



Programmanr. 110  
20/6/2026 - 16:30

Dames, 200m wisselslag

Open  
Resultaten

| rang naam            | vereniging     | intijd            | tijd           | RT | 50m   | 100m    | 150m    | 200m    |
|----------------------|----------------|-------------------|----------------|----|-------|---------|---------|---------|
| <b>Onder 14</b>      |                |                   |                |    |       |         |         |         |
| 1. A. Lemmers        | SWOL 1894      | 3:01.53 201201462 | <b>3:01.68</b> |    | 39.97 | 1:26.48 | 2:21.37 | 3:01.68 |
| 2. Marsja Kroeze     | Deltasteur     | 2:55.10 201300348 | <b>3:03.52</b> |    | 40.82 | 1:28.42 | 2:23.61 | 3:03.52 |
| 3. Fleur Brink       | De Grunte      | 3:00.20 201300022 | <b>3:04.05</b> |    | 41.82 | 1:29.88 | 2:23.18 | 3:04.05 |
| 4. Fleur Lemmers     | SWOL 1894      | 2:59.57 201400886 | <b>3:06.20</b> |    | 41.47 | 1:30.32 | 2:25.28 | 3:06.20 |
| 5. Julia Bouman      | SWOL 1894      | 3:08.15 201200790 | <b>3:06.85</b> |    | 43.88 | 1:33.55 | 2:23.51 | 3:06.85 |
| 6. Puck Hoekman      | WS Twente      | 3:08.27 201300574 | <b>3:08.79</b> |    | 48.91 | 1:33.93 | 2:30.67 | 3:08.79 |
| 7. Fenne Beernink    | Z&PV de Veene  | 3:29.31 201300968 | <b>3:09.04</b> |    | 45.68 | 1:36.95 | 2:28.57 | 3:09.04 |
| 8. Nora Ekelmans     | Dedemsvaart-AC | 3:20.67 201401988 | <b>3:11.90</b> |    | 41.49 | 1:31.96 | 2:27.94 | 3:11.90 |
| 9. Hanne Kamman      | SWOL 1894      | 3:10.42 201300196 | <b>3:16.05</b> |    | 47.45 | 1:39.90 | 2:32.65 | 3:16.05 |
| 10. Lindsay van Veen | Dedemsvaart-AC | 3:17.64 201301022 | <b>3:20.36</b> |    | 46.56 | 1:38.50 | 2:34.77 | 3:20.36 |
| 11. Ilse Buit        | ZVZwartsluis   | 3:18.74 201400168 | <b>3:28.65</b> |    | 50.53 | 1:42.08 | 2:41.06 | 3:28.65 |
| 12. Emma de Dood     | ZIGNEA         | 3:17.82 201400532 | <b>3:36.17</b> |    | 53.23 | 1:49.94 | 2:51.13 | 3:36.17 |
| 13. Joelly Martena   | Dedemsvaart-AC | 3:30.85 201400486 | <b>3:36.22</b> |    | 51.83 | 1:49.20 | 2:46.19 | 3:36.22 |
| 14. Mirthe Mast      | Dedemsvaart-AC | 3:35.83 201301024 | <b>3:45.30</b> |    | 53.60 | 1:51.60 | 2:54.59 | 3:45.30 |
| DIS Noa Bergsma      | Dedemsvaart-AC | 3:05.39 201400250 |                |    |       |         |         |         |

VC - Armen niet over het water naar voren gebracht.

#### Onder 16

|                       |                |                   |                |  |       |         |         |         |
|-----------------------|----------------|-------------------|----------------|--|-------|---------|---------|---------|
| 1. K. van de Wetering | Deltasteur     | 2:52.55 201000972 | <b>2:57.49</b> |  | 35.82 | 1:22.23 | 2:17.35 | 2:57.49 |
| 2. Ilse Zuurman       | Dedemsvaart-AC | 2:54.40 201100112 | <b>2:58.92</b> |  | 40.67 | 1:28.82 | 2:20.05 | 2:58.92 |
| 3. Silke van den Berg | Sg - E Z C L   | 2:53.49 201000752 | <b>2:59.47</b> |  | 38.97 | 1:24.93 | 2:20.25 | 2:59.47 |
| 4. Lynn Tio           | Dedemsvaart-AC | 3:03.70 201103680 | <b>3:10.76</b> |  | 43.94 | 1:32.62 | 2:27.52 | 3:10.76 |
| 5. Sophia de Dood     | ZIGNEA         | 3:07.21 201102152 | <b>3:11.98</b> |  | 45.96 | 1:37.12 | 2:29.86 | 3:11.98 |
| 6. Gwen Schuur        | De Grunte      | 2:59.50 201000698 | <b>3:12.64</b> |  | 42.74 | 1:32.87 | 2:30.44 | 3:12.64 |
| 7. Linde Kamman       | SWOL 1894      | 3:11.71 201000742 | <b>3:14.15</b> |  | 44.05 | 1:35.59 | 2:30.52 | 3:14.15 |
| 8. Lise Visscher      | ZVZwartsluis   | 3:12.15 201101764 | <b>3:20.52</b> |  | 40.48 | 1:32.62 | 2:30.57 | 3:20.52 |
| 9. Silvia Vos         | SWOL 1894      | 3:23.36 201000442 | <b>3:33.74</b> |  | 48.38 | 1:43.66 | 2:48.13 | 3:33.74 |
| 10. Veerle Prins      | SWOL 1894      | 3:34.30 201102492 | <b>3:36.54</b> |  | 51.55 | 1:46.40 | 2:49.69 | 3:36.54 |
| 11. Sophie Elzinga    | Sg - E Z C L   | 3:29.16 201002214 | <b>3:46.17</b> |  | 58.28 | 1:51.80 | 2:55.89 | 3:46.17 |

#### Onder 18

|                       |                |                   |                |  |       |         |         |         |
|-----------------------|----------------|-------------------|----------------|--|-------|---------|---------|---------|
| 1. Eva Oude Egbrink   | OZ&PC          | 2:55.61 200900242 | <b>2:53.85</b> |  | 43.27 | 1:28.73 | 2:15.04 | 2:53.85 |
| 2. Denise Thül        | SWOL 1894      | 2:49.79 200902530 | <b>2:55.44</b> |  | 36.43 | 1:23.67 | 2:16.58 | 2:55.44 |
| 3. Marloes Overbeek   | de IJssel      | 2:54.05 200903232 | <b>3:00.85</b> |  | 38.90 | 1:22.96 | 2:17.46 | 3:00.85 |
| 4. Rosalie Journee    | Z&PV de Veene  | 3:02.60 200904268 | <b>3:03.94</b> |  | 41.98 | 1:28.46 | 2:22.18 | 3:03.94 |
| 5. Lena Stevcic-Lukic | de IJssel      | 2:48.40 200804122 | <b>3:04.30</b> |  | 36.26 | 1:25.15 | 2:18.57 | 3:04.30 |
| 6. Amber Lenters      | De Grunte      | 3:01.91 200800700 | <b>3:17.78</b> |  | 39.30 | 1:33.63 | 2:33.77 | 3:17.78 |
| 7. Bibi Weideman      | Dedemsvaart-AC | 2:58.07 200903652 | <b>3:20.27</b> |  | 44.20 | 1:37.15 | 2:37.44 | 3:20.27 |
| 8. Quinty Krieger     | Hera'11        | 3:45.69 200904444 | <b>3:53.93</b> |  | 53.92 | 1:55.13 | 3:02.11 | 3:53.93 |

#### Onder 20

|                   |              |                   |                |  |       |         |         |         |
|-------------------|--------------|-------------------|----------------|--|-------|---------|---------|---------|
| 1. Lieke Kamphuis | Sg - E Z C L | 3:13.00 200701448 | <b>3:26.79</b> |  | 45.89 | 1:40.21 | 2:39.87 | 3:26.79 |
|-------------------|--------------|-------------------|----------------|--|-------|---------|---------|---------|

#### Senioren

|                      |                |                   |                |  |       |         |         |         |
|----------------------|----------------|-------------------|----------------|--|-------|---------|---------|---------|
| 1. Pien Ooijman      | WS Twente      | 2:46.66 200504500 | <b>2:54.10</b> |  | 37.90 | 1:21.43 | 2:13.02 | 2:54.10 |
| 2. Femke Bollema     | Deltasteur     | 3:02.89 200500264 | <b>3:03.40</b> |  | 37.54 | 1:25.00 | 2:21.31 | 3:03.40 |
| 3. Melissa Schuurman | Sg - E Z C L   | 2:57.94 200006800 | <b>3:04.85</b> |  | 37.17 | 1:22.90 | 2:17.47 | 3:04.85 |
| 4. Jalie Visschedijk | Z&PV de Veene  | 3:01.65 200104126 | <b>3:08.56</b> |  | 37.47 | 1:27.70 | 2:26.81 | 3:08.56 |
| 5. Ilse Siemerink    | WS Twente      | 3:06.64 200502512 | <b>3:08.82</b> |  | 41.61 | 1:31.00 | 2:30.21 | 3:08.82 |
| 6. Mirthe van Es     | Dedemsvaart-AC | 3:01.34 200503920 | <b>3:10.28</b> |  | 38.76 | 1:29.21 | 2:24.87 | 3:10.28 |
| 7. Eline Pullen      | De Grunte      | 3:05.66 200500630 | <b>3:15.58</b> |  | 45.86 | 1:34.84 | 2:28.80 | 3:15.58 |
| 8. Rosa Huntjens     | Sg - E Z C L   | 3:16.57 200301402 | <b>3:19.09</b> |  | 40.70 | 1:33.29 | 2:35.12 | 3:19.09 |
| 9. Marit Gerritsen   | WS Twente      | 3:34.56 200200664 | <b>3:31.85</b> |  | 45.36 | 1:40.35 | 2:41.33 | 3:31.85 |
| AFGEM Leonie Smit    | Sg - E Z C L   | 3:01.58 200301978 |                |  |       |         |         |         |