

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

Programmanr. 4
11-7-2026 - 12:01

Dames, 200m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Nynke Boerefijn	ZPC AMERSFOORT	1:58.69 200700114	1:58.67	+0,81	27.77	57.61	1:28.07	1:58.67
2. Hedwig Bolt	HZ&PC Heerenveen	2:00.56 200602660	2:01.09	+0,78	28.48	59.11	1:30.06	2:01.09
3. Marte Hieke van der K.	HZ&PC Heerenveen	1:59.79 200500218	2:04.51	+0,73	28.76	1:00.71	1:33.23	2:04.51
4. Djanilla Brink	Team NL - De Dolfijn	2:04.68 200600988	2:05.86	+0,74	29.36	1:01.17	1:33.57	2:05.86
5. Lynn Blommers	Blue Marlins	2:05.57 200105062	2:06.66	+0,67	28.48	59.95	1:32.70	2:06.66
6. Tamara Grove	De Dolfijn	2:05.97 199601266	2:07.49	+0,72	29.64	1:02.18	1:34.84	2:07.49
7. Chiara Lammertink	ZPC AMERSFOORT	2:09.15 200902200	2:07.52	+0,74	30.03	1:02.51	1:35.30	2:07.52
8. Moniek van L.	DWK	2:10.50 199803160	2:10.24	+0,78	30.25	1:03.65	1:37.02	2:10.24
9. Veerle de Ridder	HZ&PC Heerenveen	2:06.91 200700778	2:11.97	+0,69	29.26	1:01.69	1:36.45	2:11.97
<i>*150</i>								
10. Vera Renshof	DWK	NT 200301582	2:12.77	+0,69	29.31	1:02.26	1:37.41	2:12.77
11. Yanique Bax	ZPC AMERSFOORT	2:13.83 201001428	2:14.68	+0,71	30.89	1:05.13	1:39.92	2:14.68
12. Fleur Buijs	Hieronymus	2:18.26 201100676	2:16.49	+0,72	31.06	1:05.80	1:41.26	2:16.49
13. Jet Hogervorst	De Columbiaan	2:25.14 201200738	2:17.33	+0,69	31.93	1:06.21	1:41.69	2:17.33
14. Kim Bouman	ZPC AMERSFOORT	2:21.51 201000262	2:18.18	+0,79	31.22	1:06.87	1:43.62	2:18.18
Elke Kriesels	Blue Marlins	2:19.65 201100898	2:18.18	+0,82	31.44	1:06.31	1:42.96	2:18.18
16. Emilie Haverman	Blue Marlins	NT 201104170	2:19.05	+0,75	31.10	1:06.64	1:43.60	2:19.05
17. Wyneke Edou van der	HHZ&PC Heerenveen	2:20.06 201100028	2:19.21	+0,82	33.15	1:08.41	1:44.10	2:19.21
18. Aleyna Bakdemir	Blue Marlins	2:14.55 200804386	2:19.93	+0,75	32.30	1:07.16	1:43.47	2:19.93
19. Christel Brugmans	Hieronymus	2:18.82 200005602	2:20.11	+0,71	31.69	1:07.12	1:44.39	2:20.11
20. Noortje Bisperink	ZPC AMERSFOORT	2:19.48 201100486	2:21.01	+0,82	32.19	1:07.54	1:44.34	2:21.01
21. Lana Noordenbos	Orca Leeuwarden	2:23.68 201100958	2:21.34	+0,83	32.27	1:08.91	1:46.45	2:21.34
22. Lenny Bokkers	ZPC AMERSFOORT	2:20.23 201300390	2:22.04	+0,77	32.38	1:08.48	1:45.97	2:22.04
<i>*100</i>								
23. Daynah de Snajjer	SG LinK-ZV Zoetermee	2:19.27 200802266	2:23.58	+0,68	32.19	1:08.31	1:45.68	2:23.58
24. Myrthe Bruinsma	ZPC AMERSFOORT	2:28.70 201101108	2:24.83	+0,80	33.00	1:09.88	1:48.53	2:24.83
25. Carice Forschelen	MNC Dordrecht	2:25.53 200804338	2:25.62	+0,67	34.13	1:11.90	1:49.18	2:25.62
26. Marlies Brouwer	HZ&PC Heerenveen	2:23.62 201101152	2:26.08	+0,75	33.10	1:09.57	1:47.83	2:26.08
27. Maud Slijkhuis	MZ&PC De Reest	2:26.65 201101520	2:26.27	+0,76	33.53	1:10.87	1:49.64	2:26.27
<i>*150</i>								
28. Amelie Kieboom	Zwemclub Zeist	2:27.78 200902262	2:27.75	+0,75	34.46	1:12.26	1:51.03	2:27.75
29. Isa Segenhout	Orca Leeuwarden	2:23.63 201000128	2:28.04	* +0,78	34.18	1:11.64	1:50.29	2:28.04
30. Jade van Berlo	Zwemclub Zeist	2:26.36 200803934	2:28.18	+0,68	33.71	1:11.38	1:50.32	2:28.18
31. Jessica Lerer	Blue Marlins	2:36.15 201002354	2:28.56	+0,58	33.02	1:10.92	1:49.82	2:28.56
32. Evy Anna Nijdam	Orca Leeuwarden	2:32.55 201100834	2:29.58	+0,78	34.57	1:12.75	1:51.92	2:29.58
33. Gerlin van de Krol	DWK	2:30.03 201101412	2:30.81	+0,68	35.79	1:14.87	1:53.25	2:30.81
34. Yfke Wijnalda	ZPC AMERSFOORT	2:23.64 201002618	2:31.49	+0,73	34.26	1:12.46	1:51.90	2:31.49
<i>*100 *150</i>								
35. Sterre Dirar	ZPC AMERSFOORT	2:26.27 200900354	2:31.93	+0,69	34.27	1:12.77	1:52.63	2:31.93
<i>*50 *100</i>								
36. Femke Mandema	DWK	2:32.34 201100396	2:32.39	+0,75	35.40	1:14.04	1:53.34	2:32.39
37. Lotte Nies	PSV	2:35.43 200703856	2:34.70	+0,73	34.59	1:13.49	1:54.47	2:34.70
38. Femke Postma	De Duinkickers	2:37.54 201200346	2:35.39	+0,74	33.46	1:12.52	1:53.86	2:35.39
39. Jesse Rijnbeek	ZPC AMERSFOORT	2:38.37 201000720	2:37.37	* +0,76	35.33	1:15.21	1:56.58	2:37.37
40. Floor van Dorssen	ZPC AMERSFOORT	3:01.11 201102946	2:41.88	+0,77	36.61	1:17.14	1:59.69	2:41.88
41. Meike van Beek	DWK	2:36.22 201201556	2:43.36	+0,68	38.68	1:20.89	2:03.89	2:43.36
42. Julia Happel	DWK	2:44.39 201201666	2:43.63	+0,80	36.95	1:19.53	2:02.53	2:43.63
43. Elize Poot	Zwemlust- den Hommel	2:39.47 201301408	2:44.08	+0,78	36.06	1:17.52	2:01.61	2:44.08
44. Noa Laman	ZPC AMERSFOORT	2:50.39 201302266	2:47.01	+0,75	38.82	1:20.71	2:03.74	2:47.01
<i>*150</i>								
45. Silke Dijkstra	Orca Leeuwarden	3:03.49 201300302	2:49.09	+0,80	37.90	1:22.34	2:06.76	2:49.09
46. Tahzeeb Sirdar- Khan	De Reuring	3:28.47 201303116	3:20.39	* +0,97	44.02	1:36.33	2:30.12	3:20.39
<i>*150</i>								
AFGEM Djelaysa Buunk	Z & PC De Zeeuwse Kl	2:12.46 200900536						