



Regionale B-kampioenschappen 2016
4 en 5 juni 2016, Heerenveen

Programmanr. 16
5-6-2016 - 10:25

Dames, 200m vrije slag

Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
Junioren 1					
1.	Hanna Oving	De Kikker	2:43.31	200400738	2:42.21
	50m: 37.89	100m: 1:19.12	150m: 2:01.41	200m: 2:42.21	
2.	Loïs Jalving	HZ&PC Heerenveen	2:46.98	200400280	2:44.61
	50m: 37.88	100m: 1:20.47	150m: 2:04.37	200m: 2:44.61	
3.	Dominique Dingshoff	ZPC Hoogeveen	2:49.82	200400804	2:45.32
	50m: 38.58	100m: 1:22.95	150m: 2:05.99	200m: 2:45.32	
4.	Iris Eisenga	TriVia	2:51.83	200401254	2:46.91
	50m: 37.06	100m: 1:20.81	150m: 2:05.83	200m: 2:46.91	
5.	Leah Anakotta	ZPC Hoogeveen	2:45.66	200400802	2:47.74
	50m: 38.30	100m: 1:22.47	150m: 2:06.68	200m: 2:47.74	
6.	Marlies Berends	HZ&PC Heerenveen	3:00.54	200402194	2:49.00
	50m: 37.96	100m: 1:22.19	150m: 2:06.90	200m: 2:49.00	
7.	Marieke Speijer	Bubble	3:03.74	200401154	3:03.78
	50m: 41.90	100m: 1:29.65	150m: 2:18.02	200m: 3:03.78	
8.	Emma Hazenberg	Aqua '68	3:02.13	200402074	3:04.15
	50m: 40.63	100m: 1:26.89	150m: 2:15.77	200m: 3:04.15	
9.	Esmée Mulder	Orca	3:26.76	200402924	3:06.46
	50m: 43.21	100m: 1:31.04	150m: 2:20.22	200m: 3:06.46	
10.	Risanne Gjaltema	ZPD	3:04.72	200400472	3:07.78
	50m: 41.04	100m: 1:30.37	150m: 2:20.81	200m: 3:07.78	
11.	Anouk Hoekstra	HZ&PC Heerenveen	3:17.39	200402758	3:16.10
	50m: 44.06	100m: 1:35.61	150m: 2:28.43	200m: 3:16.10	
12.	Amelina Stevens	SG Inktvis/De Pinquin	3:22.25	200402740	3:27.18
	50m: 46.74	100m: 1:42.85	150m: 2:38.05	200m: 3:27.18	
DIS	Guusje Kroeze	SG Inktvis/De Pinquin	3:08.76	200403778	3:03.37
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 41.85	100m: 1:29.94	150m: 2:19.15	200m: 3:03.37	
NG	Aletta Nagy	De Kikker	2:59.48	200403036	
Junioren 2					
1.	Chäira Scholte	SG Inktvis/De Pinquin	2:37.44	200304478	2:35.66
	50m: 35.40	100m: 1:14.74	150m: 1:56.02	200m: 2:35.66	
2.	Myrthe Winkels	TriVia	2:38.48	200300212	2:37.30
	50m: 35.92	100m: 1:17.16	150m: 1:58.48	200m: 2:37.30	
3.	Sarina Beuker	De Vikings	2:42.71	200303454	2:37.59
	50m: 36.89	100m: 1:18.03	150m: 1:59.83	200m: 2:37.59	
4.	Marieke Wind	NOVA	2:41.55	200300178	2:38.26
	50m: 35.44	100m: 1:16.25	150m: 1:58.84	200m: 2:38.26	
5.	Manon Post	ZPC Stadskanaal	2:44.96	200302252	2:40.01
	50m: 36.28	100m: 1:17.88	150m: 1:59.72	200m: 2:40.01	
6.	Chantal Posthuma	ZC Polaris	2:41.68	200300834	2:43.58
	50m: 35.79	100m: 1:17.93	150m: 2:01.89	200m: 2:43.58	
7.	Lynke de Haan	SG Inktvis/De Pinquin	2:38.72	200301688	2:44.71
	50m: 35.79	100m: 1:17.31	150m: 2:01.42	200m: 2:44.71	
8.	Marrit Tiekstra	Orca	2:41.70	200301796	2:44.75
	50m: 35.79	100m: 1:17.98	150m: 2:01.85	200m: 2:44.75	



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Programmanr. 16, Meisjes, 200m vrije slag, Junioren 2

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
9.	Tove Beltman	Orca	2:49.53	200301618	2:47.95
	50m: 38.71	100m: 1:21.63	150m: 2:06.34	200m: 2:47.95	
10.	Anouk Veeninga	De Spatters	2:46.34	200300048	2:48.18
	50m: 38.99	100m: 1:23.20	150m: 2:07.15	200m: 2:48.18	
11.	Merel Vonk	ZV ZZG De Boskickers	2:55.83	200301136	2:51.01
	50m: 40.59	100m: 1:25.18	150m: 2:10.79	200m: 2:51.01	
12.	Lisa van As	De Granaet	2:49.74	200301790	2:52.54
	50m: 36.72	100m: 1:20.27	150m: 2:06.73	200m: 2:52.54	
13.	Romy Visscher	De Valken	2:58.08	200302024	2:53.83
	50m: 41.48	100m: 1:25.71	150m: 2:10.00	200m: 2:53.83	
14.	Chantal Outhuijse	De Vikings	2:52.85	200300420	2:54.01
	50m: 40.07	100m: 1:25.06	150m: 2:12.44	200m: 2:54.01	
15.	Silke Koehoorn	HZ&PC Heerenveen	2:58.03	200300968	2:54.11
	50m: 38.92	100m: 1:24.04	150m: 2:11.09	200m: 2:54.11	
16.	Eline Pathuis	ZPC Stadskanaal	2:59.30	200300408	2:54.85
	50m: 38.95	100m: 1:23.99	150m: 2:10.93	200m: 2:54.85	
17.	Alja Sluiman	Aqualero	3:03.36	200300562	2:58.08
	50m: 40.50	100m: 1:26.92	150m: 2:14.05	200m: 2:58.08	
18.	Cornely van Ours	ZPCA	3:20.01	200301956	3:14.74
	50m: 46.18	100m: 1:37.16	150m: 2:29.04	200m: 3:14.74	
19.	Laura Gerding	De Valken	3:11.41	200303094	3:14.95 *
	50m: 41.98	100m: 1:30.71	150m: 2:22.77	200m: 3:14.95	
DIS	Ilse Wenum	DZ&PC	3:05.10	200302476	3:20.29
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 42.01	100m: 1:33.05	150m: 2:27.70	200m: 3:20.29	
NG	Yulin Nota	MZ&PC De Reest	2:54.65	200303990	

Junioren 3

1.	Martine Kamminga	ZPD	2:40.26	200201172	2:31.71
	50m: 34.58	100m: 1:13.70	150m: 1:53.59	200m: 2:31.71	
2.	Amalia Veltman	TriVia	2:34.66	200205702	2:32.65
	50m: 34.54	100m: 1:13.44	150m: 1:53.32	200m: 2:32.65	
3.	Alicia van der Gaast	TriVia	2:35.43	200205036	2:33.97
	50m: 34.79	100m: 1:14.03	150m: 1:54.39	200m: 2:33.97	
4.	Sanne Kloezen	ZPC Stadskanaal	2:36.92	200204644	2:35.91
	50m: 35.14	100m: 1:14.71	150m: 1:55.98	200m: 2:35.91	
5.	Lotte van Hof	De Granaet	2:41.04	200202640	2:38.95
	50m: 35.34	100m: 1:16.27	150m: 1:59.28	200m: 2:38.95	
6.	Esmee Kloezen	ZPC Stadskanaal	2:44.43	200204646	2:40.75
	50m: 38.15	100m: 1:19.66	150m: 2:01.75	200m: 2:40.75	
7.	Roeliene Bouwman	De Spatters	2:42.95	200205106	2:40.97
	50m: 37.31	100m: 1:18.48	150m: 2:01.46	200m: 2:40.97	
8.	Leonique Spierenburg	De Valken	2:46.46	200204354	2:40.99
	50m: 36.91	100m: 1:18.37	150m: 2:00.48	200m: 2:40.99	
9.	Chayenne Battjes	SG Inktvis/De Pinquin	2:48.67	200200092	2:42.41
	50m: 37.76	100m: 1:19.65	150m: 2:02.45	200m: 2:42.41	
10.	Rosalie Kuiper	Aqualero	2:40.78	200202874	2:44.33
	50m: 35.74	100m: 1:17.64	150m: 2:02.17	200m: 2:44.33	



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Programmanr. 16, Meisjes, 200m vrije slag, Junioren 3

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
11.	Lisanne Rinzema	Wetterwille	2:47.87	200204294	2:44.42
	50m: 38.85	100m: 1:21.92	150m: 2:05.97	200m: 2:44.42	
12.	Lianne Houwerzijl	ZPCA	2:50.88	200201062	2:54.92
	50m: 40.70	100m: 1:26.69	150m: 2:12.74	200m: 2:54.92	
13.	Tove Kienhuis	Aqua '68	2:57.46	200203486	3:01.39
	50m: 41.96	100m: 1:28.16	150m: 2:16.04	200m: 3:01.39	
DIS	Laura Noord	De Wellerobben	2:38.01	200202568	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Jeugd 1 en 2

1.	Romy Jalving	HZ&PC Heerenveen	2:28.14	200000616	2:26.04
	50m: 32.59	100m: 1:09.31	150m: 1:47.47	200m: 2:26.04	
2.	Lot Burgstra	TriVia	2:33.63	200103294	2:27.63
	50m: 32.90	100m: 1:09.98	150m: 1:48.74	200m: 2:27.63	
3.	Ingrid de Vries	De Granaet	2:28.96	200100500	2:27.81
	50m: 33.08	100m: 1:10.05	150m: 1:49.39	200m: 2:27.81	
4.	Ariane de Vries	Aqua '68	2:30.17	200100728	2:28.36
	50m: 34.11	100m: 1:11.42	150m: 1:50.02	200m: 2:28.36	
5.	Lotte Grovenstein	F.Z.C. '54	2:33.90	200102964	2:28.63
	50m: 33.79	100m: 1:11.54	150m: 1:50.78	200m: 2:28.63	
6.	Liza Scheenstra	F.Z.C. '54	2:29.20	200104276	2:29.46
	50m: 32.84	100m: 1:09.76	150m: 1:48.98	200m: 2:29.46	
7.	Sarah Bruggenkamp	Aqua '68	2:29.93	200100054	2:30.12
	50m: 34.05	100m: 1:12.10	150m: 1:51.74	200m: 2:30.12	
8.	Afke van Zijverden	SG Bolsward-Workum	2:32.09	200100296	2:30.69
	50m: 33.86	100m: 1:11.45	150m: 1:50.80	200m: 2:30.69	
9.	Naomi Broekman	De Spatters	2:34.69	200100020	2:31.42
	50m: 35.50	100m: 1:14.42	150m: 1:53.65	200m: 2:31.42	
10.	Desanka Stoppels	Eemsrobben	2:29.89	200101362	2:31.48
	50m: 33.01	100m: 1:10.96	150m: 1:50.75	200m: 2:31.48	
11.	Pascale Everts	Aqua '68	2:28.99	200005510	2:33.21
	50m: 33.74	100m: 1:12.06	150m: 1:53.18	200m: 2:33.21	
12.	Daphne Outhuijse	De Vikings	2:37.37	200003582	2:33.66
	50m: 35.02	100m: 1:14.49	150m: 1:55.66	200m: 2:33.66	
13.	Yvanka Visser	HZ&PC Heerenveen	2:39.06	200102698	2:33.73
	50m: 35.12	100m: 1:15.40	150m: 1:55.70	200m: 2:33.73	
14.	Anne-fleur Jonker	Aqua '68	2:31.88	200101348	2:34.77
	50m: 34.25	100m: 1:12.72	150m: 1:53.61	200m: 2:34.77	
15.	Marthe Lubberts	HZ&PC Heerenveen	2:42.68	200000846	2:36.13
	50m: 35.51	100m: 1:15.61	150m: 1:57.09	200m: 2:36.13	
16.	Laura Altena	TriVia	2:38.23	200102302	2:36.31
	50m: 35.38	100m: 1:14.71	150m: 1:56.49	200m: 2:36.31	
17.	Arita Tolman	De Valken	2:33.67	200000914	2:37.67 *
	50m: 35.45	100m: 1:15.67	150m: 1:57.15	200m: 2:37.67	
18.	Barbara Venema	Orca	2:47.75	200005118	2:37.85
	50m: 33.45	100m: 1:13.94	150m: 1:56.50	200m: 2:37.85	
19.	Irana Remmelts	Aqua '68	2:44.12	200102486	2:42.18
	50m: 36.97	100m: 1:19.11	150m: 2:02.55	200m: 2:42.18	



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Programmanr. 16, Meisjes, 200m vrije slag, Jeugd 1 en 2

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
20.	Anouk Bak	TriVia	2:37.18	200101854	2:43.14
	50m: 35.55	100m: 1:15.53	150m: 1:58.88	200m: 2:43.14	
21.	Indy Spoelstra	TriVia	2:45.57	200000530	2:44.93
	50m: 36.96	100m: 1:19.26	150m: 2:03.75	200m: 2:44.93	
22.	Esther Roele	HZ&PC Heerenveen	2:48.66	200001056	2:51.54
	50m: 40.93	100m: 1:25.42	150m: 2:09.77	200m: 2:51.54	
23.	Kirsten Schlepers	MZ&PC De Reest	2:55.96	200101286	2:53.98
	50m: 40.13	100m: 1:25.29	150m: 2:11.21	200m: 2:53.98	
24.	Laura de Boer	Wetterwille	2:58.91	200102956	2:55.34
	50m: 39.85	100m: 1:25.04	150m: 2:11.28	200m: 2:55.34	
25.	Eveline Bleeker	ZPC Stadskanaal	3:01.04	200105238	2:58.19
	50m: 39.02	100m: 2:11.40	200m: 2:58.19		
26.	Donna Anakotta	ZPC Hoogeveen	2:49.05	200104184	3:03.10
	50m: 39.80	100m: 1:25.29	150m: 2:13.72	200m: 3:03.10	

Senioren 1 en ouder

1.	Cynthia Koerhuis	De Valken	2:24.42	199900088	2:23.45
	50m: 32.29	100m: 1:08.89	150m: 1:47.31	200m: 2:23.45	
2.	Marle Sewuster	Moby Dick	2:25.86	199804104	2:24.41
	50m: 32.70	100m: 1:09.67	150m: 1:47.32	200m: 2:24.41	
3.	Marijke Drent	NOVA	2:27.02	199906232	2:24.88
	50m: 33.15	100m: 1:09.89	150m: 1:47.61	200m: 2:24.88	
4.	Nynke Vlietstra	Wetterwille	2:30.16	198907110	2:26.18
	50m: 34.78	100m: 1:12.58	150m: 1:50.81	200m: 2:26.18	
5.	Daphne Spreen	ZV ZZG De Boskikkers	2:27.58	199603940	2:26.28
	50m: 33.08	100m: 1:10.14	150m: 1:48.39	200m: 2:26.28	
6.	Tessa Benjamins	Aqualero	2:36.93	199500636	2:27.95
	50m: 33.94	100m: 1:11.57	150m: 1:49.87	200m: 2:27.95	
7.	Sanne Grovenstein	F.Z.C. '54	2:32.11	199803370	2:28.95
	50m: 33.91	100m: 1:11.11	150m: 1:50.45	200m: 2:28.95	
8.	Myrthe de Bruin	Aqualero	2:29.66	199804408	2:29.61
	50m: 33.72	100m: 1:11.35	150m: 1:50.66	200m: 2:29.61	
9.	Margriet Bieze	TriVia	2:40.03	199900508	2:30.96
	50m: 34.43	100m: 1:12.48	150m: 1:51.86	200m: 2:30.96	
10.	Rosalie Baarda	Orca	2:27.99	199903460	2:32.92
	50m: 33.86	100m: 1:12.36	150m: 1:52.83	200m: 2:32.92	
11.	Lotte Rolink	ZC Polaris	2:30.53	199504880	2:34.43
	50m: 35.41	100m: 1:15.03	150m: 1:55.31	200m: 2:34.43	
12.	Laura Wolbers	De Valken	2:49.53	199700042	2:35.76
	50m: 34.86	100m: 1:14.27	150m: 1:55.66	200m: 2:35.76	
13.	Henriëtte Manting	GZVW	2:37.32	197100246	2:38.46
	50m: 35.50	100m: 1:14.67	150m: 1:56.10	200m: 2:38.46	
14.	Jose Emmink	ZPC Hoogeveen	2:32.05	199902446	2:39.51
	50m: 35.84	100m: 1:15.97	150m: 1:58.00	200m: 2:39.51	
15.	Rebecca Dassen	ZC Polaris	2:40.69	199905474	2:42.09
	50m: 35.43	100m: 1:16.42	150m: 1:59.55	200m: 2:42.09	
16.	Lilian Ottens	Eemsrobben	2:42.53	199602552	2:43.33
	50m: 36.65	100m: 1:18.02	150m: 2:01.09	200m: 2:43.33	



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Programmanr. 16, Dames, 200m vrije slag, Senioren 1 en ouder

Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
17.	Corina van Zanten	Aqualero	2:42.15	199903566	2:47.30 *
	50m: 37.67	100m: 1:19.42	150m: 2:00m: 2:47.30		
18.	Mattia van der Laan	ZENO	2:42.60	199700702	2:51.30
	50m: 38.08	100m: 1:21.12	150m: 2:05.86	200m: 2:51.30	
19.	Lianne Bolhuis	ZENO	2:29.61	199705656	2:51.50
	50m: 38.40	100m: 1:21.13	150m: 2:06.19	200m: 2:51.50	
20.	Suzanne Mulder	GZVW	2:47.99	199307820	2:53.94
	50m: 38.50	100m: 1:22.47	150m: 2:08.41	200m: 2:53.94	
21.	Rian de Jonge	De Hardenberg	2:54.49	199801306	2:54.24
	50m: 40.78	100m: 1:25.76	150m: 2:12.78	200m: 2:54.24	
22.	Mirte Drijfhout	ZENO	2:53.25	199000912	2:59.62
	50m: 40.86	100m: 1:27.54	150m: 2:15.10	200m: 2:59.62	
23.	Nikki Kamphuis	MZ&PC De Reest	2:53.26	199802376	3:00.18
	50m: 39.56	100m: 1:25.02	150m: 2:13.00	200m: 3:00.18	
NG.ZA	Eva Blankensteijn	TriVia	3:21.27	199906382	
AFGEM	Doreen Ott	TriVia	2:36.58	199901994	
NG	Esmée Schlepers	MZ&PC De Reest	3:07.85	199902080	

Over-all

1.	Cynthia Koerhuis	De Valken	2:24.42	199900088	2:23.45
	50m: 32.29	100m: 1:08.89	150m: 1:47.31	200m: 2:23.45	
2.	Marle Sewuster	Moby Dick	2:25.86	199804104	2:24.41
	50m: 32.70	100m: 1:09.67	150m: 1:47.32	200m: 2:24.41	
3.	Marijke Drent	NOVA	2:27.02	199906232	2:24.88
	50m: 33.15	100m: 1:09.89	150m: 1:47.61	200m: 2:24.88	
4.	Romy Jalving	HZ&PC Heerenveen	2:28.14	200000616	2:26.04
	50m: 32.59	100m: 1:09.31	150m: 1:47.47	200m: 2:26.04	
5.	Nynke Vlietstra	Wetterwille	2:30.16	198907110	2:26.18
	50m: 34.78	100m: 1:12.58	150m: 1:50.81	200m: 2:26.18	
6.	Daphne Spreen	ZV ZZG De Boskickers	2:27.58	199603940	2:26.28
	50m: 33.08	100m: 1:10.14	150m: 1:48.39	200m: 2:26.28	
7.	Lot Burgstra	TriVia	2:33.63	200103294	2:27.63
	50m: 32.90	100m: 1:09.98	150m: 1:48.74	200m: 2:27.63	
8.	Ingrid de Vries	De Granaet	2:28.96	200100500	2:27.81
	50m: 33.08	100m: 1:10.05	150m: 1:49.39	200m: 2:27.81	
9.	Tessa Benjamins	Aqualero	2:36.93	199500636	2:27.95
	50m: 33.94	100m: 1:11.57	150m: 1:49.87	200m: 2:27.95	
10.	Ariane de Vries	Aqua '68	2:30.17	200100728	2:28.36
	50m: 34.11	100m: 1:11.42	150m: 1:50.02	200m: 2:28.36	
11.	Lotte Grovenstein	F.Z.C. '54	2:33.90	200102964	2:28.63
	50m: 33.79	100m: 1:11.54	150m: 1:50.78	200m: 2:28.63	
12.	Sanne Grovenstein	F.Z.C. '54	2:32.11	199803370	2:28.95
	50m: 33.91	100m: 1:11.11	150m: 1:50.45	200m: 2:28.95	
13.	Liza Scheenstra	F.Z.C. '54	2:29.20	200104276	2:29.46
	50m: 32.84	100m: 1:09.76	150m: 1:48.98	200m: 2:29.46	
14.	Myrthe de Bruin	Aqualero	2:29.66	199804408	2:29.61
	50m: 33.72	100m: 1:11.35	150m: 1:50.66	200m: 2:29.61	
15.	Sarah Bruggenkamp	Aqua '68	2:29.93	200100054	2:30.12
	50m: 34.05	100m: 1:12.10	150m: 1:51.74	200m: 2:30.12	



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Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
16.	Afke van Zijverden	SG Bolsward-Workum	2:32.09	200100296	2:30.69
	50m: 33.86	100m: 1:11.45	150m: 1:50.80	200m: 2:30.69	
17.	Margriet Bieze	TriVia	2:40.03	199900508	2:30.96
	50m: 34.43	100m: 1:12.48	150m: 1:51.86	200m: 2:30.96	
18.	Naomi Broekman	De Spatters	2:34.69	200100020	2:31.42
	50m: 35.50	100m: 1:14.42	150m: 1:53.65	200m: 2:31.42	
19.	Desanka Stoppels	Eemsrobben	2:29.89	200101362	2:31.48
	50m: 33.01	100m: 1:10.96	150m: 1:50.75	200m: 2:31.48	
20.	Martine Kamminga	ZPD	2:40.26	200201172	2:31.71
	50m: 34.58	100m: 1:13.70	150m: 1:53.59	200m: 2:31.71	
21.	Amalia Veltman	TriVia	2:34.66	200205702	2:32.65
	50m: 34.54	100m: 1:13.44	150m: 1:53.32	200m: 2:32.65	
22.	Rosalie Baarda	Orca	2:27.99	199903460	2:32.92
	50m: 33.86	100m: 1:12.36	150m: 1:52.83	200m: 2:32.92	
23.	Pascale Everts	Aqua '68	2:28.99	200005510	2:33.21
	50m: 33.74	100m: 1:12.06	150m: 1:53.18	200m: 2:33.21	
24.	Daphne Outhuijse	De Vikings	2:37.37	200003582	2:33.66
	50m: 35.02	100m: 1:14.49	150m: 1:55.66	200m: 2:33.66	
25.	Yvanka Visser	HZ&PC Heerenveen	2:39.06	200102698	2:33.73
	50m: 35.12	100m: 1:15.40	150m: 1:55.70	200m: 2:33.73	
26.	Alicia van der Gaast	TriVia	2:35.43	200205036	2:33.97
	50m: 34.79	100m: 1:14.03	150m: 1:54.39	200m: 2:33.97	
27.	Lotte Rolink	ZC Polaris	2:30.53	199504880	2:34.43
	50m: 35.41	100m: 1:15.03	150m: 1:55.31	200m: 2:34.43	
28.	Anne-fleur Jonker	Aqua '68	2:31.88	200101348	2:34.77
	50m: 34.25	100m: 1:12.72	150m: 1:53.61	200m: 2:34.77	
29.	Chaira Scholte	SG Inktvis/De Pinquin	2:37.44	200304478	2:35.66
	50m: 35.40	100m: 1:14.74	150m: 1:56.02	200m: 2:35.66	
30.	Laura Wolbers	De Valken	2:49.53	199700042	2:35.76
	50m: 34.86	100m: 1:14.27	150m: 1:55.66	200m: 2:35.76	
31.	Sanne Kloezen	ZPC Stadskanaal	2:36.92	200204644	2:35.91
	50m: 35.14	100m: 1:14.71	150m: 1:55.98	200m: 2:35.91	
32.	Marthe Lubberts	HZ&PC Heerenveen	2:42.68	200000846	2:36.13
	50m: 35.51	100m: 1:15.61	150m: 1:57.09	200m: 2:36.13	
33.	Laura Altena	TriVia	2:38.23	200102302	2:36.31
	50m: 35.38	100m: 1:14.71	150m: 1:56.49	200m: 2:36.31	
34.	Myrthe Winkels	TriVia	2:38.48	200300212	2:37.30
	50m: 35.92	100m: 1:17.16	150m: 1:58.48	200m: 2:37.30	
35.	Sarina Beuker	De Vikings	2:42.71	200303454	2:37.59
	50m: 36.89	100m: 1:18.03	150m: 1:59.83	200m: 2:37.59	
36.	Arita Tolman	De Valken	2:33.67	200000914	2:37.67 *
	50m: 35.45	100m: 1:15.67	150m: 1:57.15	200m: 2:37.67	
37.	Barbara Venema	Orca	2:47.75	200005118	2:37.85
	50m: 33.45	100m: 1:13.94	150m: 1:56.50	200m: 2:37.85	
38.	Marieke Wind	NOVA	2:41.55	200300178	2:38.26
	50m: 35.44	100m: 1:16.25	150m: 1:58.84	200m: 2:38.26	
39.	Henriëtte Manting	GZVW	2:37.32	197100246	2:38.46
	50m: 35.50	100m: 1:14.67	150m: 1:56.10	200m: 2:38.46	



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Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
40.	Lotte van Hof 50m: 35.34 100m: 1:16.27 150m: 1:59.28 200m: 2:38.95	De Granaet	2:41.04	200202640	2:38.95
41.	Jose Emmink 50m: 35.84 100m: 1:15.97 150m: 1:58.00 200m: 2:39.51	ZPC Hoozeveen	2:32.05	199902446	2:39.51
42.	Manon Post 50m: 36.28 100m: 1:17.88 150m: 1:59.72 200m: 2:40.01	ZPC Stadskanaal	2:44.96	200302252	2:40.01
43.	Esmee Kloezen 50m: 38.15 100m: 1:19.66 150m: 2:01.75 200m: 2:40.75	ZPC Stadskanaal	2:44.43	200204646	2:40.75
44.	Roeliene Bouwman 50m: 37.31 100m: 1:18.48 150m: 2:01.46 200m: 2:40.97	De Spatters	2:42.95	200205106	2:40.97
45.	Leonique Spierenburg 50m: 36.91 100m: 1:18.37 150m: 2:00.48 200m: 2:40.99	De Valken	2:46.46	200204354	2:40.99
46.	Rebecca Dassen 50m: 35.43 100m: 1:16.42 150m: 1:59.55 200m: 2:42.09	ZC Polaris	2:40.69	199905474	2:42.09
47.	Irana Remmelts 50m: 36.97 100m: 1:19.11 150m: 2:02.55 200m: 2:42.18	Aqua '68	2:44.12	200102486	2:42.18
48.	Hanna Oving 50m: 37.89 100m: 1:19.12 150m: 2:01.41 200m: 2:42.21	De Kikker	2:43.31	200400738	2:42.21
49.	Chayenne Battjes 50m: 37.76 100m: 1:19.65 150m: 2:02.45 200m: 2:42.41	SG Inktvis/De Pinquin	2:48.67	200200092	2:42.41
50.	Anouk Bak 50m: 35.55 100m: 1:15.53 150m: 1:58.88 200m: 2:43.14	TriVia	2:37.18	200101854	2:43.14
51.	Lilian Ottens 50m: 36.65 100m: 1:18.02 150m: 2:01.09 200m: 2:43.33	Eemsrobben	2:42.53	199602552	2:43.33
52.	Chantal Posthuma 50m: 35.79 100m: 1:17.93 150m: 2:01.89 200m: 2:43.58	ZC Polaris	2:41.68	200300834	2:43.58
53.	Rosalie Kuiper 50m: 35.74 100m: 1:17.64 150m: 2:02.17 200m: 2:44.33	Aqualero	2:40.78	200202874	2:44.33
54.	Lisanne Rinzema 50m: 38.85 100m: 1:21.92 150m: 2:05.97 200m: 2:44.42	Wetterwille	2:47.87	200204294	2:44.42
55.	Loïs Jalving 50m: 37.88 100m: 1:20.47 150m: 2:04.37 200m: 2:44.61	HZ&PC Heerenveen	2:46.98	200400280	2:44.61
56.	Lynke de Haan 50m: 35.79 100m: 1:17.31 150m: 2:01.42 200m: 2:44.71	SG Inktvis/De Pinquin	2:38.72	200301688	2:44.71
57.	Marrit Tiekstra 50m: 35.79 100m: 1:17.98 150m: 2:01.85 200m: 2:44.75	Orca	2:41.70	200301796	2:44.75
58.	Indy Spoelstra 50m: 36.96 100m: 1:19.26 150m: 2:03.75 200m: 2:44.93	TriVia	2:45.57	200000530	2:44.93
59.	Dominique Dingshoff 50m: 38.58 100m: 1:22.95 150m: 2:05.99 200m: 2:45.32	ZPC Hoozeveen	2:49.82	200400804	2:45.32
60.	Iris Eisenga 50m: 37.06 100m: 1:20.81 150m: 2:05.83 200m: 2:46.91	TriVia	2:51.83	200401254	2:46.91
61.	Corina van Zanten 50m: 37.67 100m: 1:19.42 150m: 2:00m: 2:47.30	Aqualero	2:42.15	199903566	2:47.30 *
62.	Leah Anakotta 50m: 38.30 100m: 1:22.47 150m: 2:06.68 200m: 2:47.74	ZPC Hoozeveen	2:45.66	200400802	2:47.74
63.	Tove Beltman 50m: 38.71 100m: 1:21.63 150m: 2:06.34 200m: 2:47.95	Orca	2:49.53	200301618	2:47.95



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Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
64.	Anouk Veeninga 50m: 38.99 100m: 1:23.20	De Spatters 150m: 2:07.15 200m: 2:48.18	2:46.34	200300048	2:48.18
65.	Marlies Berends 50m: 37.96 100m: 1:22.19	HZ&PC Heerenveen 150m: 2:06.90 200m: 2:49.00	3:00.54	200402194	2:49.00
66.	Merel Vonk 50m: 40.59 100m: 1:25.18	ZV ZZG De Boskikkers 150m: 2:10.79 200m: 2:51.01	2:55.83	200301136	2:51.01
67.	Mattia van der Laan 50m: 38.08 100m: 1:21.12	ZENO 150m: 2:05.86 200m: 2:51.30	2:42.60	199700702	2:51.30
68.	Lianne Bolhuis 50m: 38.40 100m: 1:21.13	ZENO 150m: 2:06.19 200m: 2:51.50	2:29.61	199705656	2:51.50
69.	Esther Roele 50m: 40.93 100m: 1:25.42	HZ&PC Heerenveen 150m: 2:09.77 200m: 2:51.54	2:48.66	200001056	2:51.54
70.	Lisa van As 50m: 36.72 100m: 1:20.27	De Granaet 150m: 2:06.73 200m: 2:52.54	2:49.74	200301790	2:52.54
71.	Romy Visscher 50m: 41.48 100m: 1:25.71	De Valken 150m: 2:10.00 200m: 2:53.83	2:58.08	200302024	2:53.83
72.	Suzanne Mulder 50m: 38.50 100m: 1:22.47	GZVW 150m: 2:08.41 200m: 2:53.94	2:47.99	199307820	2:53.94
73.	Kirsten Schlepers 50m: 40.13 100m: 1:25.29	MZ&PC De Reest 150m: 2:11.21 200m: 2:53.98	2:55.96	200101286	2:53.98
74.	Chantal Outhuijse 50m: 40.07 100m: 1:25.06	De Vikings 150m: 2:12.44 200m: 2:54.01	2:52.85	200300420	2:54.01
75.	Silke Koehoorn 50m: 38.92 100m: 1:24.04	HZ&PC Heerenveen 150m: 2:11.09 200m: 2:54.11	2:58.03	200300968	2:54.11
76.	Rian de Jonge 50m: 40.78 100m: 1:25.76	De Hardenberg 150m: 2:12.78 200m: 2:54.24	2:54.49	199801306	2:54.24
77.	Eline Pathuis 50m: 38.95 100m: 1:23.99	ZPC Stadskanaal 150m: 2:10.93 200m: 2:54.85	2:59.30	200300408	2:54.85
78.	Lianne Houwerzijl 50m: 40.70 100m: 1:26.69	ZPCA 150m: 2:12.74 200m: 2:54.92	2:50.88	200201062	2:54.92
79.	Laura de Boer 50m: 39.85 100m: 1:25.04	Wetterwille 150m: 2:11.28 200m: 2:55.34	2:58.91	200102956	2:55.34
80.	Alja Sluiman 50m: 40.50 100m: 1:26.92	Aqualero 150m: 2:14.05 200m: 2:58.08	3:03.36	200300562	2:58.08
81.	Eveline Bleeker 50m: 39.02 100m: 2:11.40	ZPC Stadskanaal 200m: 2:58.19	3:01.04	200105238	2:58.19
82.	Mirte Drijfhout 50m: 40.86 100m: 1:27.54	ZENO 150m: 2:15.10 200m: 2:59.62	2:53.25	199000912	2:59.62
83.	Nikki Kamphuis 50m: 39.56 100m: 1:25.02	MZ&PC De Reest 150m: 2:13.00 200m: 3:00.18	2:53.26	199802376	3:00.18
84.	Tove Kienhuis 50m: 41.96 100m: 1:28.16	Aqua '68 150m: 2:16.04 200m: 3:01.39	2:57.46	200203486	3:01.39
85.	Donna Anakotta 50m: 39.80 100m: 1:25.29	ZPC Hoogeveen 150m: 2:13.72 200m: 3:03.10	2:49.05	200104184	3:03.10
86.	Marieke Speijer 50m: 41.90 100m: 1:29.65	Bubble 150m: 2:18.02 200m: 3:03.78	3:03.74	200401154	3:03.78
87.	Emma Hazenberg 50m: 40.63 100m: 1:26.89	Aqua '68 150m: 2:15.77 200m: 3:04.15	3:02.13	200402074	3:04.15



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Rang	Naam	Vereniging	Inschrijftijd	Startnummer	Eindtijd
88.	Esmée Mulder	Orca	3:26.76	200402924	3:06.46
	50m: 43.21	100m: 1:31.04	150m: 2:20.22	200m: 3:06.46	
89.	Risanne Gjaltema	ZPD	3:04.72	200400472	3:07.78
	50m: 41.04	100m: 1:30.37	150m: 2:20.81	200m: 3:07.78	
90.	Cornely van Ours	ZPCA	3:20.01	200301956	3:14.74
	50m: 46.18	100m: 1:37.16	150m: 2:29.04	200m: 3:14.74	
91.	Laura Gerding	De Valken	3:11.41	200303094	3:14.95 *
	50m: 41.98	100m: 1:30.71	150m: 2:22.77	200m: 3:14.95	
92.	Anouk Hoekstra	HZ&PC Heerenveen	3:17.39	200402758	3:16.10
	50m: 44.06	100m: 1:35.61	150m: 2:28.43	200m: 3:16.10	
93.	Amelina Stevens	SG Inktvis/De Pinquin	3:22.25	200402740	3:27.18
	50m: 46.74	100m: 1:42.85	150m: 2:38.05	200m: 3:27.18	
DIS	Laura Noord	De Wellerobben	2:38.01	200202568	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				
DIS	Guusje Kroeze	SG Inktvis/De Pinquin	3:08.76	200403778	3:03.37
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 41.85	100m: 1:29.94	150m: 2:19.15	200m: 3:03.37	
DIS	Ilse Wenum	DZ&PC	3:05.10	200302476	3:20.29
	<i>AA - Gestart voor startsignaal bij de 1e (1-startregel) of 2e start.</i>				
	50m: 42.01	100m: 1:33.05	150m: 2:27.70	200m: 3:20.29	
NG.ZA	Eva Blankensteijn	TriVia	3:21.27	199906382	
AFGEM	Doreen Ott	TriVia	2:36.58	199901994	
NG	Yulin Nota	MZ&PC De Reest	2:54.65	200303990	
NG	Esmée Schlepers	MZ&PC De Reest	3:07.85	199902080	
NG	Aletta Nagy	De Kikker	2:59.48	200403036	