

Promotie/Degradatie E.ON Nederlandse Zwemcompetitie  
Amersfoort, 5.4.2009

Programmanr. 8  
05.04.2009 - 10:57

Dames, 200m vrije slag

Senioren 2 en later  
Resultaten

| rang naam                | vereniging           | inschrijftijd |         | tijd           | 50m   | 100m  | 150m  | 200m  |
|--------------------------|----------------------|---------------|---------|----------------|-------|-------|-------|-------|
| 1. Elise Bouwens         | Zwemlust/Utrecht(SG) | 1:59.29       | 9103964 | <b>2:05.07</b> | 29.36 | 32.33 | 32.07 | 31.31 |
| 2. Malissa van der Horst | Zwemlust/Utrecht(SG) | 2:07.23       | 9200810 | <b>2:06.52</b> | 29.20 | 32.75 | 32.57 | 32.00 |
| 3. Wendan Poelstra       | Orca                 | 2:08.13       | 9102496 | <b>2:07.62</b> | 29.83 | 32.42 | 32.90 | 32.47 |
| 4. Shireen Post          | AZ&PC                | 2:10.20       | 9503286 | <b>2:12.53</b> | 30.50 | 33.89 | 34.18 | 33.96 |
| 5. Rianne van der Hoeven | Vlaardingen          | 2:19.13       | 9200760 | <b>2:15.96</b> | 31.24 | 34.33 | 35.50 | 34.89 |
| 6. Suzanne de Vries      | AZ&PC                | 2:27.36       | 9500628 | <b>2:20.80</b> | 32.59 | 35.34 | 36.60 | 36.27 |
| 7. Helena La             | Zwemvereniging Hoorn | 2:20.54       | 9502134 | <b>2:21.15</b> | 32.60 | 36.14 | 36.68 | 35.73 |
| 8. Manon Wiersma         | Zwemvereniging Hoorn | 2:22.27       | 9600112 | <b>2:21.47</b> | 32.31 | 36.15 | 37.16 | 35.85 |
| 9. Lieke Hengst          | Vlaardingen          | 2:23.67       | 9108048 | <b>2:21.96</b> | 31.75 | 35.70 | 37.32 | 37.19 |
| 10. Ilka van Veldhuijzen | AZ&PC                | 2:24.76       | 9304990 | <b>2:23.00</b> | 32.16 | 35.25 | 37.69 | 37.90 |
| 11. Katja Bougrimova     | MNC Dordrecht        | 2:19.05       | 9104488 | <b>2:23.50</b> | 31.93 | 36.63 | 36.79 | 38.15 |
| 12. Tamara van der Steen | Vlaardingen          | 2:26.29       | 9605156 | <b>2:24.90</b> | 32.18 | 36.79 | 38.47 | 37.46 |
| 13. Solé van Leenen      | MNC Dordrecht        | 2:34.07       | 9104354 | <b>2:26.65</b> | 32.52 | 36.63 | 38.78 | 38.72 |
| 14. Ankie van der Meer   | Orca                 | NT            | 9300504 | <b>2:28.94</b> | 34.56 | 37.59 | 38.76 | 38.03 |
| 15. Joyce Duurken        | Orca                 | 2:24.31       | 9205938 | <b>2:29.79</b> | 32.93 | 37.90 | 39.43 | 39.53 |
| 16. Mirthe Alkema        | Orca                 | 2:31.87       | 9603616 | <b>2:31.46</b> | 34.36 | 38.81 | 39.85 | 38.44 |
| 17. Angela de Jager      | MNC Dordrecht        | 2:39.65       | 9503506 | <b>2:32.40</b> | 34.14 | 38.28 | 40.48 | 39.50 |
| 18. Tamara Sachs         | Zwemvereniging Hoorn | 2:29.60       | 9205524 | <b>2:35.26</b> | 35.08 | 39.06 | 40.79 | 40.33 |
| 19. Nicolle Buijs        | AZ&PC                | 2:41.16       | 9302400 | <b>2:38.84</b> | 36.44 | 39.72 | 41.56 | 41.12 |
| 20. Jonna Epker          | Zwemvereniging Hoorn | 2:42.82       | 9501196 | <b>2:41.58</b> | 36.68 | 34.94 | 48.87 | 41.09 |
| 21. Janine Elsebos       | MNC Dordrecht        | 2:53.40       | 9603184 | <b>2:53.83</b> | 40.45 | 43.81 | 45.25 | 44.32 |