

PK Friesland
Heerenveen, 21- - 22-1-2023

Programmanr. 22
22-1-2023 - 17:18

Dames, 100m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------------------------|------------------------|---------------------|---------|-----------|----------------|-------|-------|-------|
| Junioren 1 en 2 | | | | | | | | |
| 1. | Marre van der Wal | SG. Bolsward-Workum | 1:15.56 | 201000046 | 1:14.05 | 36.22 | 37.83 | |
| 2. | Lobke Hempenius | HZ&PC Heerenveen | 1:21.70 | 201100522 | 1:21.07 | 37.68 | 43.39 | |
| 3. | Elise Dorlandt | HZ&PC Heerenveen | 1:34.30 | 201000232 | 1:21.40 | +0,78 | 37.48 | 43.92 |
| 4. | Indy Feenema | Orca Leeuwarden | 1:23.97 | 201000850 | 1:22.95 | 37.95 | 45.00 | |
| 5. | Mirthe de Haan | Zcnf'34 | 1:27.08 | 201000866 | 1:25.06 | +0,78 | 38.45 | 46.61 |
| | Isa Segenhout | Orca Leeuwarden | 1:26.26 | 201000128 | 1:25.06 | 39.50 | 45.56 | |
| 7. | Lycke Stam | De Vikings | 1:33.19 | 201000308 | 1:26.26 | 39.67 | 46.59 | |
| 8. | Femke van der Veen | Orca Leeuwarden | 1:38.75 | 201100962 | 1:26.48 | 40.91 | 45.57 | |
| 9. | Nicole Pestman | de Granaet | 1:27.89 | 201000668 | 1:27.50 | 41.15 | 46.35 | |
| 10. | Ylja Meulman | Dz&Pc | 1:29.73 | 201000384 | 1:27.97 | +0,80 | 41.53 | 46.44 |
| 11. | W. van der Heide | Orca Leeuwarden | 1:28.28 | 201100028 | 1:28.73 | +0,69 | 43.36 | 45.37 |
| 12. | Lana Noordenbos | Orca Leeuwarden | 1:28.07 | 201100958 | 1:31.48 | 41.56 | 49.92 | |
| 13. | Kyara Balt | De Vikings | 1:30.80 | 201100306 | 1:33.02 | 43.53 | 49.49 | |
| 14. | Britt Jellesma | SG. Bolsward-Workum | 1:34.90 | 201000310 | 1:35.51 | 45.54 | 49.97 | |
| 15. | Silke Hooghiemstra | De Vikings | 1:37.57 | 201003160 | 1:36.79 | 45.61 | 51.18 | |
| 16. | Evy Anna Nijdam | Orca Leeuwarden | 1:38.96 | 201100834 | 1:36.85 | 44.03 | 52.82 | |
| 17. | Melissa Zeegers | De Vikings | 1:39.08 | 201002612 | 1:37.15 | 48.21 | 48.94 | |
| 18. | Hanna Cimic | HZ&PC Heerenveen | 1:56.93 | 201100586 | 1:41.71 | +0,80 | 45.06 | 56.65 |
| 19. | Giulia Copini | Orca Leeuwarden | 1:38.51 | 201102039 | 1:42.23 | +0,63 | 47.40 | 54.83 |
| Junioren 3 en 4 | | | | | | | | |
| 1. | Esmee Mulder | Dz&Pc | 1:07.17 | 200800038 | 1:07.20 | +0,67 | 31.11 | 36.09 |
| 2. | Frouke Ludwig | Dz&Pc | 1:08.72 | 200800112 | 1:07.43 | 30.28 | 37.15 | |
| 3. | Fay Boxum | Dz&Pc | 1:07.56 | 200900060 | 1:08.99 | +0,79 | 31.34 | 37.65 |
| 4. | Ilana Gentile | Orca Leeuwarden | 1:11.06 | 200801558 | 1:10.74 | +0,79 | 31.93 | 38.81 |
| 5. | Jannoula Jaspers | De Vikings | 1:12.20 | 200800202 | 1:11.25 | +0,77 | 32.08 | 39.17 |
| 6. | Laura van Etten | HZ&PC Heerenveen | 1:11.94 | 200800264 | 1:11.58 | +0,83 | 31.63 | 39.95 |
| 7. | Silke Hooghiemstra | HZ&PC Heerenveen | 1:13.97 | 200901224 | 1:13.18 | 32.77 | 40.41 | |
| 8. | Ilse Wiltjer | Dz&Pc | 1:13.62 | 200900868 | 1:15.24 | +0,69 | 33.40 | 41.84 |
| 9. | Joleen Noordenbos | Orca Leeuwarden | 1:16.50 | 200900884 | 1:16.74 | 34.84 | 41.90 | |
| 10. | Femke Smilde | HZ&PC Heerenveen | 1:18.81 | 200801826 | 1:17.22 | +0,67 | 36.18 | 41.04 |
| 11. | Daphne Westra | de Granaet | 1:16.33 | 200900344 | 1:18.15 | 36.02 | 42.13 | |
| 12. | Devenda van der Meer | de Granaet | 1:18.22 | 200900948 | 1:18.92 | +0,70 | 35.76 | 43.16 |
| 13. | Hannelore Buze | HZ&PC Heerenveen | 1:26.97 | 200801226 | 1:19.27 | +0,68 | 36.80 | 42.47 |
| 14. | Fardau Cazemier | Zcnf'34 | 1:23.61 | 200901736 | 1:20.93 | +0,92 | 37.85 | 43.08 |
| 15. | Esmee Ykema | Neptunia '24 | 1:37.38 | 200801710 | 1:22.57 | +0,72 | 39.19 | 43.38 |
| 16. | Jildou van der Hoek | Dz&Pc | 1:23.09 | 200801654 | 1:22.86 | +0,62 | 39.42 | 43.44 |
| 17. | Sophie Hiemstra | de Granaet | 1:22.52 | 200800686 | 1:23.13 | +0,61 | 36.48 | 46.65 |
| 18. | Lotte Berghout | Zcnf'34 | 1:26.80 | 200901644 | 1:23.40 | +0,75 | 38.10 | 45.30 |
| 19. | Annick van Eeuwijk | Wetterwille | 1:25.43 | 200801798 | 1:24.28 | +0,92 | 38.65 | 45.63 |
| 20. | Rixt Jyldau Boonstra | Wetterwille | 1:31.85 | 200801028 | 1:26.46 | +0,84 | 40.85 | 45.61 |
| 21. | Sarah Vellinga | Orca Leeuwarden | 1:26.33 | 200801516 | 1:27.49 | +0,62 | 38.02 | 49.47 |
| 22. | Yenthe Segeren | F.Z.C.'54 | 1:28.43 | 200801440 | 1:27.95 | 40.11 | 47.84 | |
| 23. | Sophie Eloise Nienhuis | Wetterwille | 1:29.68 | 200801514 | 1:30.87 | +0,74 | 41.19 | 49.68 |
| 24. | Lisa van Ewijk | Avena | 1:34.91 | 200901800 | 1:33.28 | +0,70 | 41.95 | 51.33 |
| 25. | Elske de Vries | De Vikings | 1:34.88 | 200800786 | 1:36.65 | +0,90 | 46.97 | 49.68 |
| 26. | Marissa Visser | HZ&PC Heerenveen | 1:43.53 | 200903858 | 1:37.43 | 47.85 | 49.58 | |
| Jeugd 1 en 2 | | | | | | | | |
| 1. | Hedwig Bolt | HZ&PC Heerenveen | 1:06.67 | 200602660 | 1:07.15 | +0,59 | 32.29 | 34.86 |
| 2. | Maud Roffel | HZ&PC Heerenveen | 1:12.94 | 200700840 | 1:12.71 | +0,74 | 33.19 | 39.52 |
| 3. | Nynke van der Zee | Orca Leeuwarden | 1:11.75 | 200700604 | 1:12.74 | +0,71 | 33.51 | 39.23 |
| 4. | Amber Tiesinga | Dz&Pc | 1:13.64 | 200600782 | 1:12.90 | +0,89 | 33.80 | 39.10 |
| 5. | Maike van der Wal | Wetterwille | 1:14.66 | 200603288 | 1:14.87 | +0,76 | 33.75 | 41.12 |
| 6. | Liselotte Schaap | HZ&PC Heerenveen | 1:19.52 | 200603016 | 1:19.26 | +0,62 | 35.88 | 43.38 |
| 7. | Veerle Tuinema | Orca Leeuwarden | 1:19.32 | 200701480 | 1:19.84 | 35.76 | 44.08 | |
| 8. | Feyona Vonk | F.Z.C.'54 | 1:19.49 | 200600814 | 1:20.41 | 37.61 | 42.80 | |
| 9. | Amber Lubbers | De Vikings | 1:15.06 | 200700398 | 1:21.44 | 36.96 | 44.48 | |
| 10. | Marinte van Dijk | Wetterwille | 1:39.39 | 200603984 | 1:37.51 | +0,82 | 48.50 | 49.01 |
| 11. | Marye Toonstra | Wetterwille | 1:46.47 | 200703334 | 1:37.94 | +0,87 | 46.49 | 51.45 |
| 12. | Nika Gjaltema | Wetterwille | 1:47.26 | 200704148 | 1:51.43 | +0,75 | 55.10 | 56.33 |

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senioren 1 en ouder

| | | | | | | | | |
|----|--------------------|---------------------|---------|-----------|----------------|-------|-------|-------|
| 1. | Maaïke Issard | Dz&Pc | 1:05.23 | 200300022 | 1:06.79 | | 30.36 | 36.43 |
| 2. | M. van der Kamp | Orca Leeuwarden | 1:06.79 | 200500218 | 1:10.05 | +0,77 | 31.94 | 38.11 |
| 3. | Ciska de Lugt | Dz&Pc | 1:10.53 | 200503302 | 1:10.52 | +0,70 | 31.59 | 38.93 |
| 4. | Myrthe Natziÿl | Orca Leeuwarden | 1:08.40 | 200400076 | 1:11.39 | +0,81 | 33.39 | 38.00 |
| 5. | Amélie Wortel | Orca Leeuwarden | 1:12.08 | 200500814 | 1:13.53 | +0,73 | 34.60 | 38.93 |
| 6. | Sterre van der Wal | SG. Bolsward-Workum | 1:14.22 | 200502356 | 1:15.21 | +0,66 | 34.95 | 40.26 |
| 7. | Silke Koehoorn | HZ&PC Heerenveen | 1:19.62 | 200300968 | 1:21.43 | | 38.12 | 43.31 |
| 8. | Maud Koehoorn | HZ&PC Heerenveen | 1:17.02 | 200501418 | 1:22.33 | +0,92 | 37.43 | 44.90 |
| 9. | Jelena Krikke | Dz&Pc | 1:23.80 | 200405874 | 1:24.73 | | 39.69 | 45.04 |