

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

Programmanr. 5  
21-1-2023 - 15:40

Dames, 100m rugslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>							
1.	Marre van der Wal	SG. Bolsward-Workum	1:14.96	201000046	<b>1:17.01</b>	37.65	39.36
2.	Elise Dorlandt	HZ&PC Heerenveen	1:19.66	201000232	<b>1:18.31</b>	38.39	39.92
3.	Mirthe de Haan	Zcnf'34	1:18.82	201000866	<b>1:19.89</b>	38.36	41.53
4.	Lobke Hempenius	HZ&PC Heerenveen	1:26.03	201100522	<b>1:21.00</b>	38.80	42.20
5.	Nicole Pestman	de Granaet	1:21.51	201000668	<b>1:21.92</b>	39.94	41.98
6.	Isa Segenhout	Orca Leeuwarden	1:21.34	201000128	<b>1:22.61</b>	39.07	43.54
7.	Kyara Balt	De Vikings	1:24.54	201100306	<b>1:28.28</b>	42.40	45.88
8.	Britt Jellesma	SG. Bolsward-Workum	1:34.57	201000310	<b>1:31.53</b>	44.23	47.30
9.	Evy Anna Nijdam	Orca Leeuwarden	1:34.11	201100834	<b>1:33.24</b>	44.13	49.11
10.	Melissa Zeegers	De Vikings	1:36.18	201002612	<b>1:33.36</b>	45.08	48.28
11.	Anna Lieke Feenstra	de Granaet	1:45.24	201102354	<b>1:40.46</b>	47.27	53.19

**Junioren 3 en 4**

1.	Frouke Ludwig	Dz&Pc	1:02.81	200800112	<b>1:03.87</b>	31.41	32.46
2.	Laura van Etten	HZ&PC Heerenveen	1:04.87	200800264	<b>1:05.40</b>	31.84	33.56
3.	Silke Hooghiemstra	HZ&PC Heerenveen	1:06.67	200901224	<b>1:07.58</b>	32.65	34.93
4.	Fay Boxum	Dz&Pc	1:05.92	200900060	<b>1:08.12</b>	32.59	35.53
5.	Jannoula Jaspers	De Vikings	1:09.41	200800202	<b>1:10.45</b>	34.22	36.23
6.	Ilse Wiltjer	Dz&Pc	1:10.55	200900868	<b>1:11.61</b>	34.29	37.32
7.	Ilana Gentile	Orca Leeuwarden	1:10.09	200801558	<b>1:11.99</b>	34.86	37.13
8.	Devenda van der Meer	de Granaet	1:14.30	200900948	<b>1:14.73</b>	35.02	39.71
9.	Joleen Noordenbos	Orca Leeuwarden	1:14.77	200900884	<b>1:15.04</b>	36.20	38.84
10.	Hannelore Buze	HZ&PC Heerenveen	1:25.23	200801226	<b>1:19.53</b>	38.57	40.96
11.	Anke Emma Blom	de Granaet	1:21.12	200903628	<b>1:22.01</b>	39.14	42.87
12.	Sophie Hiemstra	de Granaet	1:21.63	200800686	<b>1:22.51</b>	38.98	43.53
13.	Lotte Berghout	Zcnf'34	1:21.99	200901644	<b>1:24.23</b>	40.85	43.38
14.	Esmee Ykema	Neptunia '24	1:24.82	200801710	<b>1:24.29</b>	40.66	43.63
15.	Yenthe Segeren	F.Z.C.'54	1:25.79	200801440	<b>1:26.09</b>	41.08	45.01
16.	M. Torensma	de Granaet	1:27.20	200901606	<b>1:27.04</b>	42.24	44.80
17.	Marissa Visser	HZ&PC Heerenveen	1:37.11	200903858	<b>1:40.03</b>	49.43	50.60

**Jeugd 1 en 2**

1.	Hedwig Bolt	HZ&PC Heerenveen	1:07.19	200602660	<b>1:06.81</b>	32.28	34.53
2.	Maud Roffel	HZ&PC Heerenveen	1:06.97	200700840	<b>1:08.81</b>	33.80	35.01
3.	Maaïke van der Wal	Wetterwille	1:11.21	200603288	<b>1:10.71</b>	34.42	36.29
4.	Veerle de Ridder	HZ&PC Heerenveen	1:11.56	200700778	<b>1:11.63</b>	34.28	37.35
5.	Nynke van der Zee	Orca Leeuwarden	1:09.44	200700604	<b>1:13.59</b>	35.11	38.48
6.	Suze Buikema	Wetterwille	1:14.47	200600872	<b>1:15.52</b>	36.80	38.72
7.	Liselotte Schaap	HZ&PC Heerenveen	1:16.60	200603016	<b>1:15.82</b>	36.77	39.05
8.	Veerle Tuinema	Orca Leeuwarden	1:18.89	200701480	<b>1:20.82</b>	38.87	41.95
9.	Feyona Vonk	F.Z.C.'54	1:21.69	200600814	<b>1:22.80</b>	40.01	42.79
10.	Minke Postma	SG. Bolsward-Workum	1:23.75	200702532	<b>1:23.24</b>	39.88	43.36
11.	Nadia Veenstra	HZ&PC Heerenveen	1:24.71	200602482	<b>1:25.55</b>	41.07	44.48

**senioren 1 en ouder**

1.	Maaïke Issard	Dz&Pc	1:05.50	200300022	<b>1:06.78</b>	32.70	34.08
2.	M. van der Kamp	Orca Leeuwarden	1:06.28	200500218	<b>1:07.33</b>	32.98	34.35
3.	Inge Dekker	HZ&PC Heerenveen	1:06.06	200200476	<b>1:08.14</b>	32.70	35.44
4.	Ciska de Lugt	Dz&Pc	1:09.04	200503302	<b>1:09.40</b>	33.69	35.71
5.	Myrthe Natzijl	Orca Leeuwarden	1:07.51	200400076	<b>1:10.02</b>	34.26	35.76
6.	Rixt Meijer	HZ&PC Heerenveen	1:12.20	199700202	<b>1:12.67</b>	35.17	37.50
7.	Loïs Jalving	HZ&PC Heerenveen	1:10.64	200400280	<b>1:14.64</b>	35.85	38.79
8.	Maud Koehoorn	HZ&PC Heerenveen	1:11.52	200501418	<b>1:15.47</b>	36.60	38.87
9.	Silke Koehoorn	HZ&PC Heerenveen	1:22.88	200300968	<b>1:24.05</b>	40.40	43.65
10.	Jelena Krikke	Dz&Pc	1:24.65	200405874	<b>1:24.91</b>	41.14	43.77
11.	Liesette Bruinsma	HZ&PC Heerenveen	1:24.24	200004346	S11 <b>1:29.95</b>	673	42.97