

Programmanr. 5  
7-3-2026 - 15:45

Dames, 200m rugslag

Senioren Open  
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|------|------------|--------|------|----|-----|------|------|------|
|------|------|------------|--------|------|----|-----|------|------|------|

#### Gebjr 2012 - 2014

|    |                      |                |         |           |                |       |         |         |         |
|----|----------------------|----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. | Romy Wolf            | Waspo Nordhorn | 2:44.72 | 448517    | <b>2:41.57</b> | 38.16 | 1:19.45 | 2:01.41 | 2:41.57 |
| 2. | Fayenne Kouwen       | Dedemsvaart-AC | 2:59.98 | 201300656 | <b>2:55.97</b> | 42.54 | 1:28.36 | 2:13.32 | 2:55.97 |
| 3. | Loreen Apelrath      | Waspo Nordhorn | 3:02.94 | 477323    | <b>3:00.00</b> | 41.36 | 1:28.17 | 2:15.45 | 3:00.00 |
| 4. | Suzanne Janssen      | Dedemsvaart-AC | 3:06.75 | 201300664 | <b>3:03.47</b> | 42.66 | 1:29.42 | 2:16.88 | 3:03.47 |
| 5. | Silke Nijland        | De Grunte      | NT      | 201303184 | <b>3:39.96</b> | 52.69 | 1:49.28 | 2:46.34 | 3:39.96 |
| 6. | Marina Kronemeyer    | Waspo Nordhorn | 4:50.00 | 465734    | <b>3:41.48</b> | 53.54 | 1:49.61 | 2:47.43 | 3:41.48 |
| 7. | Marie Louise Richter | Waspo Nordhorn | 4:50.00 | 465571    | <b>3:52.00</b> | 53.50 | 1:50.80 | 2:52.90 | 3:52.00 |

DIS P. Hendriks-Molatha Waspo Nordhorn 3:50.00 465569  
*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

DIS Anna Satter Waspo Nordhorn 3:50.00 493817  
*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

DIS Sara Satter Waspo Nordhorn 3:50.00 493819  
*RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.*

#### Gebjr 2010 - 2011

|    |                      |                |         |           |                |       |         |         |         |
|----|----------------------|----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. | K. van Doeselaar     | WS Twente      | 2:44.81 | 201000478 | <b>2:47.43</b> | 39.04 | 1:20.91 | 2:04.88 | 2:47.43 |
| 2. | Meike Hultink        | De Grunte      | 2:59.67 | 201001686 | <b>3:00.44</b> | 43.04 | 1:28.24 | 2:13.95 | 3:00.44 |
| 3. | Gwen Schuur          | De Grunte      | 3:22.49 | 201000698 | <b>3:01.00</b> | 41.92 | 1:27.74 | 2:14.25 | 3:01.00 |
| 4. | Lynn Tio             | Dedemsvaart-AC | NT      | 201103680 | <b>3:01.71</b> | 41.47 | 1:28.89 | 2:17.43 | 3:01.71 |
| 5. | Nadine van der Pligt | De Mors        | NT      | 201002560 | <b>3:18.35</b> | 47.82 | 1:38.24 | 2:30.58 | 3:18.35 |
| 6. | Lotta Kronemeyer     | Waspo Nordhorn | 3:38.36 | 453122    | <b>3:32.48</b> | 48.01 | 1:40.34 | 2:37.20 | 3:32.48 |

DIS Norah Kiehl Waspo Nordhorn 3:04.50 432569  
*RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.*

DIS Renske Last De Mors NT 201002974  
*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

#### Gebjr 2008 - 2009

|    |               |                |         |           |                |       |         |         |         |
|----|---------------|----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. | Anna Tudor    | Waspo Nordhorn | 2:38.36 | 498251    | <b>2:38.29</b> | 36.65 | 1:16.70 | 1:57.80 | 2:38.29 |
| 2. | Amber Lenters | De Grunte      | 2:56.35 | 200800700 | <b>2:56.61</b> | 42.02 | 1:27.13 | 2:31.33 | 2:56.61 |
| 3. | Tess Bokhove  | De Grunte      | NT      | 200900890 | <b>3:13.40</b> | 46.75 | 1:36.51 | 2:27.89 | 3:13.40 |

DIS Aukje Markerink ZPC De Hof 2:49.65 200802196  
*RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.*

#### 2007 en ouder

|    |                |                |         |           |                |       |         |         |         |
|----|----------------|----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. | Julia Snippe   | Waspo Nordhorn | 2:37.58 | 434657    | <b>2:35.44</b> | 35.72 | 1:15.15 | 1:55.34 | 2:35.44 |
| 2. | Sabrina Helper | Waspo Nordhorn | 2:43.00 | 307783    | <b>2:41.43</b> | 37.69 | 1:17.98 | 1:59.80 | 2:41.43 |
| 3. | Sofie Kragt    | Dedemsvaart-AC | 2:47.30 | 200701020 | <b>2:43.54</b> | 37.30 | 1:19.29 | 2:01.79 | 2:43.54 |
| 4. | Marle Sewüster | De Grunte      | NT      | 199804104 | <b>2:55.59</b> | 39.39 | 1:23.92 | 2:09.57 | 2:55.59 |
| 5. | Leonie Smit    | EZCL (SG)      | 3:13.73 | 200301978 | <b>3:01.45</b> | 43.13 | 1:29.08 | 2:15.55 | 3:01.45 |