

JJS deel 3
Alphen a/d Rijn, 21-1-2024

Programmanr. 4
21-1-2024 - 13:30

Dames, 200m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Junioren 1 en 2								
1. Sophie Hoogervorst	AZC	2:39.47	201100252	2:34.27	35.75	39.46	40.43	38.63
2. Jolie van Ark	AZC	2:47.85	201101644	2:46.07	36.01	42.80	43.82	43.44
3. Freya Angenent	AZC	3:38.70	201101642	2:53.96	39.89	43.71	45.96	44.40
4. Naevia Verschoor	AZC	2:50.41	201201976	2:57.53	38.08	45.20	48.55	45.70
5. Charlotte Bakker	BZ en PC	3:30.50	201200524	3:06.76	42.63	48.78	48.82	46.53
6. Fenna Suvaal	ZPC Woerden	3:21.47	201201502	3:15.88	44.19	51.98	51.29	48.42
7. Danique Groenhout	ZPC Woerden	NT	201202040	3:38.54	50.34	59.33	58.75	50.12
8. Avril Dekkers	GZC DONK	3:34.45	201201262	3:38.77	46.74	58.02	1:02.20	51.81
9. Aafke Simons	ZPC Woerden	NT	201103596	3:39.50	50.12	57.51	59.21	52.66
10. Elize Groenhout	ZPC Woerden	NT	201202478	4:03.86	52.11	1:06.32	1:05.63	59.80
11. Ailyn Turina	GZC DONK	4:06.90	201201264	4:05.34	50.99	1:03.13	1:04.97	1:06.25
Junioren 3 en 4								
1. Nina van der Schrier	AZC	2:14.84	201000444	2:14.49	30.86	34.65	35.17	33.81
2. Suuz Griekspoor	Noordwijkerhout	2:12.49	200901204	2:15.67	30.99	34.55	35.58	34.55
3. Erin de Jong	GZC DONK	2:15.20	201000024	2:23.25	32.93	37.14	37.50	35.68
4. Jorja Verschoor	AZC	2:21.21	200902640	2:24.48	31.97	36.13	37.81	38.57
5. Vere van Klooster	AZC	2:32.94	201002128	2:33.52	35.07	40.37	39.46	38.62
6. Anouk de Jong	GZC DONK	2:38.89	200902506	2:35.60	35.66	40.47	41.11	38.36
7. Tessa de Jong	GZC DONK	2:31.74	201000026	2:36.64	35.18	40.17	41.67	39.62
8. Sophie Ferwerda	GZC DONK	2:33.77	200902984	2:39.90	36.80	42.04	42.25	38.81
9. Frederique Bos	GZC DONK	NT	201004030	2:40.43	33.77	40.68	43.17	42.81
10. Inde Turnbull	ZPC Woerden	2:35.52	200903666	2:40.81	37.43	41.97	42.37	39.04
11. Mea van Herk	AZC	2:44.17	200903682	2:41.79	37.60	42.21	42.44	39.54
12. Brisa Dekkers	GZC DONK	2:38.46	201002164	2:42.02	36.09	42.68	43.59	39.66
13. Pip Veenis	ZPC Woerden	3:00.63	200904154	2:50.40	38.06	44.51	44.90	42.93
14. Anouk Bogers	ZPC Woerden	3:19.03	201003584	3:06.27	41.12	48.15	52.63	44.37
15. Jasmijn Hoogeveen	ZPC Woerden	3:35.99	200900994	3:22.66	45.05	52.91	54.23	50.47
16. Bessie Edelenbosch	ZPC Woerden	3:29.19	200904152	3:34.00	49.67	54.84	56.73	52.76
17. Jente Parlevliet	Noordwijkerhout	3:49.85	201003900	4:02.86	47.47	59.41	1:08.93	1:07.05
Jeugd 1 en 2								
1. Naomi Hoogeboom	ZPC Woerden	2:34.85	200802420	2:33.70	35.63	39.64	40.50	37.93
2. Nada Mghizrat	GZC DONK	2:23.75	200702178	2:36.47	35.16	39.30	40.85	41.16
3. Eva Khouri de Jong	ZPC Woerden	2:43.73	200804384	2:43.41	37.16			41.76
4. Naema Smit	GZC DONK	2:54.69	200702636	2:56.51	39.87	45.79	47.93	42.92
5. Jamie Ruven	BZ en PC	3:04.37	200803240	3:11.15	41.03	47.86	51.40	50.86
Senioren 1 en ouder								
1. Donna van der Meer	BZ en PC	2:21.43	200601146	2:23.62	32.24	36.66	38.02	36.70
2. Jessica Braat	AZC	2:28.77	200205684	2:26.40	32.21	37.13	38.30	38.76
3. Sharlene Both	AZC	2:42.18	200602780	2:41.53	36.04	41.49	43.75	40.25
4. Liese Kastelijn	ZPC Woerden	2:47.49	200505128	2:43.06	37.57	41.70	42.55	41.24
5. Zoë van der Reijden	LinK	2:47.98	200505296	2:49.96	36.88	41.56	44.64	46.88
6. Clara Groenhorst	GZC DONK	3:08.17	198202506	3:04.91	41.93	46.82	48.23	47.93