Programmanr. 206 | Dames, 200m rugslag | 11 jaar en ouder
15-11-2026 - 16:14 | Resultaten

Onder 14

rang	naam	vereniging	intijd		tijd	RT		50m	100m	150m	200m
1.	Lena Verplak	Aqua-Novio'94	2:30.93	201400512	**2:30.98**			35.83	1:14.76	1:53.61	2:30.98
2.	Vlinder Mariman	Aqua-Novio'94	2:47.23	201301522	**2:46.31**			37.71	1:21.48	2:04.28	2:46.31
3.	Jackie Scherps	Aqua-Novio'94	2:59.57	201500846	**2:46.55**			38.48	1:20.86	2:04.24	2:46.55
4.	Nynthe Spikmans	Aqua-Novio'94	2:56.49	201301168	**2:50.68**			40.37	1:23.71	2:07.37	2:50.68
5.	Roxan Meijer	DWK	2:54.85	201300854	**2:51.74**			39.43	1:23.25	2:07.83	2:51.74
6.	Sara Langenberg	Aqua-Novio'94	2:54.63	201300366	**2:52.69**			41.50	1:25.14	2:09.43	2:52.69
7.	Maybritt Opgenoort	CWW	3:08.50	201500202	**2:54.80**	*100		42.17	1:27.30	2:12.25	2:54.80
8.	Dorean Iseger	DWK	2:58.56	201300470	**2:57.28**			41.79	1:27.13	2:12.91	2:57.28
9.	Fleur Kalma	Aqua-Novio'94	3:04.23	201500192	**3:01.40**			42.73	1:29.55	2:16.85	3:01.40
10.	Sophia van Gent	CWW	2:57.76	201302482	**3:01.75**			42.66	1:28.75	2:16.62	3:01.75
11.	Lotte Kok	SG Octopus - ZVV	3:09.65	201401332	**3:03.43**			42.82	1:30.02	2:17.77	3:03.43
12.	Noor van Overdijk	Aqua-Novio'94	3:15.04	201402862	**3:09.65**			44.45	1:32.24	2:21.67	3:09.65
13.	Isolde Bijlsma	De Rijn	3:17.28	201400204	**3:09.95**			44.39	1:33.21	2:22.89	3:09.95
14.	Caja Meijers	De Rijn	3:15.67	201401058	**3:12.15**			45.10	1:34.93	2:23.85	3:12.15
15.	Janne Groen	Aqua-Novio'94	3:09.56	201401186	**3:12.33**			44.72	1:34.54	2:26.02	3:12.33
16.	Lara Bourgonje **50, 100*	SG Octopus - ZVV	3:07.10	201400746	**3:15.73**			46.80	1:36.88	2:27.49	3:15.73
AFGEM	Evi Burgerhart	DWK	3:04.18	201400076							
NG	Jolijn Kraaijenbrink	Aqua-Novio'94	2:38.49	201300230							

Onder 16

rang	naam	vereniging	intijd		tijd	RT		50m	100m	150m	200m
1.	Anna Berkhout	DWK	2:33.80	201100080	**2:35.30**			35.76	1:15.53	1:55.88	2:35.30
2.	Bente Toth	SG Octopus - ZVV	2:47.35	201102818	**2:39.10**			37.21	1:17.85	1:59.11	2:39.10
3.	Jaurieke Morren	SG Octopus - ZVV	2:44.48	201200292	**2:40.29**			37.97	1:19.30	2:00.64	2:40.29
4.	Belle Fiering	Aqua-Novio'94	2:42.37	201202546	**2:41.19**			37.58	1:18.90	2:00.09	2:41.19
5.	Sanne Eilander	SG Octopus - ZVV	2:40.38	201102514	**2:45.51**			38.78	1:20.44	2:03.12	2:45.51
6.	Maud Lamfers	Aquapoldro	2:51.39	201201350	**2:48.38**			39.25	1:21.97	2:05.55	2:48.38
7.	Laure Eekhoff	CWW	2:48.67	201100674	**2:49.13**			39.32	1:23.15	2:06.78	2:49.13
8.	Femke Mandema	DWK	2:45.77	201100396	**2:49.72**			39.68	1:23.78	2:07.22	2:49.72
9.	Maartje van Berkom	Aqua-Novio'94	2:47.36	201100514	**2:52.19**			40.92	1:25.18	2:09.07	2:52.19
10.	Femke van Duijn	DWK	2:56.08	201201070	**2:54.21**			41.03	1:25.88	2:11.23	2:54.21
11.	Yvonne de Graaf	DWK	2:40.53	201101418	**2:55.19**			39.19	1:24.34	2:10.72	2:55.19
12.	Jynthe Koppenaal	RZC	2:57.60	201200396	**3:01.53**			41.08	1:26.82	2:14.58	3:01.53
13.	Eloise Gerringa	Batavia Swim	2:57.82	201200548	**3:01.76**			42.13	1:30.03	2:17.72	3:01.76
14.	G. van der Spek	Batavia Swim	3:32.12	201102806 S7	**3:28.31**		557	51.13	1:45.01	2:37.73	3:28.31

Onder 18

rang	naam	vereniging	intijd		tijd	RT		50m	100m	150m	200m
1.	Charlotte Landman	CWW	2:28.28	200901290	**2:25.45**			34.30	1:11.89	1:49.06	2:25.45
2.	Tess Dugandzic	Zuiderzeezwemmers	2:34.19	201002908	**2:34.11**			36.08	1:15.63	1:55.55	2:34.11
3.	Lynn Rozendal	NDD	2:35.01	200901038	**2:34.28**			36.53	1:16.03	1:55.77	2:34.28
4.	Lili Oosting	DWK	2:31.05	200900384	**2:34.80**			35.80	1:14.60	1:54.78	2:34.80
5.	Tessa van Beek	DWK	2:29.65	201001446	**2:37.40**			36.41	1:16.37	1:57.08	2:37.40
6.	Ann Hietbrink	De Berkelduikers	2:43.92	200902444	**2:40.80**			37.32	1:18.33	2:00.29	2:40.80
7.	Lenore Donker	NDD	2:38.01	201000080	**2:42.92**			37.50	1:18.46	2:01.49	2:42.92
8.	Evi Giesbers	Wahoo Swimming	2:44.04	200901536	**2:43.24**			38.36	1:20.13	2:02.95	2:43.24
9.	Tessa Zevenbergen	Aquapoldro	2:42.37	201002662	**2:45.32**			37.51	1:19.27	2:03.09	2:45.32
10.	Liss Wakker	De Rijn	2:43.57	201000140	**2:45.41**	*100		37.70	1:19.24	2:02.29	2:45.41
11.	Sabina Klijn	RZC	2:49.53	201000050	**2:51.78**			41.00	1:24.40	2:08.28	2:51.78
12.	Froukje van Leeuwen	De Berkelduikers	2:53.10	200901208	**2:52.16**			39.58	1:23.33	2:08.47	2:52.16
13.	Evelyne Nas	NDD	2:53.36	200902066	**2:52.77**			41.35	1:25.88	2:11.39	2:52.77
14.	Anne Starink	ZV De Meer	2:49.70	201003994	**2:53.27**			40.53	1:23.91	2:08.81	2:53.27
NG	Maite Opgenoort	CWW	2:51.85	201001464							

Onder 20

rang	naam	vereniging	intijd		tijd	RT		50m	100m	150m	200m
1.	Lyke Bellert	SG Octopus - ZVV	2:23.33	200701424	**2:25.62**			34.21	1:11.23	1:48.38	2:25.62
2.	Niobe Maduro	Aqua-Novio'94	2:28.38	200800378	**2:34.65**			35.61	1:14.83	1:55.02	2:34.65
3.	Carlijn Boltendal	Zuiderzeezwemmers	2:30.12	200700082	**2:35.90**			35.67	1:15.58	1:55.88	2:35.90
4.	Rosalie Bressers	RZC	2:41.58	200703820	**2:41.35**			37.33	1:17.86	1:59.76	2:41.35
5.	Nynke van Leeuwen	De Berkelduikers	2:39.38	200701272	**2:41.36**			37.17	1:17.86	1:59.98	2:41.36
6.	Gitte Defoort	CWW	2:41.66	200801680	**2:41.96**			36.99	1:18.31	2:00.95	2:41.96

Programmanr. 206, Dames, 200m rugslag, Onder 20

rang	naam	vereniging	intijd			tijd	RT		50m	100m	150m	200m
7.	Nilou Vriesema	De Hokseberg	2:45.44	200703216		**2:46.30**			37.10	1:19.22	2:03.12	2:46.30
8.	Tess Wakker	De Rijn	2:53.17	200700154		**2:47.30**			39.27	1:22.09	2:05.04	2:47.30
9.	Maartje Walstra	De Hokseberg	2:53.52	200702160		**2:50.68**			39.76	1:23.59	2:08.53	2:50.68
10.	Elise van der Wielen	Olympia	2:50.80	200700346		**2:53.13**			41.13	1:25.57	2:10.08	2:53.13
11.	Eleonore Derks **100*	N.S.Z.& W.V. Hydrofiel	2:54.42	200800252		**2:53.38**			41.15	1:24.29	2:09.06	2:53.38
12.	Elke van Dorst	CWW	2:54.41	200702816		**2:56.27**			41.43	1:26.35	2:11.77	2:56.27
13.	Jenske Jannink **50, 100*	SG Wijchen-Gelenberg	2:55.02	200700302		**2:59.52**			39.84	1:25.02	2:12.65	2:59.52
14.	D. van der Wielen	Olympia	2:56.17	200800220		**3:00.98**			42.40	1:28.76	2:15.92	3:00.98

Senioren

1.	Isa Willemsen	Aqua-Novio'94	2:23.01	199900628		**2:21.77**			32.68	1:08.91	1:44.68	2:21.77
2.	Jonna Muntjewerff	ENC Arnhem	2:22.94	200402396		**2:23.45**			33.18	1:08.86	1:45.64	2:23.45
3.	Inge Arts	Aqua-Novio'94	2:26.51	199203076		**2:27.74**			35.10	1:12.97	1:49.94	2:27.74
4.	M. van Langevelde	DWK	2:31.68	199803160		**2:32.30**			35.45	1:14.03	1:53.39	2:32.30
5.	Lynn Rötter	ZPC Livo	2:33.74	200600950		**2:34.09**			35.68	1:13.99	1:53.72	2:34.09
6.	Lois van Oijen	CWW	2:33.87	200402054		**2:36.79**			36.64	1:15.91	1:56.33	2:36.79
7.	Nienke Verploeg	Olympia	2:38.38	200000438		**2:37.68**	*100		37.56	1:17.08	1:57.68	2:37.68
8.	Noor Polman	CWW	2:40.15	200501248		**2:39.02**			38.35	1:19.56	2:00.74	2:39.02
9.	M. van den Heuvel	ZV De Meer	2:36.86	200201784		**2:39.69**			36.38	1:16.60	1:58.38	2:39.69
10.	Aniek Garritsen	De IJsselmeeuwen	2:40.83	199504290		**2:40.15**			37.18	1:17.71	1:59.95	2:40.15

Para

1.	G. van der Spek	Batavia Swim	3:32.12	201102806	S7	**3:28.31**		557	51.13	1:45.01	2:37.73	3:28.31