

Programmanr. 5  
6-12-2025 - 10:50

Dames, 100m vrije slag

Senioren Open  
Resultaten

|                                  |       |                      |        |            |            |
|----------------------------------|-------|----------------------|--------|------------|------------|
| Baanrecords Sportstad Heerenveen | 54.89 | Ilse Kraaijeveld     | 02-013 | Heerenveen | 12-1-2013  |
| Fries records alg.               | 53.13 | Marrit Steenbergen   | 02-004 | Amsterdam  | 18-10-2020 |
| Fries records Masters 25+        | 59.33 | Karin Rijkelijhuizen | 02-004 | Heerenveen | 19-2-2023  |
| Fries records Masters 20+        | 57.34 | Myrna van Duijven    | 02-004 | Rotterdam  | 24-1-2020  |
| Fries records 19                 | 54.22 | Marrit Steenbergen   | 02-004 | Tilburg    | 21-12-2019 |
| Fries records 18                 | 55.37 | Ilse Kraaijeveld     | 02-013 | Amsterdam  | 21-12-2008 |
| Fries records 17                 | 53.78 | Marrit Steenbergen   | 02-004 | Hoofddorp  | 22-12-2017 |
| Fries records 16                 | 53.54 | Marrit Steenbergen   | 02-004 | Hoofddorp  | 5-11-2016  |
| Fries records 15                 | 53.35 | Marrit Steenbergen   | 02-004 | Tilburg    | 31-10-2015 |
| Fries records 14                 | 54.57 | Marrit Steenbergen   | 02-004 | Tilburg    | 8-11-2014  |
| Fries records 13                 | 57.37 | Marrit Steenbergen   | 02-004 | Drachten   | 9-11-2013  |
| Fries records 12                 | 58.66 | Marrit Steenbergen   | 02-004 | Amsterdam  | 5-2-2012   |
| Fries records - 23               | 53.13 | Marrit Steenbergen   | 02-004 | Amsterdam  | 18-10-2020 |
| Fries records - 18               | 53.35 | Marrit Steenbergen   | 02-004 | Tilburg    | 31-10-2015 |

| rang     | naam             | vereniging       | intijd  |           | tijd           | RT    | 50m   | 100m    |
|----------|------------------|------------------|---------|-----------|----------------|-------|-------|---------|
| Onder 14 |                  |                  |         |           |                |       |       |         |
| 1.       | Alena Ytsma      | HZ&PC Heerenveen | 1:07.48 | 201201736 | <b>1:07.12</b> | +0,80 | 32.03 | 1:07.12 |
| 2.       | Vajen de Vries   | HZ&PC Heerenveen | 1:09.70 | 201300120 | <b>1:10.61</b> | +0,70 | 34.59 | 1:10.61 |
| 3.       | Ranomi Zeegers   | De Vikings       | 1:11.18 | 201201512 | <b>1:12.31</b> | +0,87 | 34.75 | 1:12.31 |
| 4.       | Fardau Loots     | HZ&PC Heerenveen | 1:14.51 | 201300376 | <b>1:13.54</b> | +0,95 | 36.35 | 1:13.54 |
| 5.       | Froukje Nijkamp  | De Vikings       | 1:14.39 | 201300286 | <b>1:13.82</b> | +1,05 | 35.15 | 1:13.82 |
| 6.       | Fenna Ykema      | HZ&PC Heerenveen | 1:13.90 | 201300122 | <b>1:14.76</b> | +0,84 | 36.35 | 1:14.76 |
| 7.       | Ashal Yon        | Dz&Pc            | 1:17.27 | 201302314 | <b>1:15.17</b> | +0,80 | 36.06 | 1:15.17 |
| 8.       | Senna Oosterkamp | HZ&PC Heerenveen | 1:14.97 | 201300976 | <b>1:16.31</b> | +0,76 | 36.58 | 1:16.31 |
| 9.       | Femke De Vries   | De Vikings       | 1:16.81 | 201200202 | <b>1:16.47</b> | +0,69 | 36.69 | 1:16.47 |
| 10.      | Isa Nijdam       | Orca Leeuwarden  | 1:16.30 | 201301206 | <b>1:17.56</b> | +0,79 | 38.07 | 1:17.56 |
| 11.      | Vita Tjoelker    | Dz&Pc            | 1:16.08 | 201300840 | <b>1:17.70</b> | +0,97 | 37.81 | 1:17.70 |
| 12.      | Carina Kooistra  | HZ&PC Heerenveen | 1:20.34 | 201300950 | <b>1:17.98</b> | +0,91 | 37.32 | 1:17.98 |
| 13.      | Feline Evertse   | HZ&PC Heerenveen | 1:23.98 | 201301194 | <b>1:20.94</b> | +0,76 | 38.88 | 1:20.94 |
| *100     |                  |                  |         |           |                |       |       |         |
| 14.      | Fayen Norde      | HZ&PC Heerenveen | 1:24.79 | 201301398 | <b>1:23.73</b> | +0,68 | 38.57 | 1:23.73 |
| 15.      | Emma Loijens     | HZ&PC Heerenveen | 1:13.95 | 201303516 | <b>1:24.46</b> | +0,87 | 39.37 | 1:24.46 |
| 16.      | Ilse de Jong     | F.Z.C.'54        | 1:18.30 | 201300886 | <b>1:24.78</b> |       | 39.41 | 1:24.78 |
| *100     |                  |                  |         |           |                |       |       |         |
| 17.      | Edith Robben     | De Forel         | 1:41.69 | 201300948 | <b>1:29.51</b> | +0,79 | 42.19 | 1:29.51 |
| 18.      | Myrthe de Ruiter | De Forel         | 1:29.92 | 201201638 | <b>1:30.65</b> | +0,70 | 42.28 | 1:30.65 |
| 19.      | Sanne de Jong    | F.Z.C.'54        | 1:36.96 | 201302578 | <b>1:40.02</b> | +1,02 | 47.54 | 1:40.02 |

**Onder 16**

|     |                     |                     |         |           |                |       |       |         |
|-----|---------------------|---------------------|---------|-----------|----------------|-------|-------|---------|
| 1.  | Nicole Pestman      | Dz&Pc               | 1:01.30 | 201000668 | <b>1:03.08</b> | +0,69 | 30.39 | 1:03.08 |
| 2.  | Elise Dorlandt      | HZ&PC Heerenveen    | 1:02.38 | 201000232 | <b>1:03.43</b> | +0,65 | 30.06 | 1:03.43 |
| 3.  | Lobke Hempenius     | HZ&PC Heerenveen    | 1:03.99 | 201100522 | <b>1:03.90</b> | +0,78 | 30.72 | 1:03.90 |
| 4.  | Kyara Balt          | De Vikings          | 1:03.82 | 201100306 | <b>1:05.45</b> | +0,75 | 31.63 | 1:05.45 |
| 5.  | Lana Noordenbos     | Orca Leeuwarden     | 1:06.37 | 201100958 | <b>1:05.82</b> | +0,80 | 32.01 | 1:05.82 |
| 6.  | Mare Offringa       | SG. Bolsward-Workum | 1:04.80 | 201001110 | <b>1:06.60</b> | +0,82 | 32.18 | 1:06.60 |
| 7.  | Isa Segenhout       | Orca Leeuwarden     | 1:05.70 | 201000128 | <b>1:07.18</b> | +0,74 | 32.13 | 1:07.18 |
| 8.  | Marlies Brouwer     | Dz&Pc               | 1:06.44 | 201101152 | <b>1:07.19</b> | +0,78 | 32.24 | 1:07.19 |
| 9.  | Quirine de Ridder   | HZ&PC Heerenveen    | 1:09.96 | 201000228 | <b>1:08.04</b> | +0,87 | 32.64 | 1:08.04 |
| 10. | Janneke Postma      | Avena               | 1:07.58 | 201003322 | <b>1:08.51</b> | +0,81 | 32.56 | 1:08.51 |
| 11. | Annefleur Schraa    | HZ&PC Heerenveen    | 1:08.49 | 201100044 | <b>1:08.87</b> | +0,63 | 33.36 | 1:08.87 |
| 12. | Evy Anna Nijdam     | Orca Leeuwarden     | 1:08.13 | 201100834 | <b>1:09.66</b> | +0,87 | 33.09 | 1:09.66 |
| 13. | Femke van der Veen  | Orca Leeuwarden     | 1:09.04 | 201100962 | <b>1:11.05</b> | +0,95 | 33.78 | 1:11.05 |
| 14. | Zoe Schurer         | SG. Bolsward-Workum | 1:15.87 | 201100726 | <b>1:16.49</b> | +0,90 | 37.76 | 1:16.49 |
| 15. | Melanie M.          | Neptunia '24        | 1:15.53 | 201102352 | <b>1:16.60</b> | +0,92 | 36.78 | 1:16.60 |
| 16. | Aliena de Vries     | Pwc                 | 1:17.64 | 201101522 | <b>1:18.15</b> | +0,76 | 35.60 | 1:18.15 |
| 17. | Sybrich Ouderkerken | SG. Bolsward-Workum | 1:15.54 | 201000592 | <b>1:18.48</b> | +0,80 | 37.81 | 1:18.48 |
| 18. | Danne-Bo Eghuizen   | HZ&PC Heerenveen    | 1:19.62 | 201100588 | <b>1:19.47</b> | +1,02 | 37.53 | 1:19.47 |
| 19. | Famke Ytsma         | HZ&PC Heerenveen    | 1:23.42 | 201101920 | <b>1:23.12</b> | +0,94 | 39.10 | 1:23.12 |



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

Programmanr. 5, Dames, 100m vrije slag

Onder 18

|       |                      |                  |         |           |                |       |       |         |
|-------|----------------------|------------------|---------|-----------|----------------|-------|-------|---------|
| 1.    | Laura van Etten      | HZ&PC Heerenveen | 57.45   | 200800264 | <b>58.50</b>   | +0,80 | 28.54 | 58.50   |
| 2.    | Fenna Westerneng     | Dz&Pc            | 57.59   | 200900070 | <b>1:00.51</b> | +0,76 | 29.14 | 1:00.51 |
| 3.    | Silke Hooghiemstra   | HZ&PC Heerenveen | 59.85   | 200901224 | <b>1:01.09</b> | +0,73 | 29.47 | 1:01.09 |
| 4.    | Julia Agricola       | Dz&Pc            | 1:00.89 | 200800266 | <b>1:02.31</b> | +0,74 | 30.01 | 1:02.31 |
| 5.    | Milou Geneuglijk     | HZ&PC Heerenveen | 1:03.39 | 200900556 | <b>1:03.26</b> | +0,73 | 30.09 | 1:03.26 |
| 6.    | Fardau Cazemier      | Zcnf'34          | 1:03.12 | 200901736 | <b>1:03.34</b> | +0,74 | 30.68 | 1:03.34 |
| 7.    | Marije Jaspers       | Neptunia '24     | 1:02.77 | 200802152 | <b>1:03.63</b> | +0,84 | 30.38 | 1:03.63 |
| 8.    | Esmee Ykema          | HZ&PC Heerenveen | 1:02.16 | 200801710 | <b>1:03.87</b> | +0,76 | 30.71 | 1:03.87 |
| 9.    | Devenda van der Meer | Dz&Pc            | 1:06.28 | 200900948 | <b>1:08.62</b> | +0,71 | 32.43 | 1:08.62 |
| 10.   | Lilian Mulder        | Orca Leeuwarden  | 1:08.28 | 200901598 | <b>1:09.47</b> | +0,79 | 32.53 | 1:09.47 |
| 11.   | Yenthe Segeren       | F.Z.C.'54        | 1:11.21 | 200801440 | <b>1:10.39</b> | +0,75 | 33.54 | 1:10.39 |
| 12.   | Elske de Vries       | De Vikings       | 1:12.63 | 200800786 | <b>1:14.68</b> | +0,80 | 35.70 | 1:14.68 |
| AFGEM | Fay Boxum            | Dz&Pc            | 57.13   | 200900060 |                |       |       |         |

Onder 20

|       |                  |                  |         |           |                |       |       |         |
|-------|------------------|------------------|---------|-----------|----------------|-------|-------|---------|
| 1.    | Sara Korthuis    | Dz&Pc            | 55.47   | 200600494 | <b>56.37</b>   | +0,75 | 27.11 | 56.37   |
| 2.    | Veerie de Ridder | HZ&PC Heerenveen | 58.62   | 200700778 | <b>58.87</b>   | +0,70 | 28.66 | 58.87   |
| 3.    | Vera Wassink     | Dz&Pc            | 59.17   | 200604976 | <b>1:02.37</b> | +0,79 | 30.08 | 1:02.37 |
| 4.    | Amber Tiesinga   | Dz&Pc            | 1:03.63 | 200600782 | <b>1:04.21</b> | +0,76 | 30.60 | 1:04.21 |
| 5.    | Liselotte Schaap | HZ&PC Heerenveen | 1:06.14 | 200603016 | <b>1:06.00</b> | +0,68 | 31.70 | 1:06.00 |
| 6.    | Feyona Vonk      | F.Z.C.'54        | 1:04.79 | 200600814 | <b>1:06.66</b> | +0,67 | 31.24 | 1:06.66 |
| 7.    | Sylke Vrieswijk  | Pwc              | 1:11.04 | 200702610 | <b>1:10.75</b> | +0,69 | 33.86 | 1:10.75 |
| 8.    | Nadia Veenstra   | HZ&PC Heerenveen | 1:12.30 | 200602482 | <b>1:13.86</b> | +0,84 | 35.14 | 1:13.86 |
| AFGEM | Wendy Elferink   | HZ&PC Heerenveen | 1:16.07 | 200604202 |                |       |       |         |

20 en ouder

|       |                   |                  |         |           |                |       |       |         |
|-------|-------------------|------------------|---------|-----------|----------------|-------|-------|---------|
| 1.    | Marre Zandringa   | Orca Leeuwarden  | 1:00.00 | 199701136 | <b>59.77</b>   | +0,72 | 28.50 | 59.77   |
| 2.    | Olena Dijkstra    | Orca Leeuwarden  | 1:00.20 | 200202624 | <b>1:00.52</b> | +0,67 | 29.01 | 1:00.52 |
| 3.    | Leonie van Wier   | HZ&PC Heerenveen | 59.87   | 200200436 | <b>1:01.81</b> | +0,72 | 29.51 | 1:01.81 |
| 4.    | Lianne van Wier   | HZ&PC Heerenveen | 1:02.44 | 200200438 | <b>1:02.64</b> | +0,73 | 29.91 | 1:02.64 |
| 5.    | Myrthe Natzijl    | Dz&Pc            | 1:01.68 | 200400076 | <b>1:03.58</b> | +0,85 | 31.06 | 1:03.58 |
| 6.    | Loïs Jalving      | HZ&PC Heerenveen | 1:04.63 | 200400280 | <b>1:04.11</b> | +0,68 | 30.51 | 1:04.11 |
| 7.    | Evelien de Jong   | Neptunia '24     | 1:05.82 | 199805316 | <b>1:06.88</b> | +0,75 | 32.21 | 1:06.88 |
| 8.    | Fleur Bos         | De Vikings       | 1:05.85 | 200500674 | <b>1:07.88</b> | +0,83 | 32.28 | 1:07.88 |
| 9.    | Romy Jalving      | HZ&PC Heerenveen | 1:07.84 | 200000616 | <b>1:10.73</b> | +0,71 | 33.34 | 1:10.73 |
| AFGEM | Liesette Bruinsma | HZ&PC Heerenveen | 1:04.30 | 200004346 | S11            |       |       |         |
| AFGEM | Inge Dekker       | HZ&PC Heerenveen | 1:03.07 | 200200476 |                |       |       |         |