

KNZB competitie deel 1



SG Bolsward Workum

Bolsward 1-10-2022

Nationale Zwemcompetitie deel 1 - zaterdag 1 oktober 2022 om 14:00u (25 m)

Aanvangstijd juryvergadering: 13:30u

2. 4x100m vrije slag dames

11 - 14 jaar (Junioren 4 en jonger)

1. Avéna

05:24.05

Afke Vennik 2010 50m 00:38.42 38,42
Afke Vennik 2010 100m 01:24.27 45,85
Lisa van Ewijck 2009 400m 05:24.05 239,78

2. Neptunia'24

05:31.75

Fenne Kouer 2010 50m 00:41.01 41,01
Fenne Kouer 2010 100m 01:25.41 44,40
Bente Aveskamp 2010 400m 05:31.75 246,34

3. SG. Bolsward-Workum

05:44.28

Jildau Folmer 2010 50m 00:41.75 41,75
Jildau Folmer 2010 100m 01:30.13 48,38
Britt Jellesma 2010 400m 05:44.28 254,15

4. 4x50m vrije slag heren

11 - 15 jaar (Junioren 4 en jonger)

1. SG. Bolsward-Workum

02:14.55

Niek Hofstra 2007 50m 00:28.88 28,88
Rinze Bruins Slot 2011 200m 02:14.55 105,67

5. 100m schoolslag - Dames

vanaf 11 jaar (Senioren Open)

1. Joyce Toonstra (Neptunia'24, 200501298)

01:26.56

50m 00:40.36 40,36

2. Rixt-Nynke Baron (FZC'54, 199601896)

01:27.41

50m 00:40.66 40,66

3. Femke-Romy Wiersma (Neptunia'24, 200103078)

01:28.81

50m 00:41.70 41,70

4. Evelien de Jong (Neptunia'24, 199805316)

01:30.32

50m 00:48.15 48,15

5. Nelie van der Kooi (SG Middelse-De Skelp, 199802652)

01:31.46

50m 00:43.12 43,12

6. Anita Venema (FZC'54, 200001260)

01:33.18

50m 00:42.19 42,19

7. Emma Graafsma (Avéna, 200302524)

01:35.43

50m 00:44.28 44,28

8. Elisa Hofstra (SG. Bolsward-Workum, 200500534)

01:35.49

50m 00:44.82 44,82

9. Lisa Veenstra (FZC'54, 200304294)

01:40.31

50m 00:46.36 46,36

10. Ackelien Vonk (FZC'54, 200303896)

01:47.39

50m 00:48.86 48,86

11. Jennifer ter Beke (FZC'54, 199500284)

01:49.09

50m 00:50.16 50,16

12. Pascale Graafsma (Avéna, 200500524)	02:01.66
50m 00:56.31 56,31	
6. 100m schoolslag - Heren <i>vanaf 11 jaar (Senioren Open)</i>	
1. Robin de Jong (SG. Bolsward-Workum, 200101165)	01:12.01
50m 00:33.26 33,26	
2. Vito Kuperus (FZC'54, 200401389)	01:16.79
50m 00:35.94 35,94	
3. Allard Sieperda (SG. Bolsward-Workum, 200101365)	01:19.71
50m 00:36.65 36,65	
4. Maico Langhout (FZC'54, 200202215)	01:23.77
50m 00:38.32 38,32	
5. Bart de Vos (FZC'54, 199501435)	01:32.86
50m 00:44.53 44,53	
8. 50m vlinderslag - Dames <i>10 - 12 jaar (Junioren 2 en jonger)</i>	
1. Fenne Kouer (Neptunia'24, 201003318)	00:39.88
2. Ina Knol (Avéna, 201001654)	00:44.88
3. Mare Offringa (SG. Bolsward-Workum, 201001110)	00:45.70
4. Afke Vennik (Avéna, 201002198)	00:47.29
5. Sytske de Vries (SG. Bolsward-Workum, 201000256)	00:48.08
6. Britt Jellesma (SG. Bolsward-Workum, 201000310)	00:52.12
7. Eline de Boer (SG. Bolsward-Workum, 201100256)	00:52.50
8. Janneke Postma (Avéna, 201003322)	00:55.57
9. Zoe Schurer (SG. Bolsward-Workum, 201100726)	00:57.37
10. Marije Zijlstra (SG. Bolsward-Workum, 201100728)	00:58.78
11. Fresina Vonk (FZC'54, 201000708)	01:00.14
12. Bente Aveskamp (Neptunia'24, 201003144)	01:03.36
DIS. Maelyn Haasjes (Avéna, 201003478)	00:00.00
DIS. Floortje Rump (Avéna, 201103016)	00:00.00
10. 50m vlinderslag - Heren <i>11 - 13 jaar (Junioren 2 en jonger)</i>	
1. Nathan Reinsma (Neptunia'24, 200902639)	00:48.64
2. Rinze Bruins Slot (SG. Bolsward-Workum, 201100335)	00:48.86
3. Luuk de Voogd (SG. Bolsward-Workum, 201000055)	00:51.47
4. Mika Feenstra (Avéna, 201001705)	00:53.66
DIS. Bastiaan Borgmans (SG Middelste-De Skelp, 201003303)	00:00.00
12. 50m rugslag - Dames <i>11 - 16 jaar (Jeugd 2 en jonger)</i>	
1. Marije Jaspers (Neptunia'24, 200802152)	00:36.14
2. Minke Postma (SG. Bolsward-Workum, 200702532)	00:37.08
3. Norah Kip (Neptunia'24, 200702876)	00:37.53
4. Feyona Vonk (FZC'54, 200600814)	00:39.31
5. Esmee Ykema (Neptunia'24, 200801710)	00:40.45

6. Tess Knol (Avéna, 200702106)	00:40.50
7. Evelien Veenstra (SG. Bolsward-Workum, 200601312)	00:40.82
8. Doete Vogelaar (FZC'54, 200603024)	00:46.24
14. 50m rugslag - Heren	
<i>11 - 17 jaar (Jeugd 2 en jonger)</i>	
1. Siete Bootsma (SG. Bolsward-Workum, 200600065)	00:32.42
2. Dilan Gaemers (Avéna, 200602311)	00:34.85
3. Geuvert Hoogkamp (Avéna, 200603633)	00:34.85
4. Pieter Dekker (Neptunia'24, 200601105)	00:35.37
5. Joep Hendriks (SG. Bolsward-Workum, 200603531)	00:36.34
6. Mathijs Haitzma (FZC'54, 200700039)	00:36.53
7. Willem Wiersma (SG Middelze-De Skelp, 200701177)	00:36.71
16. 50m schoolslag - Dames	
<i>11 - 14 jaar (Junioren 4 en jonger)</i>	
1. Anneroo Gardenier (Avéna, 200802856)	00:44.44
2. Lisa van Ewijck (Avéna, 200901800)	00:49.20
3. Frouke Wiersma (SG Middelze-De Skelp, 200900810)	00:50.64
4. Lena Kuindersma (Avéna, 200802854)	00:51.05
5. Nathalie Veenstra (SG. Bolsward-Workum, 200901462)	00:51.08
6. Jildau Folmer (SG. Bolsward-Workum, 201002600)	00:51.47
7. Lisan Suijkerbuijk (Avéna, 200804590)	00:57.56
8. Danae Molleman (Neptunia'24, 201002784)	00:59.86
18. 50m schoolslag - Heren	
<i>11 - 15 jaar (Junioren 4 en jonger)</i>	
1. Niek Hofstra (SG. Bolsward-Workum, 200700571)	00:38.02
2. Hidde Bruins Slot (SG. Bolsward-Workum, 200800317)	00:38.98
3. Jilke-Andre Jasper (SG Middelze-De Skelp, 200803091)	00:43.90
4. Jonas Timmer (Neptunia'24, 200902625)	00:50.50
19. 50m rugslag - Dames	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Femke-Romy Wiersma (Neptunia'24, 200103078)	00:34.97
2. Rixt-Nynke Baron (FZC'54, 199601896)	00:36.71
3. Evelien de Jong (Neptunia'24, 199805316)	00:37.95
4. Elisa Hofstra (SG. Bolsward-Workum, 200500534)	00:38.17
5. Emma Graafsma (Avéna, 200302524)	00:39.02
6. Joyce Toonstra (Neptunia'24, 200501298)	00:39.30
7. Nelie van der Kooi (SG Middelze-De Skelp, 199802652)	00:39.60
8. Anita Venema (FZC'54, 200001260)	00:40.88
9. Lisa Veenstra (FZC'54, 200304294)	00:41.51
10. Jennifer ter Beke (FZC'54, 199500284)	00:41.97
11. Ackelien Vonk (FZC'54, 200303896)	00:45.66

12. Pascale Graafsma (Avéna, 200500524)	00:45.96
20. 50m rugslag - Heren	
<i>vanaf 11 jaar (Senioren Open)</i>	
1. Robin de Jong (SG. Bolsward-Workum, 200101165)	00:30.52
2. Vito Kuperus (FZC'54, 200401389)	00:33.19
3. Maico Langhout (FZC'54, 200202215)	00:35.28
5. Bart de Vos (FZC'54, 199501435)	00:37.85
DIS. Allard Sieperda (SG. Bolsward-Workum, 200101365)	00:00.00
21. 50m vrije slag -	
<i>9 - 10 jaar (Minioren 4 en 5) Dames</i>	
1. Femke de Vries (SG. Bolsward-Workum, 201200010)	00:39.97
2. Olivia Hensler (Avéna, 201201876)	00:49.64
3. Norah Terpstra (Avéna, 201202076)	00:50.48
4. Femke Kiewied (SG Middelse-De Skelp, 201202142)	00:53.29
5. Fayen Norde (Avéna, 201301398)	00:54.88
6. Norah Oostwoud (Avéna, 201202132)	01:03.14
7. Fenna Bodewits (Avéna, 201301400)	01:05.58
<i>9 - 11 jaar (Minioren 4,5,6) Heren</i>	
1. Gijs Leeneman (Avéna, 201200479)	00:39.08
2. Jelte Terpstra (SG. Bolsward-Workum, 201100259)	00:46.50
23. 100m rugslag - Dames	
<i>10 - 12 jaar (Junioren 2 en jonger)</i>	
1. Mare Offringa (SG. Bolsward-Workum, 201001110)	01:34.79
50m 00:45.86 45,86	
2. Britt Jellesma (SG. Bolsward-Workum, 201000310)	01:35.67
50m 00:47.21 47,21	
3. Ina Knol (Avéna, 201001654)	01:38.50
50m 00:46.94 46,94	
4. Sytske de Vries (SG. Bolsward-Workum, 201000256)	01:39.53
5. Maelyn Haasjes (Avéna, 201003478)	01:40.37
50m 00:49.44 49,44	
6. Eline de Boer (SG. Bolsward-Workum, 201100256)	01:41.13
50m 00:50.54 50,54	
7. Afke Vennik (Avéna, 201002198)	01:43.19
50m 00:49.59 49,59	
8. Fenne Kouer (Neptunia'24, 201003318)	01:43.92
50m 00:51.13 51,13	
9. Marije Zijlstra (SG. Bolsward-Workum, 201100728)	01:56.22
50m 00:59.43 59,43	
10. Zoe Schurer (SG. Bolsward-Workum, 201100726)	01:56.73
50m 00:58.05 58,05	
11. Fresina Vonk (FZC'54, 201000708)	01:59.04
50m 00:58.93 58,93	
DIS. Janneke Postma (Avéna, 201003322)	00:00.00
DIS. Floortje Rump (Avéna, 201103016)	00:00.00

DIS. Bente Aveskamp (Neptunia'24, 201003144)	00:00.00
25. 100m rugslag - Heren <i>11 - 13 jaar (Junioren 2 en jonger)</i>	
1. Luuk de Voogd (SG. Bolsward-Workum, 201000055) 50m 00:48.02 48,02	01:37.89
2. Rinze Bruins Slot (SG. Bolsward-Workum, 201100335) 50m 00:49.33 49,33	01:39.78
3. Mika Feenstra (Avéna, 201001705)	01:50.47
4. Bastiaan Borgmans (SG Middelse-De Skelp, 201003303) 50m 00:53.19 53,19	01:51.18
DIS. Nathan Reinsma (Neptunia'24, 200902639)	00:00.00
28. 200m schoolslag - Dames <i>11 - 16 jaar (Jeugd 2 en jonger)</i>	
1. Marije Jaspers (Neptunia'24, 200802152) 50m 00:45.24 45,24 100m 01:37.35 52,11	03:19.87
2. Norah Kip (Neptunia'24, 200702876) 50m 00:45.52 45,52 100m 01:36.81 51,29	03:22.59
3. Feyona Vonk (FZC'54, 200600814) 50m 00:45.46 45,46 100m 01:37.34 51,88	03:24.66
4. Minke Postma (SG. Bolsward-Workum, 200702532) 50m 00:45.39 45,39 100m 01:37.66 52,27	03:24.90
5. Esmee Ykema (Neptunia'24, 200801710) 50m 00:48.86 48,86 100m 01:42.86 54,00	03:36.19
6. Evelien Veenstra (SG. Bolsward-Workum, 200601312) 50m 00:55.44 55,44 100m 01:44.17 48,73	03:41.97
29. 100m schoolslag - Dames <i>11 - 16 jaar (Jeugd 2 en jonger)</i>	
1. Tess Knol (Avéna, 200702106) 50m 00:48.94 48,94	01:45.01
30. 200m schoolslag - Heren <i>11 - 17 jaar (Jeugd 2 en jonger)</i>	
1. Siete Bootsma (SG. Bolsward-Workum, 200600065) 50m 00:41.19 41,19 100m 01:28.25 47,06	02:57.88
2. Pieter Dekker (Neptunia'24, 200601105) 50m 00:45.29 45,29 100m 01:34.81 49,52	03:17.68
3. Joep Hendriks (SG. Bolsward-Workum, 200603531) 50m 00:45.52 45,52 100m 01:37.93 52,41	03:25.84
4. Mathijs Haitzma (FZC'54, 200700039) 50m 00:44.26 44,26 100m 01:38.06 53,80	03:28.07
31. 100m schoolslag - Heren <i>11 - 17 jaar (Jeugd 2 en jonger)</i>	
1. Dilan Gaemers (Avéna, 200602311) 50m 00:38.99 38,99	01:24.57
2. Geuvert Hoogkamp (Avéna, 200603633) 50m 00:43.37 43,37	01:32.94
3. Willem Wiersma (SG Middelse-De Skelp, 200701177) 50m 00:44.99 44,99	01:34.70
32. 200m vrije slag - Dames <i>11 - 14 jaar (Junioren 4 en jonger)</i>	

1. Nathalie Veenstra (SG. Bolsward-Workum, 200901462)	03:16.14
50m 00:44.31 44,31 100m 01:35.48 51,17	
2. Jildau Folmer (SG. Bolsward-Workum, 201002600)	03:19.78
50m 00:43.55 43,55 100m 01:37.92 54,37	
3. Danae Molleman (Neptunia'24, 201002784)	03:30.77
50m 00:45.50 45,50 100m 01:40.27 54,77	
33. 100m vrije slag - Dames	
11 - 14 jaar (Junioren 4 en jonger)	
1. Annerooos Gardenier (Avéna, 200802856)	01:19.19
50m 00:36.71 36,71	
2. Lena Kuindersma (Avéna, 200802854)	01:19.96
50m 00:39.61 39,61	
3. Frouke Wiersma (SG Middelse-De Skelp, 200900810)	01:20.61
50m 00:39.60 39,60	
4. Lisa van Ewijk (Avéna, 200901800)	01:27.21
50m 00:39.80 39,80	
5. Lisan Suijkerbuijk (Avéna, 200804590)	01:38.89
50m 00:46.55 46,55	
34. 200m vrije slag - Heren	
11 - 15 jaar (Junioren 4 en jonger)	
1. Niek Hofstra (SG. Bolsward-Workum, 200700571)	02:28.90
50m 00:32.18 32,18 100m 01:10.19 38,01	
2. Hidde Bruins Slot (SG. Bolsward-Workum, 200800317)	02:37.27
50m 00:35.01 35,01 100m 01:14.81 39,80	
3. Mathijs Haitzma (FZC'54, 200700039)	02:52.31
50m 00:37.44 37,44 100m 01:22.31 44,87	
4. Jonas Timmer (Neptunia'24, 200902625)	02:57.98
50m 00:38.24 38,24 100m 01:24.20 45,96	
35. 100m vrije slag - Heren	
11 - 15 jaar (Junioren 4 en jonger)	
1. Jilke-Andre Jasper (SG Middelse-De Skelp, 200803091)	01:15.54
50m 00:35.63 35,63	
36. 50m rugslag -	
9 - 10 jaar (Minioren 4 en 5) Dames	
1. Femke de Vries (SG. Bolsward-Workum, 201200010)	00:45.41
2. Mare Haijma (SG Middelse-De Skelp, 201202140)	00:53.69
3. Fayen Norde (Avéna, 201301398)	00:58.25
4. Norah Terpstra (Avéna, 201202076)	00:58.65
5. Olivia Hensler (Avéna, 201201876)	01:00.40
6. Femke Kiewied (SG Middelse-De Skelp, 201202142)	01:03.36
7. Norah Oostwoud (Avéna, 201202132)	01:09.87
DIS. Fenna Bodewits (Avéna, 201301400)	00:00.00
9 - 11 jaar (Minioren 4,5,6) Heren	
1. Gijs Leeneman (Avéna, 201200479)	00:50.56
2. Jelte Terpstra (SG. Bolsward-Workum, 201100259)	00:59.79
38. 4x50m wisselslag dames	
vanaf 11 jaar (Senioren Open)	
1. Neptunia'24	02:19.90

Norah Kip 2007	50m	00:38.40	38,40	
Joyce Toonstra 2005	200m	02:19.90	101,50	
2. FZC'54				02:27.09
Lisa Veenstra 2003	200m	02:27.09	147,09	
3. SG. Bolsward-Workum				02:41.46
Minke Postma 2007	50m	00:37.97	37,97	
Elisa Hofstra 2005	200m	02:41.46	123,49	
4. Avéna				02:48.28
Pascalie Graafsma 2005	50m	00:46.98	46,98	
Emma Graafsma 2003	200m	02:48.28	121,30	
40. 4x100m vrije slag heren				
vanaf 11 jaar (Senioren Open)				
. SG. Bolsward-Workum				04:17.39
Allard Sieperda 2001	50m	00:29.63	29,63	
Allard Sieperda 2001	100m	01:05.32	35,69	
Siete Bootsma 2006	400m	04:17.39	192,07	