

LAC 2-1 2025-2026
Wageningen, 21-3-2026

Programmanr. 3
21-3-2026 - 7:00

Dames, 2000m vrije slag

14 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	201100396	tijd	RT
1.	Femke Mandema	Dwk	29:22.70	201100396	28:29.79	
	100m: 1:17.68	1:17.68	600m:	1100m:	1600m:	
	200m: 2:40.47	1:22.79	700m:	1200m:	1700m:	
	300m:		800m: 11:08.62	1300m:	1800m:	
	400m: 5:29.61		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:13.56	2000m: 28:29.79	
2.	Denise Ruijsch	De Rijn	29:29.17	199800708	28:41.59	
	100m: 1:20.29	1:20.29	600m:	1100m:	1600m:	
	200m: 2:46.63	1:26.34	700m:	1200m:	1700m:	
	300m:		800m: 11:22.34	1300m:	1800m:	
	400m: 5:39.54		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:28.33	2000m: 28:41.59	
3.	Laura ter Stege	CWW Swimteam	27:50.89	199602364	29:22.17	
	100m: 1:18.12	1:18.12	600m:	1100m:	1600m:	
	200m: 2:43.20	1:25.08	700m:	1200m:	1700m:	
	300m:		800m: 11:30.85	1300m:	1800m:	
	400m: 5:36.98		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:58.16	2000m: 29:22.17	
4.	Judith Lanooij	De Rijn	29:18.92	199806646	29:49.80	
	100m: 1:22.53	1:22.53	600m:	1100m:	1600m:	
	200m: 2:49.42	1:26.89	700m:	1200m:	1700m:	
	300m:		800m: 11:47.79	1300m:	1800m:	
	400m: 5:47.59		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:21.60	2000m: 29:49.80	
5.	Cecilia van Dam	De Rijn	31:22.99	200502110	30:21.34	
	100m: 1:23.65	1:23.65	600m:	1100m:	1600m:	
	200m: 2:54.39	1:30.74	700m:	1200m:	1700m:	
	300m:		800m: 12:05.61	1300m:	1800m:	
	400m: 5:57.55		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:48.50	2000m: 30:21.34	
6.	Vivian Gravemaker	De Rijn	28:23.74	200400058	30:23.72	
	100m: 1:20.49	1:20.49	600m:	1100m:	1600m:	
	200m: 2:49.84	1:29.35	700m:	1200m:	1700m:	
	300m:		800m: 12:01.05	1300m:	1800m:	
	400m: 5:52.81		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:48.27	2000m: 30:23.72	
7.	Liss Wakker	De Rijn	30:40.80	201000140	30:37.25	
	100m: 1:26.65	1:26.65	600m:	1100m:	1600m:	
	200m: 3:00.37	1:33.72	700m:	1200m:	1700m:	
	300m:		800m: 12:19.35	1300m:	1800m:	
	400m: 6:05.34		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 23:11.27	2000m: 30:37.25	
8.	Tess Wakker	De Rijn	30:14.92	200700154	31:11.07	
	100m: 1:27.01	1:27.01	600m:	1100m:	1600m:	
	200m: 2:57.79	1:30.78	700m:	1200m:	1700m:	
	300m:		800m: 12:06.45	1300m:	1800m:	
	400m: 5:59.71		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 23:08.91	2000m: 31:11.07	
9.	Alice Luking	De Rijn	36:22.93	201003434	35:11.44	
	100m: 1:27.45	1:27.45	600m:	1100m:	1600m:	
	200m: 3:07.55	1:40.10	700m:	1200m:	1700m:	
	300m:		800m: 13:53.47	1300m:	1800m:	
	400m: 6:42.43		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 26:38.75	2000m: 35:11.44	