

Programmanr. 7  
9-11-2024 - 11:39

Dames, 200m rugslag

2012 en eerder  
Resultaten

Baanrecords Sportstad Heerenveen	2:10.37	Tessa Vermeulen	07-009	Heerenveen	19-2-2023
Friese records alg.	2:09.13	Annemarie Worst	02-013	Szczecin (POL)	11-12-2011
Friese records 19	2:11.56	Yara van Kalmthout	02-004	Den Haag	3-12-2021
Friese records 18	2:11.18	Annemarie Worst	02-013	Amsterdam	14-12-2013
Friese records 17	2:11.20	Sara Korhuis	02-004	Den Haag	15-12-2023
Friese records 16	2:09.13	Annemarie Worst	02-013	Szczecin (POL)	11-12-2011
Friese records 15	2:13.58	Annemarie Worst	02-013	Amsterdam	3-12-2010
Friese records 14	2:12.12	Frouke Ludwig	02-004	Den Haag	16-12-2022
Friese records 13	2:17.75	Frouke Ludwig	02-004	Eindhoven	11-12-2021
Friese records 12	2:22.66	Marrit Steenbergen	02-004	Drachten	17-11-2012
Friese records - 23	2:09.13	Annemarie Worst	02-013	Szczecin (POL)	11-12-2011
Friese records - 18	2:09.13	Annemarie Worst	02-013	Szczecin (POL)	11-12-2011

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

1. Lobke Hempenius	HZ&PC Heerenveen	2:33.38	201100522	<b>2:33.77</b>	36.76	39.08	40.24	37.69
2. Alena Ytsma	HZ&PC Heerenveen	2:54.93	201201736	<b>2:50.51</b>	39.34	42.78	44.35	44.04
3. Lana Noordenbos	Orca Leeuwarden	2:53.66	201100958	<b>2:50.67</b>	40.58	43.34	44.51	42.24
4. Evy Anna Nijdam	Orca Leeuwarden	2:57.98	201100834	<b>2:52.45</b>	40.92	44.27	44.59	42.67
5. Femke De Vries	De Vikings	3:08.40	201200202	<b>3:01.23</b>	42.29	46.33	47.14	45.47

o16

1. Fay Boxum	Dz&Pc	2:17.24	200900060	<b>2:17.52</b>	32.08	34.60	35.30	35.54
2. Silke Hooghiemstra *200	HZ&PC Heerenveen	2:19.89	200901224	<b>2:27.82</b>	32.61	35.77	38.97	40.47
3. Milou Geneuglijk	HZ&PC Heerenveen	2:33.00	200900556	<b>2:31.23</b>	34.49	38.24	39.16	39.34
4. Indy Feenema	Orca Leeuwarden	2:33.96	201000850	<b>2:34.57</b>	36.69	39.76	39.37	38.75
5. Mirthe de Haan	Zcnf'34	2:36.38	201000866	<b>2:35.79</b>	35.78	38.92	41.19	39.90
6. Jildau Folmer *200	SG. Bolsward-Workum	2:40.46	201002600	<b>2:42.93</b>	36.15	41.66	43.52	41.60
7. Nicole Pestman	de Granaet	2:41.08	201000668	<b>2:44.66</b>	38.51	41.79	43.21	41.15
8. Elise Dorlandt *200	HZ&PC Heerenveen	2:53.46	201000232	<b>2:46.49</b>	37.71	41.44	44.56	42.78
9. Anna Schuurman	SG. Bolsward-Workum	2:49.55	201000076	<b>2:52.99</b>	40.46	43.68	43.91	44.94

o18

1. Laura van Etten	HZ&PC Heerenveen	2:16.44	200800264	<b>2:15.78</b>	32.06	34.63	34.84	34.25
2. Frouke Ludwig	Dz&Pc	2:13.78	200800112	<b>2:20.22</b>	32.81	35.39	36.04	35.98
3. Esmee Mulder	Dz&Pc	2:23.21	200800038	<b>2:26.70</b>	34.77	36.76	37.25	37.92

o20

1. M. van der Kamp	HZ&PC Heerenveen	2:18.14	200500218	<b>2:18.43</b>	33.19	34.65	35.62	34.97
2. Sara Korhuis	Dz&Pc	2:11.20	200600494	<b>2:19.02</b>	32.91	34.71	36.73	34.67
3. Nadia Veenstra	HZ&PC Heerenveen	3:05.96	200602482	<b>2:55.27</b>	40.48	44.32	45.34	45.13
4. Marinte van Dijk *200	Wetterwille	3:23.04	200603984	<b>3:17.80</b>	47.46	51.99	50.24	48.11

o21 en ouder

1. Maaïke Issard	Dz&Pc	2:24.99	200300022	<b>2:18.44</b>	32.39	34.92	35.78	35.35
2. Myrthe Natzijl	Dz&Pc	2:23.19	200400076	<b>2:24.14</b>	34.16	35.90	37.02	37.06
3. Inge Dekker	HZ&PC Heerenveen	2:36.98	200200476	<b>2:34.36</b>	34.61	39.80	40.37	39.58
4. Loïs Jalving	HZ&PC Heerenveen	2:38.67	200400280	<b>2:34.86</b>	34.97	38.65	40.61	40.63