

JON6, JEUGD6

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Lenn Flapper		Workum	1:58
2	Evan Overwijk		Workum	2:11
3	Jort vd Goot		Workum	2:14
4	Sijbrand Zorgdrager		Workum	2:16
5	Luc Schippers		Workum	2:24
6	Jorrit Bokma		Workum	2:26
7	Dylano Westerhuis		Tzum	2:26
8	Jesper Huisman		Workum	2:30
9	Liam Wouda		Workum	2:34
10	Jurre Wouda		Workum	2:41
11	Mart Hoekstra		Workum	2:43
12	Roan Krischok		Workum	2:44
13	Ysbrand Haanstra		It Heidenskip	2:45
14	Fimme Genée		Makkum	2:55
15	Brend Haanstra		Workum	3:02
16	Jan Zorgdrager		Workum	3:03
17	Mike Visser		Workum	3:07
18	Abe Schurer		Workum	3:11
19	Brent Wouda		Workum	3:28
20	Ridzerd Zijlstra		Workum	3:39
21	Yelmar Adema		Workum	5:25

MEI6, JEUGD6

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Femke Twijnstra		Workum	2:16
2	Leijne van der Heuvel		Workum	2:21
3	Anniek Douma		Workum	2:28
4	Isa de Boer		Exmorra	2:29
5	Amber Krischok		Workum	2:30
6	Noa Visser		Workum	2:32
7	Veda Bakker		Workum	2:32
8	Janna Galema		Workum	2:34
9	Diyann Feenstra		Workum	2:42
10	Nora Rogl		Workum	2:43
11	Amarins Bos		Bolsward	2:50
12	Marije Zijlstra		Workum	2:58
13	Zoe Schurer		Workum	2:59
14	Lieke Bekkema		Workum	3:03
15	Alant Haanstra		Workum	3:20
16	Liena Folmer		Workum	3:21
17	Eva Koopen		Workum	3:24
18	Fardau Tijtsma		Workum	3:52
19	Marin Tijtsma		Workum	3:52



JON9, JEUGD9

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Rutger Overwijk		Workum	3:50
2	Laas Buren		Workum	4:00
3	Tygo Flapper		Workum	4:03
4	Emiel vd Zee		Workum	4:10
5	Tim Lorenzo Jeeninga		De Knipe	4:11
6	Jelmer Kuipers		Workum	4:12
7	Melle Bos		Bolsward	4:12
8	Jirir Heppener		Bolsward	4:15
9	Jari Heppener		Bolsward	4:23
10	Ben Wesselius		Workum	4:27
11	Lasse Galema		Workum	4:28
12	Sem Heim		Warns	4:31
13	Roan Tijtsma		Workum	4:47
14	Jesse van Os		Workum	4:49
15	Thijs Snijder		Workum	4:56
16	Ingmar Bouwhuis		Workum	4:57
17	Julian Krischok		Workum	5:00
18	Nick Jochems		Workum	5:01
19	Jesse Bokma		Workum	5:06
20	Thijs Twijnstra		Workum	5:11
21	Bas Bruggink		Workum	5:31
22	Jorn Tjalsma		Workum	5:42
23	Jelle Sander Visser		Workum	6:03
24	Tim Bruggink		Workum	6:08
25	Stian Galema		Workum	6:32
26	Finn Zwaal		Bolsward	6:44
27	Marijn v Zandbergen		Bolsward	7:19



MEI9, JEUGD9

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Jana Heppener		Bolsward	4:16
2	Lianne Douma		Workum	4:31
3	Nikke Adema		Workum	4:41
4	Minke Bakker		Workum	4:53
5	Jildou Wildervanck		Ferwoude	4:56
6	Tess Visser		Workum	5:01
7	Marrit Boele		Workum	5:13
8	Iris Ronner		Workum	5:14
9	Lise Haanstra		It Heidenskip	5:14
10	Thirza Feenstra		Workum	5:39
11	Nynke Kampen		It Heidenskip	5:41
12	Emma Jule Drent		Workum	5:54
13	Mirte Agricola		Workum	5:58
14	Bo Sijrier		Workum	6:01
15	Jildou Ronner		Workum	6:02
16	Renske Zorgdrager		Workum	6:05
17	Nikkie Abma		It Heidenskip	6:18
18	Sanne Wouda		Workum	6:35
19	Ysmee Bekkema		Workum	6:35
20	Lise Westendorp		Workum	6:37
21	Sophie Weessies		Workum	7:27
12	Emma Jule Drent		Workum	5:54
13	Mirte Agricola		Workum	5:58
14	Bo Sijrier		Workum	6:01
15	Jildou Ronner		Workum	6:02
16	Renske Zorgdrager		Workum	6:05
17	Nikkie Abma		It Heidenskip	6:18
18	Sanne Wouda		Workum	6:35
19	Ysmee Bekkema		Workum	6:35
20	Lise Westendorp		Workum	6:37
21	Sophie Weessies		Workum	7:27



JON12, JEUGD12

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Maxwell Bayer		Huizen	3:28
2	Koen de Haan		Workum	3:35
3	Roel Troost		Bolsward	3:38
4	Evert Sjoerds		Workum	3:39
5	Yannick Dijkstra		Workum	3:42
6	Ruben Visser		Workum	3:46
7	Jeroen Wesselius		Workum	3:47
8	Siard vd Goot		Gaastmeer	3:53
9	Marlon Overwijk		Workum	3:55
10	Jan Pieter Kramer		Bolsward	3:58
11	Niels Buren		Bolsward	4:01
12	Hidde Bos		Bolsward	4:01
13	Tijn Atsma		Workum	4:01
14	Giovanni Postma		Workum	4:07
15	Yoran Foekema		Workum	4:20
16	Dami Petri			6:21
17	Michael		Sneek	6:52
18	Tobias Oomen		Sneek	7:18
19	Ricardo		Leek	7:30

MEI12, JEUGD12

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Yara de Boer		Exmorra	3:41
2	Anne Demmer		Workum	3:52
3	Anthe Troost		Bolsward	3:54
4	Rixt vd Goot		Workum	4:04
5	Elise Postma		Workum	4:08
6	Nynke Kuipers		Workum	4:20
7	Merel Zee		Bolsward	4:44
8	Ciska Adema		Workum	4:50
9	Mare Galema		Workum	5:09
10	Mirije		Workum	5:14
11	Isa Twellaar		Workum	5:21
12	Bente van Os		Workum	5:22
13	Fleur van Os		Workum	5:23



MAN, 4MIJL

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Willem de Boer		Exmorra	21:48
2	Jetze Genee		Makkum	22:15
3	Jan Albert Veenema		Sneek	22:35
4	Gerrit Kramer		Bolsward	22:58
5	Ilan Palstra		Workum	23:20
6	Hindrik Jagersma		Groningen	23:32
7	Gert Jan Tichelaar		Oldebroek	23:35
8	Freek Jaarsma		Makkum	23:56
9	Frank Buigel		Groningen	24:21
10	Wilco Folkerts		Bolsward	24:23
11	Arjen Nauta		Workum	24:24
12	Saco Bootsma		Workum	24:30
13	Redmar Boerties		Bolsward	25:34
14	Rients Kuipers		Workum	25:40
15	Johan de Witte		Makkum	25:55
16	Herman Westerhuis		Tzum	25:57
17	Paulus Folmer		Workum	26:07
18	Theunis Wouda		Workum	26:29
19	Anne-Floris Bottema		Nijland	26:37
20	Jorrit Miedema		Workum	26:37
21	Stijn de Vries		Workum	27:15
22	Wiebe Palstra		Bolsward	27:20
23	Siem Leeuwe		Parrega	27:36
24	Strack		Darmstadt	27:36
25	Julian Kuipers		Workum	27:49
26	Jaldert Sjoerds		Workum	27:54
27	Marco Krischok		Workum	28:06
28	Bert Jan Blok		Workum	28:15
29	Andre Siesling		Bolsward	28:16
30	Barry Lammers		Workum	29:08
31	Klaas Halma		Gaast	29:27
32	Erik Stellingwerf		Workum	29:31
33	Patrick Overwijk		Workum	29:34
34	Seakle Altenburg		Workum	30:26
35	Jan Willem Bouma		Workum	30:30
36	Rob vd Heuvel		Workum	30:36
37	Joris van der Zee		Workum	30:57
38	Jarno		Workum	30:59
39	Pieter van der Bij		Jirnsum	31:07
40	Marco Breeuwsma		Parrega	31:28
41	Arjen Bokma		Workum	31:33
42	Andries Bosma		Workum	31:34
43	Klaas Poepjes		Workum	32:10
44	Merijn de Boer		Workum	32:17
45	Erwin Bruggink		Workum	32:43
46	Henk van der Pal		Workum	32:54
47	Gert-Jan Jorna		Bolsward	33:31
48	Jan Schaafsma		Bolsward	33:39
49	Frits Ottens		Leeuwarden	41:14



VROUW, 4MIJL

Plts	Naam	GJ	Woonplaats/Vereniging	Tijd
1	Yara Stunnenberg		Groningen	25:54
2	Marije Steigenga		Wons	28:01
3	Hella Yntema		Bolsward	28:49
4	Yvonne Schots		Wommels	30:15
5	Hester Groenveld		Bolsward	30:40
6	Annie Amsterdam-Vogelzang		Hindeloopen	30:58
7	Elske Muijs		Amersfoort	31:47
8	Meweska van't Hoff		Workum	32:09
9	Marrit de Vries		Utrecht	32:17
10	Yske Bakker		Workum	32:34
11	Jenna Bakker		Workum	32:34
12	Froukje Rienstra		Workum	32:46
13	Rixt de Jong		Bolsward	33:44
14	Andrea Gietema		Groningen	34:05
15	Amarins Schurer-Feenstra		Workum	34:41
16	Dieuwke Couperus		Workum	35:41
17	Chantal Grasman		Aldeboarn	36:35
18	Wybertha Brouwer		Bolsward	36:35
19	Margriet Sjoerds		Workum	37:13
20	Marin Wesselius		Workum	37:13
21	Nynke vd Meer		Tjerkwerd	37:37
22	Grytsje Miedema		Workum	37:41
23	Mara Hofstra		Workum	37:49
24	Britt Troelstra		Workum	37:51
25	H. Burghgraef-Haagsma		Tjerkwerd	38:04
26	Mirjam Miedema		Sneek	38:54
27	Elsemiek Dijkstra-de Bruin		Workum	42:25
28	Juliet Vinkx		Workum	42:26
29	Nienke Visser-Wijnja		Workum	46:24
30	Ietje de Boer		Workum	47:52

