22
8-10-2016

Dames, 50m schoolslag

2005 en eerder
Resultaten

| Rang | | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------------|----------------------|-----------|---------|--------------|-------|--------|
| 1. | Karin Rijkelijkhuisen | DZ&PC | 199403358 | 33.57 | 34.06 | +0,77 | |
| 2. | Simone Krans | ZPC Hoogeveen | 199900756 | 34.90 | 34.84 | +0,80 | |
| 3. | Myrna van Duijven | DZ&PC | 199900252 | 34.45 | 35.69 | +0,74 | |
| 4. | Anouk Dijkstra | ZPCA Eemsrobben (SG) | 199704378 | 35.66 | 35.95 | +0,81 | |
| 5. | Leonie van Wier | HZ&PC Heerenveen | 200200436 | 37.19 | 37.66 | +0,78 | |
| 6. | Tinka Kingma | SG FZC54-De Vikings | 200103176 | 38.59 | 37.85 | +0,83 | |
| 7. | Hilde Dekker | ReVeLie Swim Team | 199901926 | 37.79 | 38.13 | +0,89 | |
| | * | | | | | | |
| 8. | Desanka Stoppels | ZPCA Eemsrobben (SG) | 200101362 | 38.85 | 38.59 | +0,82 | |
| 9. | Kyra Montijn | Dedemsvaart-AC | 200101270 | 41.22 | 39.83 | +0,89 | |
| | * | | | | | | |
| 10. | Esmee van Peer | TriVia | 200201114 | 39.45 | 39.97 | +0,68 | |
| 11. | Margreet Koster | ZPCA Eemsrobben (SG) | 199700330 | 39.46 | 41.20 | | |
| 12. | Sarina Beuker | SG FZC54-De Vikings | 200303454 | 42.11 | 41.22 | +0,83 | |
| 13. | Noa Sopamena | ReVeLie Swim Team | 200202546 | 41.61 | 41.44 | +0,76 | |
| 14. | Iris Nieuwhof | TriVia | 200401944 | 42.04 | 41.54 | +0,87 | |
| 15. | Laura Eisenga | TriVia | 200201854 | 43.32 | 43.55 | +0,92 | |
| NG | Leandra Vedder | Steenwijk 1934 | 199600866 | 34.82 | | | |

Programmanr. 23
8-10-2016

Heren, 200m wisselslag

2004 en eerder
Resultaten

| Rang | | | | | In.tijd | Tijd | RT | Klasse |
|------|-------------------------|---------------------|---------------------|---------------------|----------------|-------|----|--------|
| 1. | Koen Lems | ZPC Hoogeveen | 199603709 | 2:07.47 | 2:07.82 | +0,85 | | |
| | 50m: 28.11 28.11 | 100m: 1:01.23 33.12 | 150m: 1:37.34 36.11 | 200m: 2:07.82 30.48 | | | | |
| 2. | Rowan Keen | ZC Borger | 199500727 | 2:06.85 | 2:08.35 | +0,83 | | |
| | 50m: 28.97 28.97 | 100m: 1:02.76 33.79 | 150m: 1:39.38 36.62 | 200m: 2:08.35 28.97 | | | | |
| 3. | Dave Holweg | ZPC Livo | 199701521 | 2:15.32 | 2:14.69 | +0,79 | | |
| | 50m: 28.81 28.81 | 100m: 1:02.96 34.15 | 150m: 1:42.58 39.62 | 200m: 2:14.69 32.11 | | | | |
| 4. | Matthijs van Meerendonk | TriVia | 199900375 | 2:12.99 | 2:15.56 | +0,81 | | |
| | 50m: 29.03 29.03 | 100m: 1:04.55 35.52 | 150m: 1:45.01 40.46 | 200m: 2:15.56 30.55 | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 23, Heren, 200m wisselslag, 2004 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|-------|------------------|-------|----------------------|-----------|---------------|----------------|---------------|-------|--------|
| 5. | Bryan Chen | | De Kikker | 199803201 | 2:17.99 | 2:16.30 | +0,72 | | |
| | 50m: 28.83 | 28.83 | 100m: 1:06.09 | 37.26 | 150m: 1:44.43 | 38.34 | 200m: 2:16.30 | 31.87 | |
| 6. | David Anthonio | | De Kikker | 200102551 | 2:19.68 | 2:18.50 | +0,88 | | |
| | 50m: 31.01 | 31.01 | 100m: 1:09.11 | 38.10 | 150m: 1:47.37 | 38.26 | 200m: 2:18.50 | 31.13 | |
| 7. | Christiaan Zwaal | | MSV- Zeemacht | 199503881 | 2:12.76 | 2:19.60 | | | |
| | 50m: 28.40 | 28.40 | 100m: 1:05.02 | 36.62 | 150m: 1:46.42 | 41.40 | 200m: 2:19.60 | 33.18 | |
| 8. | Darren Chen | | De Kikker | 200001149 | 2:24.75 | 2:20.43 | +0,74 | | |
| | 50m: 31.11 | 31.11 | 100m: 1:08.97 | 37.86 | 150m: 1:48.94 | 39.97 | 200m: 2:20.43 | 31.49 | |
| 9. | Maik Huser | | ZPC Hoogeveen | 199900265 | 2:25.09 | 2:21.77 | | | |
| | 50m: 31.05 | 31.05 | 100m: 1:07.95 | 36.90 | 150m: 1:47.95 | 40.00 | 200m: 2:21.77 | 33.82 | |
| 10. | Owen Peeks | | ZPC Hoogeveen | 200100765 | 2:23.31 | 2:22.21 | +0,91 | | |
| | 50m: 31.74 | 31.74 | 100m: 1:07.52 | 35.78 | 150m: 1:49.73 | 42.21 | 200m: 2:22.21 | 32.48 | |
| 11. | Stijn Boertien | | Dedemsvaart-AC | 200100719 | 2:20.75 | 2:23.07 | +1,04 | | |
| | 50m: 30.22 | 30.22 | 100m: 1:09.02 | 38.80 | 150m: 1:48.66 | 39.64 | 200m: 2:23.07 | 34.41 | |
| 12. | Otmar Lesscher | | Z&PV de Veene | 200100795 | 2:35.53 | 2:27.05 | +0,86 | | |
| | 50m: 32.26 | 32.26 | 100m: 1:09.33 | 37.07 | 150m: 1:52.55 | 43.22 | 200m: 2:27.05 | 34.50 | |
| 13. | Jarno Ottens | | ZPCA Eemsrobben (SG) | 200000273 | 2:31.41 | 2:28.73 | +0,76 | | |
| | 50m: 32.52 | 32.52 | 100m: 1:11.24 | 38.72 | 150m: 1:54.51 | 43.27 | 200m: 2:28.73 | 34.22 | |
| 14. | Thomas Hamstra | | HZ&PC Heerenveen | 200001693 | 2:25.84 | 2:31.67 | +0,78 | | |
| | 50m: 33.54 | 33.54 | 100m: 1:14.14 | 40.60 | 150m: 1:56.15 | 42.01 | 200m: 2:31.67 | 35.52 | |
| 15. | Raoul Witten | | ZPC Hoogeveen | 200200231 | 2:37.97 | 2:31.72 | | | |
| | 50m: 34.40 | 34.40 | 100m: 1:11.87 | 37.47 | 150m: 1:55.62 | 43.75 | 200m: 2:31.72 | 36.10 | |
| 16. | Kylian Heederik | | Deltasteur | 200300353 | 2:32.75 | 2:34.23 | +0,75 | | |
| | 50m: 32.85 | 32.85 | 100m: 1:12.79 | 39.94 | 150m: 1:57.07 | 44.28 | 200m: 2:34.23 | 37.16 | |
| 17. | Jovanny Timmer | | De Spatters | 200302369 | 2:40.74 | 2:35.69 | +0,89 | | |
| | 50m: 36.80 | 36.80 | 100m: 1:19.11 | 42.31 | 150m: 1:59.83 | 40.72 | 200m: 2:35.69 | 35.86 | |
| 18. | Niels Kragt | | Dedemsvaart-AC | 200300155 | 2:45.37 | 2:37.81 | +0,91 | | |
| | 50m: 34.88 | 34.88 | 100m: 1:15.02 | 40.14 | 150m: 2:02.05 | 47.03 | 200m: 2:37.81 | 35.76 | |
| 19. | Kevin van Dijk | | Deltasteur | 200101089 | 2:31.26 | 2:38.39 | +0,87 | | |
| | 50m: 33.91 | 33.91 | 100m: 1:15.87 | 41.96 | 150m: 2:02.51 | 46.64 | 200m: 2:38.39 | 35.88 | |
| 20. | Ivo Kroes | | ZPCA Eemsrobben (SG) | 200300079 | 2:41.49 | 2:39.83 | +0,75 | | |
| | 50m: 36.50 | 36.50 | 100m: 1:18.18 | 41.68 | 150m: 2:03.47 | 45.29 | 200m: 2:39.83 | 36.36 | |
| 21. | Andy Oort | | De Spatters | 199900471 | 2:34.74 | 2:41.59 | +0,87 | | |
| | 50m: 34.44 | 34.44 | 100m: 1:16.64 | 42.20 | 150m: 2:04.21 | 47.57 | 200m: 2:41.59 | 37.38 | |
| 22. | Jurek Frik | | ZPCA Eemsrobben (SG) | 200203335 | 2:43.64 | 2:42.03 | +0,91 | | |
| | 50m: 34.64 | 34.64 | 100m: 1:17.39 | 42.75 | 150m: 2:05.28 | 47.89 | 200m: 2:42.03 | 36.75 | |
| 23. | Mike Müller | | Deltasteur | 200102653 | 2:36.73 | 2:43.64 | +0,78 | | |
| | 50m: 30.99 | 30.99 | 100m: 1:14.66 | 43.67 | 150m: 2:04.12 | 49.46 | 200m: 2:43.64 | 39.52 | |
| 24. | Robin Diekema | | ZPCA Eemsrobben (SG) | 200201431 | 2:48.93 | 2:52.24 | +0,77 | | |
| | 50m: 39.91 | 39.91 | 100m: 1:24.01 | 44.10 | 150m: 2:12.41 | 48.40 | 200m: 2:52.24 | 39.83 | |
| NG.ZA | Jorian Darwinkel | | HZ&PC Heerenveen | 200300565 | 2:57.25 | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 24
8-10-2016

Dames, 200m wisselslag

2005 en eerder
Resultaten

| Rang | | | | | | | In.tijd | Tijd | RT | Klasse |
|------|-----------------------|----------------------|---------------------|---------------------|----------------|-------|---------|------|----|--------|
| 1. | Anne Fleur Willemssen | ZPCA Eemsrobben (SG) | 199901396 | 2:25.96 | 2:28.16 | +0,82 | | | | |
| | 50m: 30.98 30.98 | 100m: 1:10.04 39.06 | 150m: 1:55.66 45.62 | 200m: 2:28.16 32.50 | | | | | | |
| 2. | Saranda Hofstra | De Kikker | 199700526 | 2:28.16 | 2:29.43 | +0,79 | | | | |
| | 50m: 31.72 31.72 | 100m: 1:09.89 38.17 | 150m: 1:54.10 44.21 | 200m: 2:29.43 35.33 | | | | | | |
| 3. | Michelle Zomerdijk | Dedemsvaart-AC | 200003196 | 2:33.35 | 2:32.35 | +0,80 | | | | |
| | 50m: 32.76 32.76 | 100m: 1:11.93 39.17 | 150m: 1:58.03 46.10 | 200m: 2:32.35 34.32 | | | | | | |
| 4. | Jill Blide | ZPC Hoogeveen | 200004734 | 2:30.98 | 2:33.18 | +0,83 | | | | |
| | 50m: 35.03 35.03 | 100m: 1:15.29 40.26 | 150m: 2:00.44 45.15 | 200m: 2:33.18 32.74 | | | | | | |
| 5. | Ismay Lichtendonk | Dedemsvaart-AC | 200400622 | 2:42.91 | 2:33.81 | +0,82 | | | | |
| | 50m: 33.79 33.79 | 100m: 1:13.40 39.61 | 150m: 1:57.95 44.55 | 200m: 2:33.81 35.86 | | | | | | |
| 6. | Froukje Osinga | Orca | 200003090 | 2:35.25 | 2:34.39 | +0,69 | | | | |
| | * 50m: 33.50 33.50 | 100m: 1:13.17 39.67 | 150m: 1:58.94 45.77 | 200m: 2:34.39 35.45 | | | | | | |
| 7. | Lonneke Graansma | TriVia | 199900936 | 2:34.96 | 2:34.53 | | | | | |
| | 50m: 34.35 34.35 | 100m: 1:15.21 40.86 | 150m: 1:57.72 42.51 | 200m: 2:34.53 36.81 | | | | | | |
| 8. | Carolien Baarda | Orca | 199704060 | 2:33.78 | 2:34.90 | +0,85 | | | | |
| | 50m: 32.70 32.70 | 100m: 1:12.09 39.39 | 150m: 1:57.80 45.71 | 200m: 2:34.90 37.10 | | | | | | |
| 9. | Kirsten Bies | Dedemsvaart-AC | 199800516 | 2:32.59 | 2:34.98 | +0,74 | | | | |
| | 50m: 33.51 33.51 | 100m: 1:14.25 40.74 | 150m: 1:57.54 43.29 | 200m: 2:34.98 37.44 | | | | | | |
| 10. | Hanne te Velthuis | Dedemsvaart-AC | 200201324 | 2:36.06 | 2:35.47 | +0,83 | | | | |
| | 50m: 33.70 33.70 | 100m: 1:14.58 40.88 | 150m: 2:01.10 46.52 | 200m: 2:35.47 34.37 | | | | | | |
| 11. | Tessa van de Belt | Dedemsvaart-AC | 200102056 | 2:33.09 | 2:35.55 | +0,81 | | | | |
| | 50m: 34.68 34.68 | 100m: 1:15.11 40.43 | 150m: 1:59.36 44.25 | 200m: 2:35.55 36.19 | | | | | | |
| 12. | Maud Kuipers | Dedemsvaart-AC | 200201894 | 2:32.69 | 2:37.01 | +0,84 | | | | |
| | 50m: 33.75 33.75 | 100m: 1:14.37 40.62 | 150m: 2:00.71 46.34 | 200m: 2:37.01 36.30 | | | | | | |
| 13. | Marieke Wildeboer | TriVia | 200100016 | 2:37.80 | 2:37.09 | +0,90 | | | | |
| | 50m: 34.72 34.72 | 100m: 1:15.26 40.54 | 150m: 2:00.11 44.85 | 200m: 2:37.09 36.98 | | | | | | |
| 14. | Anouschka Steenbergen | ZPC Hoogeveen | 200000280 | 2:35.63 | 2:37.42 | +0,81 | | | | |
| | 50m: 36.44 36.44 | 100m: 1:14.70 38.26 | 150m: 2:01.39 46.69 | 200m: 2:37.42 36.03 | | | | | | |
| 15. | Mariëlle Dolfijn | TriVia | 200201640 | 2:33.06 | 2:37.49 | +0,86 | | | | |
| | 50m: 34.66 34.66 | 100m: 1:15.16 40.50 | 150m: 2:02.33 47.17 | 200m: 2:37.49 35.16 | | | | | | |
| 16. | Wiktorija Redzimska | ZPC Hoogeveen | 200106042 | 2:36.24 | 2:37.57 | +0,63 | | | | |
| | 50m: 35.95 35.95 | 100m: 1:15.91 39.96 | 150m: 2:02.19 46.28 | 200m: 2:37.57 35.38 | | | | | | |
| 17. | Manon de Man | Deltasteur | 200201458 | 2:44.22 | 2:43.90 | +0,75 | | | | |
| | 50m: 36.91 36.91 | 100m: 1:16.71 39.80 | 150m: 2:08.45 51.74 | 200m: 2:43.90 35.45 | | | | | | |
| 18. | Charlotte Wilbers | ZPC Hoogeveen | 200400312 | 2:51.68 | 2:45.80 | | | | | |
| | 50m: 38.64 38.64 | 100m: 1:21.51 42.87 | 150m: 2:11.10 49.59 | 200m: 2:45.80 34.70 | | | | | | |
| 19. | Rosa Ebbinge | DZ&PC | 200200904 | 2:45.45 | 2:47.49 | +0,77 | | | | |
| | 50m: 39.76 39.76 | 100m: 1:20.29 40.53 | 150m: 2:11.78 51.49 | 200m: 2:47.49 35.71 | | | | | | |
| 20. | Maudé Lesscher | Z&PV de Veene | 200300018 | 2:48.06 | 2:47.91 | +0,73 | | | | |
| | 50m: 36.00 36.00 | 100m: 1:19.89 43.89 | 150m: 2:08.72 48.83 | 200m: 2:47.91 39.19 | | | | | | |

Limietwedstrijd korte baan
Drachten, 08-10-2016

Programmanr. 24, Dames, 200m wisselslag, 2005 en eerder

| Rang | | | | | | In.tijd | Tijd | RT | Klasse |
|------|--------------------|----------------|---------------|---------|----------------|---------|---------------|-------|--------|
| 21. | Kyomi Groenhart | DZ&PC | 200400628 | 2:45.55 | 2:47.98 | +0,79 | | | |
| | 50m: 39.38 | 39.38 | 100m: 1:21.01 | 41.63 | 150m: 2:10.17 | 49.16 | 200m: 2:47.98 | 37.81 | |
| 22. | Janna van Kooten | TriVia | 200404584 | 2:43.74 | 2:49.66 | | | | |
| | 50m: 39.09 | 39.09 | 100m: 1:22.58 | 43.49 | 150m: 2:13.15 | 50.57 | 200m: 2:49.66 | 36.51 | |
| 23. | Tessa Sportel | Dedemsvaart-AC | 200401644 | 2:50.76 | 2:50.12 | +0,80 | | | |
| | 50m: 37.80 | 37.80 | 100m: 1:20.01 | 42.21 | 150m: 2:09.52 | 49.51 | 200m: 2:50.12 | 40.60 | |
| 24. | Emma Hofstee | TriVia | 200401282 | 2:57.23 | 2:52.03 | +0,79 | | | |
| | 50m: 39.02 | 39.02 | 100m: 1:22.57 | 43.55 | 150m: 2:13.45 | 50.88 | 200m: 2:52.03 | 38.58 | |
| 25. | Daphne Spaan | Dedemsvaart-AC | 200100740 | 2:48.25 | 2:55.34 | +0,86 | | | |
| | 50m: 37.10 | 37.10 | 100m: 1:21.20 | 44.10 | 150m: 2:14.05 | 52.85 | 200m: 2:55.34 | 41.29 | |
| 26. | Tessa Maat | Deltasteur | 200201826 | 2:54.98 | 2:57.95 | +0,95 | | | |
| | 50m: 38.49 | 38.49 | 100m: 1:23.87 | 45.38 | 150m: 2:17.09 | 53.22 | 200m: 2:57.95 | 40.86 | |
| 27. | Marinda Top | Zeno | 200300460 | 2:49.98 | 2:58.22 | +0,85 | | | |
| | 50m: 40.69 | 40.69 | 100m: 1:25.08 | 44.39 | 150m: 2:21.57 | 56.49 | 200m: 2:58.22 | 36.65 | |
| 28. | Leonie Rockers | De Kikker | 200300256 | 3:02.37 | 2:58.32 | +0,85 | | | |
| | 50m: 36.80 | 36.80 | 100m: 1:24.29 | 47.49 | 150m: 2:16.03 | 51.74 | 200m: 2:58.32 | 42.29 | |
| 29. | Marrit Tiekstra | Orca | 200301796 | 3:05.53 | 3:01.71 | +0,88 | | | |
| | 50m: 38.69 | 38.69 | 100m: 1:24.51 | 45.82 | 150m: 2:18.98 | 54.47 | 200m: 3:01.71 | 42.73 | |
| 30. | Iris Eisenga | TriVia | 200401254 | 3:03.79 | 3:08.62 | +0,71 | | | |
| | 50m: 42.03 | 42.03 | 100m: 1:29.75 | 47.72 | 150m: 2:24.37 | 54.62 | 200m: 3:08.62 | 44.25 | |
| | AFGEM Ellen Altena | TriVia | 200300266 | 2:43.41 | | | | | |
| | AFGEM Marit Boxum | Deltasteur | 200000068 | 2:29.28 | | | | | |