

Overijsselse Kampioenschappen korte baan 2025  
Zwolle, 29-11- - 7-12-2025

Programmanr. 16  
30-11-2025 - 14:50

Dames, 200m rugslag

2014 en ouder  
Resultaten

| rang                                                                              | naam                    | vereniging     | intijd            | tijd             | RT | 50m   | 100m    | 150m    | 200m    |
|-----------------------------------------------------------------------------------|-------------------------|----------------|-------------------|------------------|----|-------|---------|---------|---------|
| <b>Onder 14</b>                                                                   |                         |                |                   |                  |    |       |         |         |         |
| 1.                                                                                | Reva van der Veen       | Dedemsvaart-AC | 3:01.95 201400298 | <b>2:44.33</b>   |    | 37.14 | 1:18.18 | 2:01.81 | 2:44.33 |
| 2.                                                                                | Femke Keizer            | Dedemsvaart-AC | 2:49.47 201200272 | <b>2:45.02</b>   |    | 38.45 | 1:21.47 | 2:04.95 | 2:45.02 |
| 3.                                                                                | Madeé Boezen            | ZIGNEA         | 2:43.60 201300782 | <b>2:46.18</b>   |    | 38.69 | 1:20.89 | 2:04.26 | 2:46.18 |
| 4.                                                                                | Nova Volmer             | Deltasteur     | 2:47.05 201300426 | <b>2:46.79</b>   |    | 40.00 | 1:22.16 | 2:06.00 | 2:46.79 |
| 5.                                                                                | E. de Velde Harsenhorst | Deltasteur     | 2:51.59 201300350 | <b>2:47.75</b>   |    | 41.23 | 1:24.64 | 2:06.78 | 2:47.75 |
| 6.                                                                                | Elisa Reirink           | OZ&PC          | 2:54.58 201303452 | <b>2:49.52</b>   |    | 39.82 | 1:22.97 | 2:08.04 | 2:49.52 |
| 7.                                                                                | A. Lemmers              | SWOL 1894      | 2:51.27 201201462 | <b>2:50.27</b>   |    | 41.34 | 1:24.60 | 2:08.10 | 2:50.27 |
| 8.                                                                                | Karlijn Siero           | SWOL 1894      | 2:51.66 201201758 | <b>2:51.00</b>   |    | 41.23 | 1:26.59 | 2:10.70 | 2:51.00 |
| 9.                                                                                | Nikki Mulder            | OZ&PC          | 2:54.95 201300402 | <b>2:51.90</b> * |    | 42.29 | 1:27.60 | 2:10.84 | 2:51.90 |
| 10.                                                                               | Fleur Aaldenberg        | SWOL 1894      | 2:53.55 201300572 | <b>2:54.29</b>   |    | 42.79 | 1:27.46 | 2:12.53 | 2:54.29 |
| 11.                                                                               | Dagmar Bos              | Deltasteur     | 2:56.78 201202438 | <b>2:54.93</b>   |    | 42.28 | 1:27.83 | 2:13.23 | 2:54.93 |
| 12.                                                                               | Puck Hoekman            | WS Twente      | 2:59.87 201300574 | <b>2:55.10</b>   |    | 41.91 | 1:28.07 | 2:13.13 | 2:55.10 |
| 13.                                                                               | Elbrich Damoiseaux      | SWOL 1894      | 2:53.99 201301614 | <b>2:58.03</b>   |    | 41.49 | 1:27.67 | 2:14.56 | 2:58.03 |
| <i>*100</i>                                                                       |                         |                |                   |                  |    |       |         |         |         |
| 14.                                                                               | Do Klaassen             | Deltasteur     | 3:01.16 201200236 | <b>2:59.67</b> * |    | 42.30 | 1:28.67 | 2:15.06 | 2:59.67 |
| 15.                                                                               | Fayenne Kouwen          | Dedemsvaart-AC | 3:03.77 201300656 | <b>2:59.98</b>   |    | 42.50 | 1:29.43 | 2:16.27 | 2:59.98 |
| 16.                                                                               | Vera van Dijk           | Deltasteur     | 3:12.26 201301238 | <b>3:00.26</b>   |    | 42.85 | 1:29.96 | 2:17.70 | 3:00.26 |
| 17.                                                                               | Marsja Kroeze           | Deltasteur     | 3:00.91 201300348 | <b>3:01.41</b>   |    | 43.43 | 1:30.67 | 2:18.86 | 3:01.41 |
| 18.                                                                               | Julia Bouman            | SWOL 1894      | 3:06.07 201200790 | <b>3:01.75</b> * |    | 42.19 | 1:28.13 | 2:16.18 | 3:01.75 |
| 19.                                                                               | Elle Hut                | OZ&PC          | 3:06.76 201300092 | <b>3:01.84</b>   |    | 44.47 | 1:31.14 | 2:17.94 | 3:01.84 |
| 20.                                                                               | Fleur Brink             | De Grunte      | 3:11.20 201300022 | <b>3:03.21</b>   |    | 43.98 | 1:31.06 | 2:18.91 | 3:03.21 |
| 21.                                                                               | Daphne Spijker          | Dedemsvaart-AC | 3:13.80 201300662 | <b>3:03.83</b> * |    | 44.68 | 1:31.58 | 2:18.72 | 3:03.83 |
| 22.                                                                               | Lois van der Vecht      | Dedemsvaart-AC | 3:16.85 201201300 | <b>3:09.94</b> * |    | 46.52 | 1:36.14 | 2:25.80 | 3:09.94 |
| 23.                                                                               | Kaily Remmers           | Dedemsvaart-AC | 3:09.39 201301020 | <b>3:11.48</b>   |    | 44.01 | 1:32.89 | 2:23.05 | 3:11.48 |
| DIS                                                                               | Levainy Streedel        | WS Twente      | 3:02.65 201201646 |                  |    |       |         |         |         |
| <i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i> |                         |                |                   |                  |    |       |         |         |         |

**Onder 16**

|     |                        |                |                   |                  |  |       |         |         |         |
|-----|------------------------|----------------|-------------------|------------------|--|-------|---------|---------|---------|
| 1.  | Florien Pot            | OZ&PC          | 2:36.41 201000768 | <b>2:32.68</b> * |  | 35.88 | 1:15.05 | 1:54.26 | 2:32.68 |
| 2.  | Mattea Gliese-Sloojier | De Dinkel      | 2:34.54 201100008 | <b>2:35.84</b>   |  | 37.03 | 1:16.76 | 1:56.77 | 2:35.84 |
| 3.  | Lisa Boogaard          | Deltasteur     | 2:46.72 201100990 | <b>2:35.94</b>   |  | 37.91 | 1:17.64 | 1:57.51 | 2:35.94 |
| 4.  | Ine-Joy Tilburg        | Z&PV de Veene  | 2:41.53 201002036 | <b>2:39.16</b>   |  | 38.42 | 1:19.06 | 1:59.56 | 2:39.16 |
| 5.  | Elynn Fransz           | SWOL 1894      | 2:45.13 201102114 | <b>2:42.35</b>   |  | 39.26 | 1:21.62 | 2:02.82 | 2:42.35 |
| 6.  | Sophie Kortenschijl    | WS Twente      | 2:43.00 201100672 | <b>2:42.69</b>   |  | 36.78 | 1:17.32 | 2:00.21 | 2:42.69 |
| 7.  | K. van Doeselaar       | WS Twente      | 2:57.54 201000478 | <b>2:44.81</b>   |  | 39.20 | 1:21.38 | 2:04.28 | 2:44.81 |
| 8.  | Maurieke Frijstein     | Deltasteur     | 2:54.27 201100198 | <b>2:45.21</b>   |  | 39.11 | 1:20.96 | 2:04.12 | 2:45.21 |
| 9.  | Imke Oude Engberink    | De Dinkel      | 2:50.81 201100818 | <b>2:47.70</b>   |  | 40.05 | 1:23.20 | 2:06.63 | 2:47.70 |
| 10. | Aimee van Tongeren     | OZ&PC          | 2:49.93 201100214 | <b>2:49.26</b>   |  | 39.04 | 1:21.07 | 2:05.34 | 2:49.26 |
| 11. | Ribanna Damm           | OZ&PC          | 2:48.36 201100304 | <b>2:50.66</b>   |  | 40.50 | 1:24.49 | 2:08.55 | 2:50.66 |
| 12. | Britt Blaaupt          | Z&PV de Veene  | 3:00.32 201003380 | <b>2:51.15</b>   |  | 40.18 | 1:23.61 | 2:08.41 | 2:51.15 |
| 13. | Lynn ten Berge         | De Dinkel      | 2:51.07 201000884 | <b>2:52.33</b>   |  | 40.04 | 1:24.23 | 2:09.04 | 2:52.33 |
| 14. | Amber Spronk           | Deltasteur     | 2:52.99 201000970 | <b>2:52.97</b>   |  | 40.79 | 1:23.77 | 2:08.90 | 2:52.97 |
| 15. | Annemiek Back          | De Grunte      | 2:50.07 201000700 | <b>2:55.52</b>   |  | 40.81 | 1:25.94 | 2:11.57 | 2:55.52 |
| 16. | Mieke Jansen           | Dedemsvaart-AC | 2:54.51 201101950 | <b>2:56.03</b>   |  | 42.09 | 1:27.20 | 2:12.69 | 2:56.03 |
| 17. | Wiep Huttenhuis        | De Dinkel      | 2:55.24 201002282 | <b>3:05.59</b>   |  | 44.43 | 1:31.51 | 2:18.92 | 3:05.59 |

**Onder 18**

|    |                     |                |                   |                |  |       |         |         |         |
|----|---------------------|----------------|-------------------|----------------|--|-------|---------|---------|---------|
| 1. | Emmelen Smelt       | ZVZwartsluis   | 2:24.81 200800012 | <b>2:24.56</b> |  | 33.84 | 1:10.50 | 1:47.65 | 2:24.56 |
| 2. | Emma Steenbrink     | OZ&PC          | 2:29.14 200901376 | <b>2:30.08</b> |  | 35.32 | 1:13.17 | 1:51.61 | 2:30.08 |
| 3. | H. Markovinovic     | ZPC De Hof     | 2:32.73 200803266 | <b>2:30.25</b> |  | 35.36 | 1:13.78 | 1:52.68 | 2:30.25 |
| 4. | Valerie Sakkers     | Deltasteur     | 2:29.27 200800080 | <b>2:31.73</b> |  | 35.65 | 1:14.80 | 1:54.24 | 2:31.73 |
| 5. | Esmé Sportel        | Dedemsvaart-AC | 2:32.19 200900682 | <b>2:37.56</b> |  | 37.27 | 1:17.07 | 1:57.72 | 2:37.56 |
| 6. | Elien Groothuismink | SWOL 1894      | 2:37.43 200800920 | <b>2:40.30</b> |  | 37.78 | 1:18.21 | 2:00.36 | 2:40.30 |
| 7. | Nienke Bulter       | De Dinkel      | 2:37.52 200902188 | <b>2:40.53</b> |  | 37.49 | 1:18.02 | 1:59.57 | 2:40.53 |

Overijsselse Kampioenschappen korte baan 2025  
Zwolle, 29-11- - 7-12-2025

Programmanr. 16, Meisjes, 200m rugslag, Onder 18

| rang | naam               | vereniging     | intijd            | tijd             | RT | 50m   | 100m    | 150m    | 200m    |
|------|--------------------|----------------|-------------------|------------------|----|-------|---------|---------|---------|
| 8.   | Daphne Dijsselhof  | Dedemsvaart-AC | 2:34.99 200901690 | <b>2:41.41</b> * |    | 36.39 | 1:16.56 | 1:59.38 | 2:41.41 |
| 9.   | Mila Soethof       | De Dinkel      | 2:39.12 200900482 | <b>2:43.32</b>   |    | 38.10 | 1:20.94 | 2:03.56 | 2:43.32 |
| 10.  | Maud Stevens       | Het Ravijn     | 2:42.58 200800774 | <b>2:44.12</b>   |    | 38.08 | 1:21.70 | 2:05.51 | 2:44.12 |
| NG   | Veerle Westenbroek | OZ&PC          | 2:40.97 200800128 |                  |    |       |         |         |         |
| NG   | Lois Waterham      | Dedemsvaart-AC | 2:31.43 200803726 |                  |    |       |         |         |         |

Onder 20

|    |                     |                |                   |                |  |       |         |         |         |
|----|---------------------|----------------|-------------------|----------------|--|-------|---------|---------|---------|
| 1. | Féline Sam          | ZVZwartsluis   | 2:32.31 200700018 | <b>2:29.35</b> |  | 34.99 | 1:13.56 | 1:53.04 | 2:29.35 |
| 2. | Marlies Dijsselhof  | Dedemsvaart-AC | 2:23.25 200601046 | <b>2:29.56</b> |  | 35.02 | 1:13.51 | 1:52.14 | 2:29.56 |
| 3. | Leyona Lichtendonk  | Dedemsvaart-AC | 2:32.15 200700010 | <b>2:34.90</b> |  | 37.22 | 1:16.59 | 1:56.14 | 2:34.90 |
| 4. | C. van der Meer     | Deltasteur     | 2:36.33 200704478 | <b>2:37.84</b> |  | 37.56 | 1:18.45 | 1:59.53 | 2:37.84 |
| 5. | Monica van der Meer | Deltasteur     | 2:38.49 200704288 | <b>2:38.82</b> |  | 38.47 | 1:19.50 | 2:00.61 | 2:38.82 |
| 6. | Birgit Hage         | de IJssel      | 2:37.31 200602898 | <b>2:41.36</b> |  | 37.32 | 1:17.81 | 2:00.39 | 2:41.36 |
| 7. | Vivian Nooter       | Dedemsvaart-AC | 2:40.39 200703614 | <b>2:46.07</b> |  | 38.11 | 1:19.78 | 2:02.87 | 2:46.07 |
| 8. | Lily Zandstra       | Dedemsvaart-AC | 2:43.18 200701418 | <b>2:46.84</b> |  | 39.23 | 1:21.63 | 2:04.70 | 2:46.84 |

20 en ouder

|     |                   |                |                   |                |  |       |         |         |         |
|-----|-------------------|----------------|-------------------|----------------|--|-------|---------|---------|---------|
| 1.  | Ismay Lichtendonk | Dedemsvaart-AC | 2:12.03 200400622 | <b>2:18.85</b> |  | 32.87 | 1:08.71 | 1:44.81 | 2:18.85 |
| 2.  | Isabelle Elsweier | OZ&PC          | 2:26.62 200303614 | <b>2:29.06</b> |  | 34.67 | 1:12.07 | 1:50.75 | 2:29.06 |
| 3.  | Nike Tolsma       | ZIGNEA         | 2:41.49 200300336 | <b>2:41.55</b> |  | 36.89 | 1:17.39 | 1:59.81 | 2:41.55 |
| 4.  | Melanie Kuiper    | ZIGNEA         | 2:49.20 197600350 | <b>2:50.51</b> |  | 40.03 | 1:23.30 | 2:07.45 | 2:50.51 |
| 5.  | Lieke van der Wal | ZIGNEA         | 2:52.05 200501428 | <b>2:53.41</b> |  | 40.85 | 1:23.83 | 2:09.38 | 2:53.41 |
| 6.  | Femke Bollema     | Deltasteur     | 2:57.97 200500264 | <b>2:58.64</b> |  | 41.51 | 1:27.44 | 2:13.90 | 2:58.64 |
| 7.  | Isabelle Meinema  | SWOL 1894      | 3:03.02 200500216 | <b>3:00.31</b> |  | 42.00 | 1:28.40 | 2:15.27 | 3:00.31 |
| 8.  | Eline Pullen      | De Grunte      | 2:58.40 200500630 | <b>3:03.14</b> |  | 42.85 | 1:30.63 | 2:18.16 | 3:03.14 |
| DIS | Alysha Peters     | de IJssel      | 3:01.01 200500064 |                |  |       |         |         |         |

*RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.*

|    |              |           |                   |  |  |  |  |  |  |
|----|--------------|-----------|-------------------|--|--|--|--|--|--|
| NG | Pien Ooijman | WS Twente | 2:41.72 200504500 |  |  |  |  |  |  |
|----|--------------|-----------|-------------------|--|--|--|--|--|--|