



Programmanr. 1
4-6-2016 - 12:15

Dames, 200m wisselslag

Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
Junioren 1					
1.	Elvira bij de Weg	SG Bolsward-Workum	3:15.53	200400100	3:13.16
	50m: 44.14 100m: 1:32.97 150m: 2:33.73 200m: 3:13.16				
2.	Rianne Beuker	De Vikings	3:25.59	200402560	3:21.48
	50m: 45.81 100m: 1:39.21 150m: 2:36.81 200m: 3:21.48				
3.	Esmée Mulder	Orca	3:34.92	200402924	3:21.71
	50m: 48.10 100m: 1:38.85 150m: 2:36.03 200m: 3:21.71				
4.	Romana Jonker	HZ&PC Heerenveen	3:46.26	200403016	3:26.58
	50m: 47.67 100m: 1:38.67 150m: 2:36.59 200m: 3:26.58				
5.	Marit Draaijer	Aqualero	3:23.62	200400328	3:29.20
	50m: 50.71 100m: 1:44.87 150m: 2:43.06 200m: 3:29.20				
6.	Anouk Hoekstra	HZ&PC Heerenveen	3:41.53	200402758	3:35.39
	50m: 50.94 100m: 1:44.91 150m: 2:50.19 200m: 3:35.39				
7.	Larissa Redjosentono	De Kikker	3:49.84	200403210	3:42.20
	50m: 53.32 100m: 1:51.84 150m: 2:54.19 200m: 3:42.20				
DIS	Aniek de Ridder	Avena	3:27.25	200402750	
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 45.52 100m: 1:41.84 150m: 2:44.37 200m: 3:27.25				
NG	Aletta Nagy	De Kikker	3:22.89	200403036	
Junioren 2					
1.	Lotte-Lynn Sterken	De Kikker	3:11.93	200301342	2:59.33
	50m: 41.80 100m: 1:25.94 150m: 2:18.66 200m: 2:59.33				
2.	Loisa van der Veere	ZPC Hoozevee	3:19.80	200304374	3:13.64
	50m: 45.07 100m: 1:34.77 150m: 2:32.20 200m: 3:13.64				
3.	Silke Koehoorn	HZ&PC Heerenveen	3:19.94	200300968	3:14.85
	50m: 44.28 100m: 1:33.44 150m: 2:31.30 200m: 3:14.85				
4.	Sarah Berghuis	TriVia	3:16.17	200302626	3:16.55 *
	50m: 45.95 100m: 1:35.00 150m: 2:33.67 200m: 3:16.55				
5.	Chantal Othuijse	De Vikings	3:16.51	200300420	3:16.79
	50m: 47.46 100m: 1:36.91 150m: 2:34.37 200m: 3:16.79				
6.	Alja Sluiman	Aqualero	3:19.85	200300562	3:22.38
	50m: 45.73 100m: 1:37.07 150m: 2:37.74 200m: 3:22.38				
7.	Cornely van Ours	ZPCA	3:38.01	200301956	3:31.81
	50m: 49.61 100m: 1:44.42 150m: 2:45.72 200m: 3:31.81				
NG	Yulin Nota	MZ&PC De Reest	3:16.94	200303990	
Junioren 3					
1.	Sophie Heuker	De Spatters	3:13.13	200203392	2:55.38
	50m: 39.79 100m: 1:26.25 150m: 2:13.75 200m: 2:55.38				
2.	Lisanne Rinzema	Wetterwille	3:03.75	200204294	2:58.33
	50m: 38.27 100m: 1:24.69 150m: 2:21.13 200m: 2:58.33				
3.	Rosalie Kuiper	Aqualero	3:11.06	200202874	2:58.92
	50m: 37.92 100m: 1:24.40 150m: 2:15.55 200m: 2:58.92				
4.	Esmee Kloezen	ZPC Stadskanaal	3:03.00	200204646	3:02.99 *
	50m: 41.67 100m: 1:28.97 150m: 2:20.30 200m: 3:02.99				

Programmanr. 1, Meisjes, 200m wisselslag, Junioren 3

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
5.	Laura Eisenga	TriVia	3:06.87	200201854	3:06.57
	50m: 40.18	100m: 1:26.69	150m: 2:22.64	200m: 3:06.57	
6.	Rosalie Damhoff	SG Inktvis/De Pinquin	3:11.13	200204346	3:12.12
	50m: 43.82	100m: 1:32.61	150m: 2:29.91	200m: 3:12.12	
7.	Tove Kienhuis	Aqua '68	3:14.74	200203486	3:14.27
	50m: 47.09	100m: 1:35.58	150m: 2:30.77	200m: 3:14.27	
8.	Selma Boertien	Aqua '68	3:17.05	200203834	3:15.84
	50m: 42.96	100m: 1:34.03	150m: 2:29.23	200m: 3:15.84	
9.	Liza van Domselaar	TriVia	3:23.26	200201464	3:19.44 *
	50m: 43.35	100m: 1:35.64	150m: 2:31.70	200m: 3:19.44	
10.	Silke van Veen	SG Bolsward-Workum	3:27.91	200202204	3:23.66
	50m: 49.05	100m: 1:40.06	150m: 2:40.76	200m: 3:23.66	
11.	Lonneke Koers	SG Inktvis/De Pinquin	3:28.45	200203548	3:39.19 *
	50m: 47.22	100m: 1:44.28	150m: 2:45.76	200m: 3:39.19	
DIS	Leonique Spierenburg	De Valken	3:15.65	200204354	
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 42.97	100m: 1:28.18	150m: 2:21.00	200m:	

Jeugd 1 en 2

1.	Daphne Outhuijse	De Vikings	2:59.97	200003582	2:54.69
	50m: 38.92	100m: 1:24.07	150m: 2:15.34	200m: 2:54.69	
2.	Ilse Pater	Bubble	3:01.66	200101550	3:00.90
	50m: 38.49	100m: 1:26.50	150m: 2:20.65	200m: 3:00.90	
3.	Indy Spoelstra	TriVia	3:04.69	200000530	3:02.95
	50m: 41.10	100m: 1:25.80	150m: 2:22.30	200m: 3:02.95	
4.	Donna Anakotta	ZPC Hoogeveen	3:02.20	200104184	3:03.46
	50m: 43.16	100m: 1:28.65	150m: 2:21.18	200m: 3:03.46	
5.	Noor Hindriks	SG Inktvis/De Pinquin	3:02.03	200001928	3:06.12
	50m: 41.15	100m: 1:30.11	150m: 2:23.75	200m: 3:06.12	
6.	Manon de Jong	GZVW	3:07.09	200105390	3:08.80
	50m: 43.77	100m: 1:29.53	150m: 2:25.84	200m: 3:08.80	
7.	Kim Trip	ZC Polaris	3:06.01	200003846	3:09.28
	50m: 41.44	100m: 1:31.14	150m: 2:24.39	200m: 3:09.28	
8.	Mariska Doornbos	De Hardenberg	3:20.14	200103248	3:09.41
	50m: 43.71	100m: 1:31.86	150m: 2:26.86	200m: 3:09.41	
9.	Esther Roele	HZ&PC Heerenveen	3:08.45	200001056	3:10.12
	50m: 44.75	100m: 1:31.72	150m: 2:25.39	200m: 3:10.12	
10.	Manuëla Feikens	De Spatters	3:12.19	200000508	3:12.40
	50m: 43.91	100m: 1:32.07	150m: 2:28.35	200m: 3:12.40	
DIS	Laura de Boer	Wetterwille	3:06.72	200102956	
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>				
	50m: 41.12	100m: 1:30.92	150m: 2:20.70	200m:	



Programmanr. 1, Dames, 200m wisselslag

Senioren 1 en ouder

1.	Chantal Deekens	Bubble	2:53.50	199500420	2:45.91
	50m: 36.10	100m: 1:18.66	150m: 2:07.39	200m: 2:45.91	
2.	Daphne Spreen	ZV ZZG De Boskickers	2:51.30	199603940	2:49.18
	50m: 36.21	100m: 1:20.91	150m: 2:10.99	200m: 2:49.18	
3.	Laura Wolbers	De Valken	2:53.11	199700042	2:52.18
	50m: 35.64	100m: 1:20.13	150m: 2:11.36	200m: 2:52.18	
4.	Christine Berenschot	SG Bolsward-Workum	2:52.31	199901684	2:52.22
	50m: 37.21	100m: 1:21.15	150m: 2:13.51	200m: 2:52.22	
5.	Leonie Boonstra	Aqua '68	2:51.41	199401324	2:54.22
	50m: 36.84	100m: 1:21.76	150m: 2:15.09	200m: 2:54.22	
6.	Ilse Weggemans	ZCNF '34	2:58.45	199902150	2:56.83
	50m: 41.62	100m: 1:27.93	150m: 2:18.03	200m: 2:56.83	
7.	Sanne Grovenstein	F.Z.C. '54	3:02.59	199803370	2:57.72
	50m: 39.01	100m: 1:24.19	150m: 2:19.18	200m: 2:57.72	
8.	Henriëtte Manting	GZVW	2:58.04	197100246	2:59.29
	50m: 36.38	100m: 1:23.03	150m: 2:18.02	200m: 2:59.29	
9.	Jose Emmink	ZPC Hoogeveen	2:59.94	199902446	2:59.76
	50m: 38.62	100m: 1:20.97	150m: 2:16.52	200m: 2:59.76	
10.	Miriam Scheffer	SG Inktvis/De Pinquin	3:02.14	199700862	3:01.52
	50m: 39.00	100m: 1:26.28	150m: 2:20.91	200m: 3:01.52	
11.	Mirte Drijfhout	ZENO	3:04.11	199000912	3:08.62
	50m: 41.18	100m: 1:31.36	150m: 2:23.61	200m: 3:08.62	
12.	Anouk van Duijven	ISIS	3:28.78	199800888	3:10.69
	50m: 43.09	100m: 1:30.60	150m: 2:26.48	200m: 3:10.69	
13.	Marloes Wiekens	Bubble	3:10.42	199302970	3:12.91
	50m: 40.38	100m: 1:31.92	150m: 2:29.19	200m: 3:12.91	
14.	Suzanne Mulder	GZVW	3:15.29	199307820	3:18.95
	50m: 43.09	100m: 1:33.59	150m: 2:34.35	200m: 3:18.95	
15.	Nikki Kamphuis	MZ&PC De Reest	3:13.68	199802376	3:24.18
	50m: 49.39	100m: 1:42.04	150m: 2:36.27	200m: 3:24.18	
NG	Esmée Schlepers	MZ&PC De Reest	3:12.26	199902080	

Over-all

1.	Chantal Deekens	Bubble	2:53.50	199500420	2:45.91
	50m: 36.10	100m: 1:18.66	150m: 2:07.39	200m: 2:45.91	
2.	Daphne Spreen	ZV ZZG De Boskickers	2:51.30	199603940	2:49.18
	50m: 36.21	100m: 1:20.91	150m: 2:10.99	200m: 2:49.18	
3.	Laura Wolbers	De Valken	2:53.11	199700042	2:52.18
	50m: 35.64	100m: 1:20.13	150m: 2:11.36	200m: 2:52.18	
4.	Christine Berenschot	SG Bolsward-Workum	2:52.31	199901684	2:52.22
	50m: 37.21	100m: 1:21.15	150m: 2:13.51	200m: 2:52.22	
5.	Leonie Boonstra	Aqua '68	2:51.41	199401324	2:54.22
	50m: 36.84	100m: 1:21.76	150m: 2:15.09	200m: 2:54.22	
6.	Daphne Outhuijse	De Vikings	2:59.97	200003582	2:54.69
	50m: 38.92	100m: 1:24.07	150m: 2:15.34	200m: 2:54.69	
7.	Sophie Heuker	De Spatters	3:13.13	200203392	2:55.38
	50m: 39.79	100m: 1:26.25	150m: 2:13.75	200m: 2:55.38	



Programmanr. 1, Dames, 200m wisselslag, Over-all

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
8.	Ilse Weggemans 50m: 41.62	ZCNF '34 100m: 1:27.93 150m: 2:18.03	2:58.45 200m: 2:56.83	199902150	2:56.83
9.	Sanne Grovenstein 50m: 39.01	F.Z.C. '54 100m: 1:24.19 150m: 2:19.18	3:02.59 200m: 2:57.72	199803370	2:57.72
10.	Lisanne Rinzema 50m: 38.27	Wetterwille 100m: 1:24.69 150m: 2:21.13	3:03.75 200m: 2:58.33	200204294	2:58.33
11.	Rosalie Kuiper 50m: 37.92	Aqualero 100m: 1:24.40 150m: 2:15.55	3:11.06 200m: 2:58.92	200202874	2:58.92
12.	Henriëtte Manting 50m: 36.38	GZVW 100m: 1:23.03 150m: 2:18.02	2:58.04 200m: 2:59.29	197100246	2:59.29
13.	Lotte-Lynn Sterken 50m: 41.80	De Kikker 100m: 1:25.94 150m: 2:18.66	3:11.93 200m: 2:59.33	200301342	2:59.33
14.	Jose Emmink 50m: 38.62	ZPC Hoogeveen 100m: 1:20.97 150m: 2:16.52	2:59.94 200m: 2:59.76	199902446	2:59.76
15.	Ilse Pater 50m: 38.49	Bubble 100m: 1:26.50 150m: 2:20.65	3:01.66 200m: 3:00.90	200101550	3:00.90
16.	Miriam Scheffer 50m: 39.00	SG Inktvis/De Pinquin 100m: 1:26.28 150m: 2:20.91	3:02.14 200m: 3:01.52	199700862	3:01.52
17.	Indy Spoelstra 50m: 41.10	TriVia 100m: 1:25.80 150m: 2:22.30	3:04.69 200m: 3:02.95	200000530	3:02.95
18.	Esmee Kloezen 50m: 41.67	ZPC Stadskanaal 100m: 1:28.97 150m: 2:20.30	3:03.00 200m: 3:02.99	200204646	3:02.99 *
19.	Donna Anakotta 50m: 43.16	ZPC Hoogeveen 100m: 1:28.65 150m: 2:21.18	3:02.20 200m: 3:03.46	200104184	3:03.46
20.	Noor Hindriks 50m: 41.15	SG Inktvis/De Pinquin 100m: 1:30.11 150m: 2:23.75	3:02.03 200m: 3:06.12	200001928	3:06.12
21.	Laura Eisenga 50m: 40.18	TriVia 100m: 1:26.69 150m: 2:22.64	3:06.87 200m: 3:06.57	200201854	3:06.57
22.	Mirte Drijfhout 50m: 41.18	ZENO 100m: 1:31.36 150m: 2:23.61	3:04.11 200m: 3:08.62	199000912	3:08.62
23.	Manon de Jong 50m: 43.77	GZVW 100m: 1:29.53 150m: 2:25.84	3:07.09 200m: 3:08.80	200105390	3:08.80
24.	Kim Trip 50m: 41.44	ZC Polaris 100m: 1:31.14 150m: 2:24.39	3:06.01 200m: 3:09.28	200003846	3:09.28
25.	Mariska Doornbos 50m: 43.71	De Hardenberg 100m: 1:31.86 150m: 2:26.86	3:20.14 200m: 3:09.41	200103248	3:09.41
26.	Esther Roele 50m: 44.75	HZ&PC Heerenveen 100m: 1:31.72 150m: 2:25.39	3:08.45 200m: 3:10.12	200001056	3:10.12
27.	Anouk van Duijven 50m: 43.09	ISIS 100m: 1:30.60 150m: 2:26.48	3:28.78 200m: 3:10.69	199800888	3:10.69
28.	Rosalie Damhoff 50m: 43.82	SG Inktvis/De Pinquin 100m: 1:32.61 150m: 2:29.91	3:11.13 200m: 3:12.12	200204346	3:12.12
29.	Manuëla Feikens 50m: 43.91	De Spatters 100m: 1:32.07 150m: 2:28.35	3:12.19 200m: 3:12.40	200000508	3:12.40
30.	Marloes Wiekens 50m: 40.38	Bubble 100m: 1:31.92 150m: 2:29.19	3:10.42 200m: 3:12.91	199302970	3:12.91
31.	Elvira bij de Weg 50m: 44.14	SG Bolsward-Workum 100m: 1:32.97 150m: 2:33.73	3:15.53 200m: 3:13.16	200400100	3:13.16



Programmanr. 1, Dames, 200m wisselslag, Over-all

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
32.	Loisa van der Veere	ZPC Hoogeveen	3:19.80	200304374	3:13.64
	50m: 45.07	100m: 1:34.77	150m: 2:32.20	200m: 3:13.64	
33.	Tove Kienhuis	Aqua '68	3:14.74	200203486	3:14.27
	50m: 47.09	100m: 1:35.58	150m: 2:30.77	200m: 3:14.27	
34.	Silke Koehoorn	HZ&PC Heerenveen	3:19.94	200300968	3:14.85
	50m: 44.28	100m: 1:33.44	150m: 2:31.30	200m: 3:14.85	
35.	Selma Boertien	Aqua '68	3:17.05	200203834	3:15.84
	50m: 42.96	100m: 1:34.03	150m: 2:29.23	200m: 3:15.84	
36.	Sarah Berghuis	TriVia	3:16.17	200302626	3:16.55 *
	50m: 45.95	100m: 1:35.00	150m: 2:33.67	200m: 3:16.55	
37.	Chantal Outhuijse	De Vikings	3:16.51	200300420	3:16.79
	50m: 47.46	100m: 1:36.91	150m: 2:34.37	200m: 3:16.79	
38.	Suzanne Mulder	GZVW	3:15.29	199307820	3:18.95
	50m: 43.09	100m: 1:33.59	150m: 2:34.35	200m: 3:18.95	
39.	Liza van Domselaar	TriVia	3:23.26	200201464	3:19.44 *
	50m: 43.35	100m: 1:35.64	150m: 2:31.70	200m: 3:19.44	
40.	Rianne Beuker	De Vikings	3:25.59	200402560	3:21.48
	50m: 45.81	100m: 1:39.21	150m: 2:36.81	200m: 3:21.48	
41.	Esmée Mulder	Orca	3:34.92	200402924	3:21.71
	50m: 48.10	100m: 1:38.85	150m: 2:36.03	200m: 3:21.71	
42.	Alja Sluiman	Aqualero	3:19.85	200300562	3:22.38
	50m: 45.73	100m: 1:37.07	150m: 2:37.74	200m: 3:22.38	
43.	Silke van Veen	SG Bolsward-Workum	3:27.91	200202204	3:23.66
	50m: 49.05	100m: 1:40.06	150m: 2:40.76	200m: 3:23.66	
44.	Nikki Kamphuis	MZ&PC De Reest	3:13.68	199802376	3:24.18
	50m: 49.39	100m: 1:42.04	150m: 2:36.27	200m: 3:24.18	
45.	Romana Jonker	HZ&PC Heerenveen	3:46.26	200403016	3:26.58
	50m: 47.67	100m: 1:38.67	150m: 2:36.59	200m: 3:26.58	
46.	Marit Draaijer	Aqualero	3:23.62	200400328	3:29.20
	50m: 50.71	100m: 1:44.87	150m: 2:43.06	200m: 3:29.20	
47.	Cornely van Ours	ZPCA	3:38.01	200301956	3:31.81
	50m: 49.61	100m: 1:44.42	150m: 2:45.72	200m: 3:31.81	
48.	Anouk Hoekstra	HZ&PC Heerenveen	3:41.53	200402758	3:35.39
	50m: 50.94	100m: 1:44.91	150m: 2:50.19	200m: 3:35.39	
49.	Lonneke Koers	SG Inktvis/De Pinquin	3:28.45	200203548	3:39.19 *
	50m: 47.22	100m: 1:44.28	150m: 2:45.76	200m: 3:39.19	
50.	Larissa Redjosentono	De Kikker	3:49.84	200403210	3:42.20
	50m: 53.32	100m: 1:51.84	150m: 2:54.19	200m: 3:42.20	
DIS	Laura de Boer	Wetterwille	3:06.72	200102956	
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>				
	50m: 41.12	100m: 1:30.92	150m: 2:20.70	200m:	
DIS	Leonique Spierenburg	De Valken	3:15.65	200204354	
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 42.97	100m: 1:28.18	150m: 2:21.00	200m:	
DIS	Aniek de Ridder	Avena	3:27.25	200402750	
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 45.52	100m: 1:41.84	150m: 2:44.37	200m:	
NG	Yulin Nota	MZ&PC De Reest	3:16.94	200303990	



Programmanr. 1, Dames, 200m wisselslag, Over-all

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
NG	Esmée Schlepers	MZ&PC De Reest	3:12.26	199902080	
NG	Aletta Nagy	De Kikker	3:22.89	200403036	