



Regiokampioenschappen korte baan 2025
Nijmegen, 29/11 - 7/12/2025



Programmanr. 16
30/11/2025 - 16:09

Dames, 200m rugslag

2014 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Onder 14								
1. Lena Verplak	CWW Swimteam	2:55.30 201400512	2:38.96		36.77	1:16.73	1:59.31	2:38.96
2. Robin Versteeg *50 *100	Aqua-Novio'94	2:49.87 201200276	2:41.93		37.22	1:18.64	2:01.43	2:41.93
3. Fay Jansen	Aqua-Novio'94	2:46.90 201200154	2:42.08		38.67	1:20.19	2:01.67	2:42.08
4. Jolijn Kraaijenbrink *50	Aqua-Novio'94	2:56.12 201300230	2:47.49		40.39	1:23.75	2:07.26	2:47.49
5. Jaurieke Morren *100	SG Octopus - ZVV	2:45.46 201200292	2:48.11		39.33	1:22.07	2:06.32	2:48.11
6. Belle Fiering	De Berkelduikers	2:51.01 201202546	2:52.02		39.39	1:23.03	2:09.05	2:52.02
7. Vlinder Mariman *50 *100	Aqua-Novio'94	2:56.81 201301522	2:54.06		40.74	1:25.73	2:10.52	2:54.06
8. Roxan Meijer *100	DWK	3:00.90 201300854	2:57.53		41.60	1:27.75	2:13.76	2:57.53
9. Jynthe Koppenaal *50 *100	RZC	3:01.57 201200396	2:57.60		40.96	1:26.74	2:12.52	2:57.60
10. Ellis Vollaard *50	Aqua-Novio'94	3:09.18 201201278	2:58.36		41.31	1:27.21	2:13.22	2:58.36
11. Femke van Duijn *200	DWK	3:15.35 201201070	2:58.54		43.35	1:29.81	2:15.83	2:58.54
12. Elin Hut *100	Wahoo Swimming	3:02.01 201300020	2:58.70		42.03	1:28.39	2:15.34	2:58.70
13. Sophia Heusinkveld	De Berkelduikers	3:10.09 201301552	2:59.06		41.77	1:26.82	2:14.42	2:59.06
14. Annelinde Straathof *100	SG Octopus - ZVV	3:07.44 201301598	3:00.56		43.32	1:28.88	2:15.12	3:00.56
15. Julia Happel *50	DWK	3:12.72 201201666	3:03.46		43.73	1:30.45	2:18.18	3:03.46
16. Sara Langenberg	Aqua-Novio'94	3:05.69 201300366	3:05.34		44.14	1:29.90	2:17.16	3:05.34
17. Emma Kronenburg *50 *100 *200	ZV Overbetuwe	3:10.97 201202454	3:05.52		42.70	1:30.43	2:19.66	3:05.52
Onder 16								
1. Tessa van Beek	DWK	2:31.47 201001446	2:29.91		35.74	1:14.17	1:52.53	2:29.91
2. Tess Dugandzic *50	Zuiderzeeswimmers	2:35.95 201002908	2:34.19		36.38	1:15.64	1:55.16	2:34.19
3. Anna Berkhout	TZC Vahalis	2:43.29 201100080	2:36.72		36.99	1:17.38	1:57.70	2:36.72
4. Yvonne de Graaf	DWK	2:39.01 201101418	2:40.53		35.99	1:16.50	1:58.29	2:40.53
5. Lenore Donker *50 *200	NDD	2:48.05 201000080	2:43.49		38.43	1:20.10	2:02.29	2:43.49
6. Tessa Zevenbergen *50	Aquapoldro	2:46.19 201002662	2:43.57		36.83	1:18.75	2:02.42	2:43.57
Liss Wakker	De Rijn	2:50.01 201000140	2:43.57		39.18	1:21.28	2:04.17	2:43.57
8. Sanne Eilander	SG Octopus - ZVV	2:47.78 201102514	2:45.20		38.65	1:20.34	2:03.21	2:45.20
9. Femke Mandema *50 *100	DWK	2:52.31 201100396	2:47.91		38.76	1:20.96	2:04.77	2:47.91
10. Yanaika Ido *50 *100 *200	Batavia Swim	2:49.91 201102764	2:49.28		38.03	1:19.67	2:04.48	2:49.28
11. Anne Starink	ZV De Meer	2:58.64 201003994	2:49.70		40.35	1:23.39	2:06.89	2:49.70
12. Maite Opgenoort *50 *100 *200	CWW Swimteam	2:59.52 201001464	2:51.85		40.57	1:23.30	2:07.66	2:51.85
13. Laure Eekhoff	CWW Swimteam	2:55.10 201100674	2:52.13		39.90	1:24.19	2:08.45	2:52.13
14. Maartje van Berkomp	Aqua-Novio'94	2:45.91 201100514	2:52.24		41.47	1:25.49	2:09.28	2:52.24



Regiokampioenschappen korte baan 2025
Nijmegen, 29/11 - 7/12/2025



Programmanr. 16, Meisjes, 200m rugslag, Onder 16

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
15. Meila Broenink *50 *100	Batavia Swim	3:01.06 201102332	2:53.13		41.85	1:26.04	2:11.28	2:53.13
16. Sabina Klijn	RZC	2:57.86 201000050	2:53.44		40.92	1:25.19	2:10.06	2:53.44
17. Linn Frunt *100	DWK	2:54.25 201101420	2:55.57		41.42	1:25.45	2:10.93	2:55.57
18. Melissa ter Horst	ZV Overbetuwe	2:57.56 201100678	2:56.56		42.18	1:28.31	2:14.48	2:56.56
19. Kate van Os	Aqua-Novio'94	3:03.40 201102708	3:01.19		41.75	1:26.91	2:14.87	3:01.19
20. G. van der Spek NG Yara Faasse	Batavia Swim ZV Zaltbommel	3:35.26 201102806 S7 3:08.48 201100474	3:32.12	527	53.09	1:47.95	2:42.13	3:32.12

Onder 18

1. Niobe Maduro	Aqua-Novio'94	2:31.87 200800378	2:29.49		34.85	1:12.50	1:51.01	2:29.49
2. Charlotte Landman	CWW Swimteam	2:28.43 200901290	2:29.81		34.35	1:12.97	1:51.94	2:29.81
3. Lili Oosting	DWK	2:33.17 200900384	2:36.25		36.77	1:16.77	1:57.06	2:36.25
4. Lynn Rozendal *100	NDD	2:42.68 200901038	2:36.52		36.47	1:15.65	1:56.80	2:36.52
5. Gitte Defoort NG Inke Versluis	CWW Swimteam Olympia	2:44.82 200801680 2:50.74 200800218	2:41.66		36.32	1:17.08	1:59.98	2:41.66

Onder 20

1. Lyke Bellert	SG Octopus - ZVV	2:25.61 200701424	2:23.33		34.15	1:11.49	1:48.08	2:23.33
2. Robyn Hulleman	N.S.Z. & W.V. Hydrofiel	2:25.90 200600890	2:23.95		33.88	1:10.10	1:46.82	2:23.95
3. Carlijn Boltendal	Zuiderzeewemmers	2:35.55 200700082	2:30.12		34.27	1:12.04	1:50.52	2:30.12
4. Lynn Rötter	ZPC Livo	2:32.86 200600950	2:33.74		35.98	1:14.55	1:54.67	2:33.74
5. Rosalie Bressers	RZC	2:46.02 200703820	2:41.58		37.59	1:18.66	2:01.07	2:41.58
6. Anna Kamphuis *50 *100	DWK	2:44.56 200600334	2:44.51		37.90	1:19.32	2:02.13	2:44.51
7. Nynke van Leeuwen	De Berkelduikers	2:46.84 200701272	2:46.38		38.14	1:20.82	2:03.74	2:46.38
8. Britt Meisner	SG Octopus - ZVV	2:45.86 200600658	2:55.30		37.26	1:20.50	2:05.33	2:55.30

20 en ouder

1. Kim van Dongen	SG Wijchen-Gelenberg	2:32.15 200400140	2:28.28		34.56	1:12.35	1:50.26	2:28.28
2. M. van Langevelde	DWK	2:34.55 199803160	2:36.80		37.94	1:18.33	1:58.22	2:36.80
3. Marte Vlieg	Aqua-Novio'94	2:29.74 200304996	2:38.04		37.93	1:17.74	1:58.17	2:38.04
4. Milou Klaassen	BZC Dolfijnen	2:46.12 200501614	2:39.15		36.74	1:17.16	1:58.80	2:39.15
5. M. van den Heuvel	ZV De Meer	2:37.10 200201784	2:39.27		36.50	1:16.43	1:57.92	2:39.27
6. Noor Polman *100	CWW Swimteam	2:43.58 200501248	2:40.15		37.36	1:18.88	2:01.06	2:40.15
7. Aniek Garritsen	De IJsselmeeuwen	2:39.87 199504290	2:40.83		37.54	1:19.19	2:00.45	2:40.83
8. Leanne de Kievit	SG Wijchen-Gelenberg	2:49.25 200505080	2:42.29		37.76	1:18.67	2:01.00	2:42.29
9. Elmi Roelofsen	SG Octopus - ZVV	2:39.91 199008198	2:45.12		36.63	1:18.17	2:01.48	2:45.12
10. Esther van Maastrigt	Montferland	2:50.82 198802836	2:47.42		39.61	1:21.68	2:04.81	2:47.42
11. Ellen ter Stege	ENC Arnhem	2:45.97 199900604	2:50.48		38.37	1:20.01	2:03.93	2:50.48
12. Azra Guler *50 *100	NDD	2:50.50 200503054	2:56.83		39.52	1:24.12	2:11.87	2:56.83
AFGEM Marieke Haafkes	Aquapoldro	2:43.76 200104348						

Para

1. G. van der Spek	Batavia Swim	3:35.26 201102806 S7	3:32.12	527	53.09	1:47.95	2:42.13	3:32.12
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