

Programmanr. 35
7-12-2025 - 16:15

Dames, 200m vrije slag

Senioren Open
Resultaten

Baanrecords Sportstad Heerenveen	1:57.99	Tessa Vermeulen	07-009	Heerenveen	18-2-2023
Fries records alg.	1:54.03	Marrit Steenbergen	02-004	Eindhoven	12-12-2020
Fries records Masters 20+	2:08.43	Amé Hulleman	02-004	Heerenveen	17-2-2023
Fries records 19	1:58.78	Yara van Kalmthout	02-004	Den Haag	5-12-2021
Fries records 18	1:58.72	Janna van Kooten	02-004	Amsterdam	29-10-2022
Fries records 17	1:57.26	Marrit Steenbergen	02-004	Hoofddorp	21-12-2017
Fries records 16	1:56.32	Marrit Steenbergen	02-004	Hoofddorp	4-11-2016
Fries records 15	1:55.91	Marrit Steenbergen	02-004	Tilburg	30-10-2015
Fries records 14	1:59.09	Marrit Steenbergen	02-004	Tilburg	7-11-2014
Fries records 13	2:06.30	Marrit Steenbergen	02-004	Aachen (GER)	13-10-2013
Fries records 12	2:08.29	Marrit Steenbergen	02-004	Amsterdam	28-10-2012
Fries records - 23	1:54.03	Marrit Steenbergen	02-004	Eindhoven	12-12-2020
Fries records - 18	1:55.91	Marrit Steenbergen	02-004	Tilburg	30-10-2015

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Onder 14								
1. Vajen de Vries	HZ&PC Heerenveen	2:44.01 201300120	2:38.30	+0,76	37.81	1:19.76	2:01.84	2:38.30
2. Fenna Ykema	HZ&PC Heerenveen	2:50.67 201300122	2:39.11	+0,80	37.35	1:18.20	2:01.10	2:39.11
3. Fardau Loots	HZ&PC Heerenveen	2:42.57 201300376	2:39.35	+0,93	37.09	1:18.83	2:00.47	2:39.35
4. Vita Tjoelker	Dz&Pc	2:56.75 201300840	2:45.76	+0,92	39.04	1:20.92	2:04.21	2:45.76
5. Carina Kooistra	HZ&PC Heerenveen	2:58.81 201300950	2:46.61	+0,83	39.47	1:23.09	2:06.49	2:46.61
6. Senna Oosterkamp	HZ&PC Heerenveen	2:49.74 201300976	2:48.77	+0,57	38.16	1:21.96	2:06.88	2:48.77
7. Ashal Yon	Dz&Pc	2:49.76 201302314	2:50.34	+0,84	37.73	1:21.66	2:04.76	2:50.34
8. Froukje Nijkamp	De Vikings	2:49.60 201300286	2:51.11	+0,89	39.74	1:23.93	2:10.49	2:51.11
9. Feline Evertse	HZ&PC Heerenveen	2:58.47 201301194	2:54.04	+0,89	40.30	1:24.98	2:10.30	2:54.04
*50, *100, *150								
10. Lieke Boelsma	HZ&PC Heerenveen	2:59.24 201201672	2:56.21	+0,92	38.62	1:24.15	2:12.92	2:56.21
11. Fayen Norde	HZ&PC Heerenveen	3:04.59 201301398	3:00.22	+0,79	40.40	1:26.20	2:14.99	3:00.22
12. Judith Laskewitz	Neptunia '24	3:12.06 201203268	3:04.81	+0,86	42.31	1:32.26	2:21.53	3:04.81
13. Silke Dijkstra	Orca Leeuwarden	3:15.72 201300302	3:05.55	+0,89	41.55	1:30.64	2:20.55	3:05.55
AFGEM Alena Ytsma	HZ&PC Heerenveen	2:32.07 201201736						
AFGEM Ilse de Jong	F.Z.C.'54	2:52.50 201300886						
AFGEM Syll Rinsma	Dz&Pc	2:32.04 201200798						

Onder 16

1. Elise Dorlandt	HZ&PC Heerenveen	2:19.82 201000232	2:18.13	+0,87	32.48	1:08.77	1:44.08	2:18.13
2. Wyneke Edou van der	HHZ&PC Heerenveen	2:22.70 201100028	2:22.47	+0,82	33.23	1:09.72	1:46.38	2:22.47
3. Lana Noordenbos	Orca Leeuwarden	2:25.51 201100958	2:24.40	+0,81	32.91	1:10.17	1:48.79	2:24.40
4. Marlies Brouwer	Dz&Pc	2:23.62 201101152	2:25.99	+0,79	32.69	1:09.11	1:46.82	2:25.99
5. Isa Segenhout	Orca Leeuwarden	2:23.63 201000128	2:28.39	+0,75	33.38	1:11.59	1:50.25	2:28.39
6. Nicole Pestman	Dz&Pc	2:18.38 201000668	2:28.95	+0,60	32.17	1:07.97	1:42.54	2:28.95
7. Janneke Postma	Avena	2:37.45 201003322	2:32.38	+0,81	36.58	1:16.86	1:57.18	2:32.38
8. Anna Schuurman	SG. Bolsward-Workum	2:29.00 201000076	2:32.41	+0,82	34.37	1:12.76	1:52.66	2:32.41
9. Jildau Folmer	SG. Bolsward-Workum	2:27.67 201002600	2:33.23	+0,84	33.74	1:12.89	1:54.64	2:33.23
10. Mare Offringa	SG. Bolsward-Workum	2:19.91 201001110	2:33.35	+0,73	32.83	1:09.62	1:47.39	2:33.35
11. Britt Jellesma	SG. Bolsward-Workum	2:32.55 201000310	2:39.95	+0,85	33.67	1:13.91	1:57.61	2:39.95
12. Melanie M.	Neptunia '24	2:48.76 201102352	2:45.67	+0,90	36.96	1:19.60	2:03.74	2:45.67
13. Danne-Bo Eghuizen	HZ&PC Heerenveen	2:47.91 201100588	2:50.37	+0,94	39.25	1:22.19	2:07.01	2:50.37
14. Famke Ytsma	HZ&PC Heerenveen	2:55.69 201101920	3:00.15	+0,85	40.11	1:26.73	2:14.54	3:00.15

Onder 18

1. Fardau Cazemier	Zcnf'34	2:17.69 200901736	2:16.73	+0,79	31.59	1:06.47	1:43.10	2:16.73
2. Esmee Ykema	HZ&PC Heerenveen	2:12.82 200801710	2:16.78	+0,79	32.37	1:07.69	1:42.81	2:16.78
3. Milou Geneuglijk	HZ&PC Heerenveen	2:16.78 200900556	2:18.14	+0,76	31.38	1:06.37	1:42.46	2:18.14
4. Lotte Berghout	Zcnf'34	2:23.88 200901644	2:23.23	+0,79	32.52	1:09.23	1:47.04	2:23.23
5. Elske de Vries	De Vikings	2:34.18 200800786	2:39.15	+0,74	36.50	1:17.38	1:59.06	2:39.15
AFGEM Fay Boxum	Dz&Pc	2:01.79 200900060						



Friese kampioenschappen
Heerenveen, 6- - 7-12-2025

Programmanr. 35, Dames, 200m vrije slag

Onder 20

1. Sara Korthuis	Dz&Pc	2:01.47	200600494	2:02.61	+0,84	28.33	59.25	1:31.11	2:02.61
2. Veerle de Ridder	HZ&PC Heerenveen	2:07.76	200700778	2:07.27	+0,72	28.96	1:00.85	1:34.09	2:07.27
3. Vera Wassink	Dz&Pc	2:11.90	200604976	2:17.46	+0,79	29.73	1:04.29	1:40.62	2:17.46
4. Liselotte Schaap	HZ&PC Heerenveen	2:24.07	200603016	2:28.48	+0,67	33.34	1:11.30	1:49.95	2:28.48
5. Hanna Fluks	Neptunia '24	3:00.28	200604826	2:41.05	+0,60	36.46	1:16.70	1:59.58	2:41.05
AFGEM Wendy Elferink	HZ&PC Heerenveen	2:45.28	200604202						

20 en ouder

1. Myrthe Natzijl	Dz&Pc	2:10.30	200400076	2:14.75	+0,83	31.06	1:04.35	1:39.11	2:14.75
2. Fleur Bos	De Vikings	2:27.24	200500674	2:23.13	+0,81	32.42	1:08.69	1:46.17	2:23.13
3. Roos de Jong	Zcnf'34	2:19.82	200302948	2:24.52	+0,77	32.34	1:08.13	1:44.19	2:24.52