

**ONMK**ONMK 2026 lange baan  
Drachten, 30-4- - 3-5-2026Programmanr. 21  
2-5-2026 - 13:30

Dames, 200m rugslag

Masters Open  
Resultaten

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
<b>20+</b>								
1. Tess Panjer	VZC	NED 200403060	<b>2:30.06</b>	+0.68	34.86	1:12.45	1:52.04	2:30.06
2. Myrthe Natzijl	DZ&PC	NED 200400076	<b>2:33.98</b>	+0.73	36.03	1:14.37	1:54.54	2:33.98
3. Iris Lok	WS Twente	NED 200301094	<b>2:40.26</b>	+0.65	37.28	1:17.81	1:59.60	2:40.26
4. Fleur van Norren	ACZ	NED 200204432	<b>2:44.66</b>	+0.68	38.96	1:20.90	2:03.84	2:44.66
5. Pien Ooijman	WS Twente	NED 200504500	<b>2:51.89</b>	+0.77	40.38	1:24.06	2:08.97	2:51.89
6. Birgit Hage	PSV	NED 200602898	<b>2:52.67</b>	+0.74	38.60	1:21.94	2:07.49	2:52.67
7. Sharon Oldenkamp	De Valken	NED 200600276	<b>2:57.66</b>	+0.64	42.64	1:28.12	2:13.93	2:57.66
8. Femke Miedema	IJsselmeer	NED 200601824	<b>2:59.13</b>	+0.83	43.92	1:30.37	2:17.06	2:59.13
9. Chantal Pennings	VZ&PC Nautilus	NED 200403420	<b>3:00.83</b>	+0.84	43.90	1:30.02	2:16.53	3:00.83
10. Luka Stoker	ZPC de Kanaalstreek	NED 200200558	<b>3:00.87</b>	+0.88	43.26	1:30.28	2:16.57	3:00.87
11. Jessica Dekkinga	Steenwijk 1934	NED 200600180	<b>3:02.83</b>	+0.78	42.83	1:29.79	2:18.89	3:02.83
<b>25+</b>								
1. Anne Noom	Het Y	NED 199800062	<b>2:30.17</b>	+0.80	34.73	1:12.14	1:51.44	2:30.17
2. Lauren van IJll	WVZ	NED 200001064	<b>2:41.44</b>	+0.63	37.22	1:18.82	2:00.69	2:41.44
3. Rosalie Baarda	Orca	NED 199903460	<b>2:51.78</b>	+0.66	39.72	1:22.68	2:07.62	2:51.78
4. Ellen ter Stege	ENC Arnhem	NED 199900604	<b>2:53.59</b>	+0.72	39.79	1:23.63	2:08.76	2:53.59
5. Marleen Hof	WS Twente	NED 199802464	<b>2:55.30</b>	+0.85	41.05	1:25.46	2:11.44	2:55.30
6. Iris Bastiaansen	De Amstel	NED 199902006	<b>2:56.53</b>	+0.69	41.50	1:26.45	2:11.95	2:56.53
7. Maartje Slop	De Otters Het Gooi	NED 200106036	<b>2:57.12</b>	+0.96	39.69	1:23.98	2:10.98	2:57.12
8. Anouk van der Lans	Westland Swimming Stars	NED 199801614	<b>2:59.52</b>	+0.77	41.58	1:27.08	2:14.18	2:59.52
9. Berinda van Dijk	Blue Marlins	NED 200104186	<b>3:00.64</b>	+0.66	41.51	1:28.05	2:16.28	3:00.64
10. Nadine Scheeve	De Biesboschzwemmers	NED 199700684	<b>3:25.29</b>	+0.95	48.47	1:40.28	2:33.96	3:25.29
<b>30+</b>								
1. J. van Omme - van Veen	Zwemvereniging Hoogland	NED 199603192	<b>2:36.23</b>	+0.82	36.76	1:16.60	1:56.81	2:36.23
2. M. Steenbergen	Otter SC	GBR 1821931	<b>2:38.34</b>	+0.72	36.09	1:15.59	1:57.33	2:38.34
3. Anne-Irene Duchaine	Zwemvereniging Hoogland	NED 199506824	<b>2:38.78</b>	+0.55	37.04	1:17.35	1:58.51	2:38.78
4. Nienke Smidt	WS Twente	NED 199407596	<b>2:54.77</b>	+0.88	41.05	1:25.13	2:11.10	2:54.77
5. Lianne Verhoef	ZPC De Hof	NED 199501004	<b>2:56.82</b>	+0.81	41.73	1:26.12	2:11.97	2:56.82
6. Mariska Gach	ZVL - 1886	NED 199501760	<b>3:00.89</b>	+0.78	42.04	1:27.89	2:14.32	3:00.89
7. Lotte Eising	ZPC Amersfoort	NED 199502098	<b>3:01.23</b>	+0.64	42.15	1:28.67	2:15.80	3:01.23
8. Irmgard van Weeghel	ENC Arnhem	NED 199204834	<b>3:06.71</b>	+1.00	43.79	1:31.12	2:18.73	3:06.71
9. Getrude Corporaal	Steenwijk 1934	NED 199200380	<b>3:08.40</b>	+0.82	42.99	1:30.85	2:20.14	3:08.40
10. Chantal Lokhorst	Aqualero	NED 199401362	<b>3:13.81</b>	+0.76	45.74	1:34.05	2:24.84	3:13.81
11. Nada Lisa Hut	Aqualero	NED 199307280	<b>3:15.20</b>	+0.88	45.83	1:34.75	2:25.36	3:15.20
12. Cynthia van Veen	BZ en PC	NED 199606736	<b>3:23.41</b>	+0.60	46.14	1:37.72	2:31.35	3:23.41
<b>35+</b>								
1. Elmi Roelofsen	SG Octopus - ZVV	NED 199008198	<b>2:45.37</b>	+0.78	38.88	1:21.07	2:04.44	2:45.37
2. I. van den Wijngaard	ZPC Woerden	NED 198904736	<b>2:52.11</b>	+0.76	39.42	1:22.58	2:07.33	2:52.11
3. Rianne Hofland	Sassenheim	NED 198801820	<b>2:55.78</b>	+0.74	40.46	1:24.79	2:10.30	2:55.78
4. Maaike de Boer	De Duinkickers	NED 199000362	<b>2:56.22</b>	+0.77	42.15	1:27.69	2:13.05	2:56.22
5. Esther Kwebeman	TriVia	NED 199106374	<b>3:01.73</b>	+1.00	42.60	1:28.62	2:15.60	3:01.73
6. Nicole van der Kooij	Old Dutch	NED 198706264	<b>3:18.01</b>	+0.85	46.68	1:36.47	2:28.02	3:18.01
7. Marieke Weering	De Plons	NED 198704550	<b>3:19.77</b>	+0.98	46.24	1:37.48	2:29.25	3:19.77
<b>40+</b>								
1. V. Hádén-Felföldi	Iron Swim	HUN 66/3267	<b>2:44.48</b>	+0.78	38.98	1:21.58	2:04.02	2:44.48
2. Debbie van Rooijen	IJZPC	NED 198201402	<b>2:45.00</b>	+0.71	38.26	1:20.12	2:02.57	2:45.00
3. Ann Wanter	Zwemclub Geel	BEL ZGEEEL/21082/82	<b>2:48.61</b>	+0.82	41.17	1:24.32	2:07.49	2:48.61
4. Angela Giezen	ZPC Amersfoort	NED 198302796	<b>2:58.70</b>	+0.81	42.56	1:29.00	2:15.00	2:58.70
5. Marije Jansen	ZPC Amersfoort	NED 198504088	<b>2:59.45</b>	+0.79	43.58	1:29.88	2:15.82	2:59.45
6. Sandra Schellekens	Neptunus'58	NED 198503416	<b>3:09.09</b>	+0.86	44.39	1:31.63	2:21.47	3:09.09
7. Linda Hoogendam	WVZ	NED 198300892	<b>3:35.22</b>	+0.93	52.08	1:47.96	2:44.28	3:35.22
8. C. Mennenga-Wegman	Aqualero	NED 198503170	<b>3:41.08</b>	* +0.97	51.49	1:49.11	2:45.79	3:41.08



Programmanr. 21, Dames, 200m rugslag, 40+

rang naam	vereniging		tijd	RT PARA	50m	100m	150m	200m
9. Marloes Rebel	WS Twente	NED 198403474	<b>3:50.70</b>	+0.96	55.17	1:56.69	2:59.03	3:50.70
AFGEM Maike Zeterberg	Zehlendorfer TSV von 1888	GER 066680						
NG Sabina Romanova	Ukraine Swim	UKR						

45+

1. J. Harmsen-Bakker	PSV	NED 197700938	<b>2:45.50</b>	+0.63	38.90	1:21.39	2:04.97	2:45.50
2. Tonia Ruybroek	Poseidon'56	NED 198101290	<b>2:57.59</b>	+0.77	40.78	1:26.53	2:12.78	2:57.59
3. I. de Boer - Oosterhof	MZ&PC De Reest	NED 197701152	<b>2:59.66</b>	+0.91	42.62	1:27.82	2:14.82	2:59.66
4. Leonie Scholten	Steenwijk 1934	NED 197901560	<b>3:12.64</b>	+1.11	45.50	1:34.74	2:24.71	3:12.64
5. Jessica Venema	Old Dutch	NED 197901526	<b>3:19.69</b>	+0.94	46.42	1:37.12	2:30.38	3:19.69
6. Hoda Elridi	PSV	NED 198102382	<b>3:31.75</b>	+0.74	48.81	1:40.94	2:36.59	3:31.75
7. C. van Bruxvoort	Albion	NED 197700138	<b>3:40.41</b>	+0.90	50.47	1:46.12	2:44.14	3:40.41

50+

1. Annett von Rekowski	Schwimmverein Gera	GER 097868	<b>2:51.72</b>	+0.70	41.27	1:24.81	2:09.26	2:51.72
2. Liselotte Joling	PSV	NED 197500268	<b>2:57.26</b>	+0.88	42.03	1:28.24	2:13.70	2:57.26
3. Mirjan den Drijver	Westland Swimming Stars	NED 197500884	<b>3:00.34</b>	+0.86	42.28	1:28.45	2:15.15	3:00.34
4. Catherine Hoogeveen	DZ&PC	NED 197501048	<b>3:03.12</b>	+1.00	41.11	1:27.27	2:15.40	3:03.12
5. Judith Sijbers	PSV	NED 197301030	<b>4:15.36</b>	+0.82	59.23	2:04.30	3:10.41	4:15.36

55+

1. Carla Geurts	PSV	NED 197100178	<b>2:55.20</b>	+0.71	41.41	1:26.68	2:11.72	2:55.20
2. Laura Staal	Oceanus	NED 196700358	<b>3:08.91</b>	+0.86	45.35	1:33.28	2:22.63	3:08.91
3. Bianca Groot	MSV-Zeemacht	NED 197000652	<b>3:14.84</b>	+0.88	46.32	1:36.67	2:26.87	3:14.84
4. D. Schipper - van Est	ZOB'66	NED 197001078	<b>3:42.46</b>	+0.74	52.28	1:48.15	2:45.73	3:42.46
5. Annette Spies	Link	NED 197001110	<b>4:05.72</b>	+0.87	57.93	2:01.39	3:04.78	4:05.72
DIS Nathasja Konijn	GZC Donk	NED 197100992		+0.86				

*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

60+

1. Marinka vd Zwet	Sassenheim	NED 196500346	<b>3:09.19</b>	+0.69	43.97	1:32.41	2:21.21	3:09.19
2. M. Grove-Lingeman	Triton	NED 196200080	<b>3:13.91</b>	+0.79	44.43	1:33.10	2:23.63	3:13.91
3. Erica Muller	De Geul	NED 196400412	<b>4:08.99</b>	+0.91	59.23	2:01.10	3:06.37	4:08.99

65+

1. J. Resink-lindeboom	DWK	NED 196000142	<b>3:48.06</b>	+1.14	52.67	1:51.17	2:50.54	3:48.06
2. Lia Bijkerk	GZC Donk	NED 196000014	<b>3:50.47</b>	+0.91	55.51	1:54.60	2:54.95	3:50.47

70+

1. Geerdien Meerwaldt	De Geul	NED 195200058	<b>4:45.53</b>	+0.95	1:07.17	2:19.74	3:32.91	4:45.53
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75+

1. C. Nieuwenhuis	SWOL 1894 <i>Nederlands Masters Record</i>	NED 195100022	<b>3:44.02</b>	+0.76	52.26	1:50.72	2:48.62	3:44.02
2. A. Gilding-Tussaud	WS Twente	NED 195000038	<b>4:10.38</b>	+0.93	59.64	2:03.26	3:08.41	4:10.38
3. Gonnie Bak	PSV	NED 195100064	<b>5:18.33</b>	+0.85	1:17.38	2:43.77	4:06.85	5:18.33

80+

1. L. van Huissteden	ZPC Amersfoort	NED 194500002	<b>5:25.99</b>	+0.90	1:17.48	2:46.47	4:09.51	5:25.99
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