

20260509 Zwolle O12 deel 6  
Zwolle, 9-5-2026

Programmanr. 5  
9-5-2026 - 13:35

200m schoolslag  
Volledig reglement

Onder 12  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Aicha Hamdi	Batavia Swim	NT 201400134	<b>3:53.75</b>	-	51.77	1:51.65	2:52.84	3:53.75
Alma Aldiansyah	de IJsel	NT 201501462	<b>4:10.67</b>	-	56.24	2:00.91	3:06.17	4:10.67
Anna Rietman	SWOL 1894	NT 201500012	<b>3:53.39</b>	-	50.80	1:51.00	2:51.20	3:53.39
Dominik Dassen	Zuiderzeewemmers	NT 201401351	<b>4:10.45</b>	-	57.01	2:02.41	3:08.43	4:10.45
Emma de Dood	ZIGNEA	4:26.74 201400532	<b>3:50.20</b>	134%	54.32	1:51.95	2:52.92	3:50.20
Emmy G.	Zuiderzeewemmers	NT 201500862	<b>3:42.64</b>	-	50.48	1:47.86	2:45.80	3:42.64
Esma Bijl	De Grunte	NT 201501078	<b>4:04.26</b>	-	54.81	1:59.12	3:02.78	4:04.26
Esmeij Dood	de IJsel	NT 201501612	<b>3:57.32</b>	-	54.85	1:56.97	2:57.77	3:57.32
Feline Mulder	De Grunte	4:23.12 201501082	<b>4:11.87</b>	109%	55.93	1:59.14	3:06.06	4:11.87
Femke Lamberink	De Grunte	4:07.85 201501128	<b>3:57.21</b>	109%	53.30	1:54.28	2:56.90	3:57.21
Fleur Lemmers	SWOL 1894	NT 201400886	<b>3:29.32</b>	-	46.95	1:41.16	2:35.92	3:29.32
Ilse Buit	ZVZ	NT 201400168	<b>3:29.91</b>	-	48.56	1:42.39	2:36.89	3:29.91
Iris van Gosliga	ZIGNEA	NT 201500390	<b>4:04.65</b>	-	55.19	1:58.42	3:00.93	4:04.65
Jaro Schuurman	SWOL 1894	3:15.41 201400161	<b>3:08.27</b>	108%	41.89	1:29.36	2:19.59	3:08.27
Jip Westendorp	SWOL 1894	3:16.54 201400379	<b>3:05.56</b>	112%	41.80	1:29.41	2:17.71	3:05.56
Josephine R.	Aquapoldro	3:31.68 201401324	<b>3:32.38</b>	99%	48.28	1:42.42	2:38.45	3:32.38
Lara Bourgonje	SG Octopus - ZVV	NT 201400746	<b>4:06.07</b>	-	55.27	1:58.32	3:02.25	4:06.07
Lise Ringers	Aquapoldro	NT 201402528	<b>4:00.89</b>	-	54.59	1:55.93	2:59.24	4:00.89
Lotte Kok	SG Octopus - ZVV	4:34.55 201401332	<b>4:12.66</b>	118%	57.48	2:03.44	3:08.73	4:12.66
Lotte van den Berg	SWOL 1894	4:16.64 201500010	<b>3:57.78</b>	116%	52.11	1:52.47	2:54.88	3:57.78
Mayke Meilink	De Grunte	NT 201402138	<b>3:49.96</b>	-	50.98	1:48.73	2:49.22	3:49.96
Midas Withaar	De Grunte	3:37.22 201401597	<b>3:32.91</b>	104%	46.03	1:40.73	2:36.88	3:32.91
Naud Fransz	SWOL 1894	4:13.47 201400971	<b>3:40.94</b>	132%	50.79	1:47.97	2:44.97	3:40.94
Noa Brands	SWOL 1894	3:37.62 201500386	<b>3:21.41</b>	117%	45.59	1:37.12	2:28.79	3:21.41
AFGEM Noé van Zijverden	de IJsel	NT 201400888	-	-	-	-	-	-
Rianne ter Meer	De Grunte	4:04.38 201501080	<b>3:48.90</b>	114%	52.51	1:52.10	2:51.65	3:48.90
Roos Aaldenberg	SWOL 1894	NT 201501228	<b>4:49.69</b>	-	1:04.34	2:20.25	3:36.27	4:49.69
Ruben Eilander	SG Octopus - ZVV	4:38.50 201400931	<b>4:21.10</b>	114%	59.40	2:07.44	3:14.84	4:21.10
Sina Esmat	Aquapoldro	3:32.62 201400163	<b>3:33.35</b>	99%	46.87	1:42.38	2:38.98	3:33.35
Sofie Hofstede	ZVZ	4:04.67 201500282	<b>3:42.59</b>	121%	52.06	1:49.73	2:48.45	3:42.59
Stefan Boogaard	Batavia Swim	NT 201400083	<b>3:36.32</b>	-	46.56	1:42.98	2:41.29	3:36.32
Suus Reurink	SG Octopus - ZVV	4:14.01 201500564	<b>3:49.60</b>	122%	52.22	1:52.82	2:53.04	3:49.60
Toby Beekhuis	SG Octopus - ZVV	3:44.89 201401069	<b>3:35.42</b>	109%	49.57	1:45.39	2:41.36	3:35.42
AFGEM Tom van der Linde	ZIGNEA	NT 201400313	-	-	-	-	-	-
Vayèn Meekhof	ZVZ	NT 201500004	<b>3:34.39</b>	-	47.63	1:43.32	2:39.23	3:34.39
Ymke Lautenbag	SWOL 1894	NT 201501206	<b>4:01.43</b>	-	54.07	1:56.87	2:59.19	4:01.43