

Programmanr. 16
9-11-2024 - 16:11

Dames, 200m vrije slag

2012 en eerder
Resultaten

Baanrecords Sportstad Heerenveen	1:57.99	Tessa Vermeulen	07-009	Heerenveen	18-2-2023
Friese records alg.	1:54.03	Marrit Steenbergen	02-004	Eindhoven	12-12-2020
Friese records 19	1:58.78	Yara van Kalmthout	02-004	Den Haag	5-12-2021
Friese records 18	1:58.72	Janna van Kooten	02-004	Amsterdam	29-10-2022
Friese records 17	1:57.26	Marrit Steenbergen	02-004	Hoofddorp	21-12-2017
Friese records 16	1:56.32	Marrit Steenbergen	02-004	Hoofddorp	4-11-2016
Friese records 15	1:55.91	Marrit Steenbergen	02-004	Tilburg	30-10-2015
Friese records 14	1:59.09	Marrit Steenbergen	02-004	Tilburg	7-11-2014
Friese records 13	2:06.30	Marrit Steenbergen	02-004	Aachen (GER)	13-10-2013
Friese records 12	2:08.29	Marrit Steenbergen	02-004	Amsterdam	28-10-2012
Friese records - 23	1:54.03	Marrit Steenbergen	02-004	Eindhoven	12-12-2020
Friese records - 18	1:55.91	Marrit Steenbergen	02-004	Tilburg	30-10-2015

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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o14

1. Amila Mustafic	Dz&Pc	2:19.28	201200026	2:22.28		32.04	37.40	37.90	34.94
2. Kyara Balt	De Vikings	2:30.16	201100306	2:23.72	+0,78	32.88	36.70	38.13	36.01
3. Lana Noordenbos	Orca Leeuwarden	2:32.15	201100958	2:26.84	+0,80	32.91	37.54	36.87	39.52
4. W. van der Heide	Orca Leeuwarden	2:29.53	201100028	2:27.62		34.83	37.76	38.09	36.94
5. Alena Ytsma	HZ&PC Heerenveen	2:55.91	201201736	2:32.07		35.50	38.98	39.25	38.34
6. Famke Ytsma	HZ&PC Heerenveen	3:14.09	201101920	3:04.83		40.62	47.20	49.54	47.47

o16

1. Fay Boxum	Dz&Pc	2:05.14	200900060	2:06.85	+0,78	29.07	32.20	32.76	32.82
2. Fenna Westerneng	Dz&Pc	2:08.19	200900070	2:08.85		30.20	32.93	33.05	32.67
3. Marre van der Wal	SG. Bolsward-Workum	2:16.16	201000046	2:19.67	+0,73	32.76	35.83	36.05	35.03
4. Mare Offringa	SG. Bolsward-Workum	2:19.91	201001110	2:22.55	+0,85	32.77	36.27	37.19	36.32
5. Elise Dorlandt	HZ&PC Heerenveen	2:20.92	201000232	2:23.14		32.43	37.64	39.39	33.68
6. Lotte Berghout	Zcnf'34	2:23.88	200901644	2:26.37	+0,98	34.15	37.40	38.06	36.76
7. Lena Offringa	SG. Bolsward-Workum	2:31.24	200901150	2:28.17		34.74	37.42	38.10	37.91
8. Quirine de Ridder	HZ&PC Heerenveen	2:38.50	201000228	2:29.24	+0,83	34.43	38.98	38.41	37.42
9. Britt Jellesma	SG. Bolsward-Workum	2:40.73	201000310	2:32.55	+0,63	35.18	39.46	40.15	37.76
10. Isa Segenhout	Orca Leeuwarden	2:26.74	201000128	2:33.69	+0,73	34.48	39.07	39.48	40.66

o18

1. Frouke Ludwig	Dz&Pc	2:06.06	200800112	2:06.70	+0,65	29.91	31.92	32.64	32.23
2. Esmee Mulder	Dz&Pc	2:06.82	200800038	2:10.38		30.51	33.14	33.44	33.29
3. Ilana Gentile	Orca Leeuwarden	2:11.38	200801558	2:11.01	+0,73	30.22	33.39	34.32	33.08
4. Esmée Ykema	HZ&PC Heerenveen	2:13.04	200801710	2:13.17	+0,62	30.95	33.66	33.65	34.91

o20

1. Hedwig Bolt	HZ&PC Heerenveen	2:01.14	200602660	2:02.80	+0,76	28.96	31.38	31.51	30.95
2. Sara Korhuis	Dz&Pc	2:01.47	200600494	2:03.33	+0,76	28.94	31.64	31.81	30.94
3. Vera Wassink	Dz&Pc	2:11.90	200604976	2:15.27	+0,75	30.10	34.11	35.56	35.50
4. Liselotte Schaap	HZ&PC Heerenveen	2:21.44	200603016	2:32.73	+0,71	33.78	38.31	40.13	40.51
5. Marinte van Dijk	Wetterwille	2:56.85	200603984	3:01.38	+0,83	40.74	46.30	48.60	45.74

o21 en ouder

1. Myrthe Natzijs	Dz&Pc	2:07.60	200400076	2:11.15	+0,82	30.86	33.33	33.97	32.99
2. Lize Janna de Vries	Orca Leeuwarden	2:17.86	200101948	2:16.01	+0,75	31.45	34.66	34.88	35.02
3. Leonie van Wier	HZ&PC Heerenveen	2:27.41	200200436	2:19.01	+0,74	31.63	36.07	36.72	34.59
4. Roos de Jong	Zcnf'34	2:26.95	200302948	2:19.82	+0,77	33.07	35.76	36.17	34.82
5. Jelena Krikke	Dz&Pc	2:35.80	200405874	2:34.80	+0,80	34.29	39.15	40.51	40.85
6. Evelien de Jong	Neptunia '24	2:33.99	199805316	2:35.22	+0,75	34.43	39.36	41.02	40.41