

SFWM 2026
Amsterdam, 11- - 12-7-2026

Programmanr. 30
12-7-2026 - 14:04

Dames, 200m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
1. Hedwig Bolt	HZ&PC Heerenveen	2:16.13	200602660	2:16.76	+0,76	30.20	1:04.82	1:45.09	2:16.76
2. Djanilla Brink	Team NL - De Dolfijn	2:16.32	200600988	2:20.16	+0,82	30.57	1:07.97	1:46.71	2:20.16
3. Tamara Grove	De Dolfijn	2:25.31	199601266	2:26.16	+0,72	31.29	1:08.36	1:53.03	2:26.16
4. Chiara Lammertink	ZPC AMERSFOORT	2:33.57	200902200	2:28.65	+0,73	32.04	1:10.43	1:55.40	2:28.65
5. Tessa van Beek	DWK	2:28.25	201001446	2:34.26	+0,73	33.69	1:13.40	1:58.28	2:34.26
6. Fleur Buijs	Hieronymus	2:35.04	201100676	2:34.95	+0,75	34.77	1:16.43	1:59.49	2:34.95
7. Jayna Wagemakers	Hieronymus	2:34.28	201000226	2:35.03	+0,77	33.87	1:11.92	1:57.42	2:35.03
8. Hadewych F.	MNC Dordrecht	2:31.77	200903572	2:35.11	+0,78	31.90	1:11.75	1:59.82	2:35.11
9. Evelien Husselman	MZ&PC De Reest	2:36.17	200501324	2:35.27	+0,74	32.58	1:10.43	1:59.10	2:35.27
10. Liv Schoon	DAW	2:40.72	201202112	2:35.61	+0,71	33.49	1:13.87	2:00.36	2:35.61
11. Wieke Dekker	De Dolfijn	2:30.17	201002020	2:35.75	+0,79	35.24	1:15.42	1:59.72	2:35.75
12. Lili Oosting	DWK	2:37.03	200900384	2:36.51	+0,80	33.47	1:12.72	2:01.02	2:36.51
13. Caithlin Lakke	De Reuring	2:39.82	201302438	2:37.48	+0,74	33.18	1:13.83	2:01.08	2:37.48
14. Myrthe Bruinsma	ZPC AMERSFOORT	2:38.60	201101108	2:37.71	+0,75	33.47	1:16.72	2:00.81	2:37.71
15. Coco Scheepers	PSV	2:41.29	201301462	2:38.16	+0,76	33.75	1:14.52	2:01.27	2:38.16
16. Benthé de Beer	PSV	2:38.14	201302638	2:38.79	+0,70	36.11	1:17.87	2:03.34	2:38.79
17. Aleya Bakdemir	Blue Marlins	2:45.68	200804386	2:39.64	+0,73	34.02	1:16.39	2:01.73	2:39.64
18. Lenny Bokkers	ZPC AMERSFOORT	2:41.15	201300390	2:41.19	+0,74	33.95	1:15.82	2:04.47	2:41.19
19. Jaylin Roks	Hieronymus	2:41.44	201300620	2:41.50	+0,79	38.01	1:18.71	2:06.29	2:41.50
20. Jessica Lerer	Blue Marlins	2:52.74	201002354	2:41.83	+0,54	36.28	1:18.08	2:04.24	2:41.83
21. Lana Noordenbos	Orca Leeuwarden	2:44.55	201100958	2:42.09	+0,79	35.20	1:16.86	2:06.57	2:42.09
22. Noa Spaans	De Dolfijn	2:37.26	201100222	2:42.52	+0,74	36.33	1:16.99	2:05.87	2:42.52
23. Noa Jaffe	De Dolfijn	2:36.09	201000726	2:43.57	+0,80	34.87	1:19.58	2:05.61	2:43.57
24. Wyneke Edou van der	HHZ&PC Heerenveen	2:48.88	201100028	2:44.28	+0,76	37.25	1:21.68	2:08.54	2:44.28
*150									
25. Isa Segenhout	Orca Leeuwarden	2:43.35	201000128	2:45.81	+0,70	33.98	1:17.02	2:07.92	2:45.81
26. Louise Terwisscha	ZPC AMERSFOORT	2:50.37	201201240	2:45.99	+0,85	40.14	1:22.05	2:09.11	2:45.99
27. Carice Forschelen	MNC Dordrecht	2:46.94	200804338	2:46.29	+0,63	35.57	1:18.02	2:10.18	2:46.29
28. Yfke Wijnalda	ZPC AMERSFOORT	2:47.33	201002618	2:46.33	+0,76	34.87	1:16.84	2:08.88	2:46.33
29. Aden Koksal	Zwemlust- den Hommel	2:49.67	201202484	2:46.45	+0,80	36.48	1:19.79	2:07.05	2:46.45
30. Marlies Brouwer	HZ&PC Heerenveen	2:51.77	201101152	2:47.16	+0,79	37.08	1:20.77	2:10.57	2:47.16
31. Dominique F.	MNC Dordrecht	2:52.32	201300602	2:47.75	+0,77	36.32	1:19.91	2:11.67	2:47.75
32. Gerlin van de Krol	DWK	2:43.22	201101412	2:48.03	+0,68	36.40	1:23.28	2:06.96	2:48.03
33. Anna Schuurman	DZ&PC	2:52.69	201000076	2:50.63	+0,77	37.05	1:18.52	2:11.48	2:50.63
34. Yara Fortes	Blue Marlins	2:55.36	201103030	2:52.35	+0,57	34.60	1:19.50	2:11.25	2:52.35
35. Floortje Bakker	Blue Marlins	2:49.18	201101124	2:52.82	+0,81	37.42	1:22.25	2:14.88	2:52.82
36. Flore Hovens	Zwemlust- den Hommel	2:48.34	201201632	2:53.01	+0,80	37.99	1:21.57	2:13.10	2:53.01
*100									
37. Lotte Nies	PSV	2:53.72	200703856	2:54.42	+0,74	38.96	1:26.57	2:13.30	2:54.42
*50 *150									
38. Evy Anna Nijdam	Orca Leeuwarden	2:52.99	201100834	2:55.33	+0,86	39.31	1:22.85	2:16.01	2:55.33
*50									
39. Femke Mandema	DWK	2:49.55	201100396	2:58.65	+0,77	39.33	1:24.23	2:19.05	2:58.65
40. Roxan Meijer	DWK	2:52.85	201300854	2:59.08	+0,78	39.62	1:24.56	2:18.61	2:59.08
41. Meike van Beek	DWK	2:58.21	201201556	3:01.53	+0,65	39.30	1:29.97	2:22.82	3:01.53
42. Elize Poot	Zwemlust- den Hommel	3:00.21	201301408	3:02.53	+0,76	40.30	1:29.22	2:21.84	3:02.53
43. Femke de Beir	ZPC AMERSFOORT	3:11.85	201203492	3:04.43	+0,84	36.85	1:27.49	2:21.41	3:04.43
44. Koyuki Hofstra	Zwemlust- den Hommel	3:07.87	201103384	3:05.48	+0,82	42.03	1:30.58	2:21.97	3:05.48
45. Noa Laman	ZPC AMERSFOORT	3:13.22	201302266	3:05.71	+0,75	45.68	1:33.42	2:22.58	3:05.71
*100									
46. Elize Snabel	ZPC AMERSFOORT	3:25.70	201203198	3:11.93	+0,79	41.58	1:33.41	2:29.60	3:11.93
*100									
47. Aiysha Mahr	De Dolfijn	3:19.96	201302216	3:12.19	+0,83	41.02	1:30.56	2:27.73	3:12.19
48. Julia Happel	DWK	3:16.99	201201666	3:12.95	+0,89	47.26	1:35.15	2:29.31	3:12.95
49. Silke Dijkstra	Orca Leeuwarden	3:22.03	201300302	3:13.33	+0,79	48.93	1:42.51	2:31.63	3:13.33
*50									
50. Isa Nijdam	Orca Leeuwarden	3:10.54	201301206	3:16.93	+0,66	45.86	1:37.90	2:35.87	3:16.93