



Overijsselse Kampioenschappen LB 2026  
Hengelo, 16 - 31/5/2026



Programmanr. 303  
30/5/2026 - 14:55

Dames, 4 x 200m vrije slag

2014 en ouder  
Resultaten

rang	vereniging		intijd				tijd	RT
<b>Onder 16</b>								
1.	Deltasteur		9:23.37				<b>9:39.44</b>	
	Isabel Amelink	11	31.30	1:06.33	1:44.51	2:23.28	2:23.28	
	Lisa Boogaard	11	33.00	1:08.98	1:46.00	2:21.51	2:21.51	
	Maurieke Frijstein	11	33.31	1:11.10	1:51.19	2:30.67	2:30.67	
	Nova Volmer	13	31.56	1:07.26	1:45.21	2:23.98	2:23.98	
2.	Oz&Pc		9:52.25				<b>9:46.93</b>	
	Florien Pot	10	32.21	1:07.60	1:44.12	2:19.08	2:19.08	
	Elisa Reirink	13	34.11	1:12.23	1:50.71	2:26.93	2:26.93	
	Nikki Mulder	13	33.90	1:12.92	1:51.82	2:27.95	2:27.95	
	Ribanna Damm	11	32.26	1:10.96	1:51.82	2:32.97	2:32.97	
3.	Dedemsvaart-AC		9:44.90				<b>10:16.15</b>	
	Sanne Keizer	10	31.97	1:09.08	1:48.62	2:26.67	2:26.67	
	Reva van der Veen	14	34.69	1:13.79	1:54.82	2:34.56	2:34.56	
	Sjors Werger	11	34.85	1:15.36	1:56.74	2:36.44	2:36.44	
	Femke Keizer	12	34.50	1:15.83	1:58.33	2:38.48	2:38.48	
4.	de Veene		10:16.46				<b>10:25.89</b>	
	Claire Lohuis	10	34.04	1:14.01	1:55.76	2:37.54	2:37.54	
	Charlotte Bruggeman	14	37.86	1:19.85	2:02.29	2:43.40	2:43.40	
	Britt Blaaput	10	35.73	1:16.54	1:58.31	2:39.99	2:39.99	
	Ine-Joy Tilburg	10	32.94	1:09.88	1:47.28	2:24.96	2:24.96	
5.	Dedemsvaart-AC		10:59.25				<b>11:06.83</b>	
	Kaily Remmers	13	34.33	1:14.27	1:57.56	2:41.16	2:41.16	
	Fayenne Kouwen	13	35.49	1:17.99	2:02.34	2:44.93	2:44.93	
	Daphne Spijker	13	38.54	1:23.12	2:08.84	2:53.59	2:53.59	
	Noa Bergsma	14	34.64	1:16.71	2:03.21	2:47.15	2:47.15	
<b>Open</b>								
1.	Oz&Pc		9:25.27				<b>9:23.53</b>	
	Flore Blok	08	33.51	1:10.63	1:47.80	2:22.44	2:22.44	
	Emma Steenbrink	09	32.28	1:07.21	1:42.62	2:18.34	2:18.34	
	Renske Oude Egbrink	06	32.41	1:08.79	1:46.30	2:25.18	2:25.18	
	Isabelle Elsweier	03	30.29	1:04.56	1:41.13	2:17.57	2:17.57	
2.	Dedemsvaart-AC		8:58.86				<b>9:34.67</b>	
	Alessia Sluis	03	31.94	1:08.24	1:45.39	2:22.11	2:22.11	
	Marlies Dijsselhof	06	31.49	1:08.40	1:45.75	2:23.22	2:23.22	
	Anique Polinder	08	31.86	1:09.24	1:48.95	2:29.31	2:29.31	
	Michelle Zomerdijk	00	30.14	1:04.95	1:42.03	2:20.03	2:20.03	
3.	Deltasteur		9:20.69				<b>10:05.73</b>	
	Valerie Sakkers	08	34.55	1:12.85	1:51.95	2:29.52	2:29.52	
	Monica van der Meer	07	34.04	1:13.74	1:54.20	2:35.03	2:35.03	
	Marlouke Weijland	08	34.33	1:12.62	1:51.29	2:28.68	2:28.68	
	Charlotte van der Meer	07	35.44	1:15.35	1:54.47	2:32.50	2:32.50	
4.	Dedemsvaart-AC		9:54.07				<b>10:11.59</b>	
	Lily Zandstra	07	35.19	1:14.14	1:53.87	2:33.22	2:33.22	
	Suus Hoogeveen	09	35.52	1:17.32	1:58.71	2:40.18	2:40.18	
	Esther Dijsselhof	08	32.20	1:09.95	1:48.64	2:27.79	2:27.79	
	Leyona Lichtendonk	07	33.49	1:11.32	1:51.02	2:30.40	2:30.40	