



FRYSLÂN OPEN
SYNCHRO MASTERS CHAMPIONSHIP 2025
5 & 6 July 2025 | Sportstad Heerenveen

PROGRAM



PARTICIPATING CLUBS

The Netherlands

ACZ	Capelle aan den IJssel
Aqua-Novio'94	Nijmegen
Aquarijn	Nieuwegein
AZC	Alphen aan den Rijn
DAW	Alkmaar
De Dokkelaers	Hilvarenbeek
De Dolfijn	Amsterdam
De Houtrib	Lelystad
De Treffers	Rosmalen
DSZ	Den Haag
Hera'11	Hierden
HZ&PC Heerenveen	Heerenveen
PFC Rheden	Rheden
PSV Synchro Team	Eindhoven
Swol1894	Zwolle
Synchro Breda	Breda
Watervrienden Almere	Almere
ZCNF'34	Oosterwolde
ZPC Amersfoort	Amersfoort
ZPCH	Hoofddorp
Zuiderzeezwemmers	Dronten
ZV Westland	's-Gravenzande
Zwemlust Den Hommel	Utrecht

Belgium

ENN Synchro	Nivelles
RSCM-AquaDans	Mechelen

Germany

ATSV Hamburg	Hamburg
SV Brackwede	Bielefeld
SG Stadtwerke München - Isarnixen	München
Turnverein Schiefbahn 1899 e.V.	Willich
Wasser Freunde Delphin Eschweiler	Eschweiler

Great-Britain

City of Bristol	Bristol
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Switzerland

Artistic Swimming Bern	Bern
Meyrin Natation	Meyrin

PROGRAM

Saturday 5 July 2025 / Technical Routines

Jury meeting	08:30 - 09:20
Meeting with coaches	09:00 - 09:15
Warming-up Duets	08:45 - 09:15
Opening Ceremony	09:30 - 10:00
Start Championship Technical Routines	10:00
Duets	10:00 - 12:15
Lunch Break	12:15 - 12:45
Warming-up Solos	12:15 - 12:40
DEMO KNZB	12:45 - 12:50
Solos	12:50 - 15:25
Break	15:25 - 16:00
Warming-up Teams	15:25 - 15:55
DEMO KNZB	16:00 - 16:05
Teams	16:05 - 17:00
Medal Ceremony	17:00 - 17:30
END OF DAY 1	17:30
Fryslân Open Diner	18:15 - 20:30

Sunday 6 July 2025 / Free Routines

Jury meeting	07:45 - 08:25
Meeting with coaches	08:00 - 08:15
Warming-up Duets	07:45 - 08:25
Start Championship Free Routines	08:30
Duets	08:30 - 10:45
Break	10:45 - 11:20
Warming-up Teams	10:45 - 11:15
Teams	11:20 - 13:10
Medal Ceremony Duets & Teams	13:10 - 13:30
Lunch break	13:10 - 14:00
Warming-up Solos	13:30 - 13:55
Solos	14:00 - 16:35
Break	16:35 - 17:10
Warming-up Combinations	16:35 - 17:05
Combinations	17:10 - 18:10
Medal Ceremony Solos & Combinations	18:15 - 18:35
Closure	18:35 - 18:45
END OF DAY 2	18:45

This program is indicative. The actual course of the event can progress faster or slower. Please take this into account during your preparations.

SCHEDULE - TECHNICAL ROUTINES

Duet Women - Age 50 - 59 years

Time: 10:00h

	Name	Club	Country	Score
1	Nathalie Torenvliet Sandra van Veltom	Synchro Breda	NED	
2	Mieke de Zeeuw Linda Zwaan	ZV Westland	NED	
3	Birte Hohlstein-Janssen Silke Hohlstein-Terwesten	Turnverein Schiefbahn 1899 e.V.	GER	

Duet Women - Age 40 - 49 years

Time: 10:12h

	Name	Club	Country	Score
1	Delphie Meeuws Jisca Ebelties	PSV Synchro Team Eindhoven	NED	
2	Anna-Lena Bantle Carole Rausch	SG Stadtwerke München - Isarnixen	GER	
3	Jet van Deijk Rima van Paridon	ZPC Amersfoort	NED	
4	Marlieke van Eck Rosine de Leeuw	Synchro Breda	NED	
5	Angelique Dekker Michelle Dekker	PFC Rheden	NED	
6	Barbara Wijerink Lineke Claessens	PSV Synchro Team Eindhoven	NED	

Duet Women - Age 30 - 39 years

Time: 10:35h

	Name	Club	Country	Score
1	Angela Willems Kirsten Hogeboom RES: Kim Rijksen	PFC Rheden	NED	
2	Nienke Vissers Nelly Vandame	DSZ Den Haag	NED	
3	Aafke Kok Iris Pardieck	De Dolfijn	NED	
4	Jacomar Stout-van Zoest Emmy Bonte RES: Hélène van Dijk	ACZ	NED	
5	Joyce Benders Sanne de Witte	ACZ	NED	

6	Rianne Swieringa Ellen Waterlander	HZ&PC Heerenveen	NED	
7	Saskia Bossy Elisa di Padova	Meyrin Natation	SUI	
8	Natasja Strengers Joselien van Schuppen	Swol 1894	NED	

Break

11:10 - 11:15

Duet Women - Age 25 - 29 years

Time: 11:15h

	Name	Club	Country	Score
1	Bionda de Moor Hélène Wolfkamp-Heersema	Swol 1894	NED	
2	Bianca Bos Moniek Bos	ZCNF'34	NED	
3	Saskia Gehrels Jolinde van Zwolle	Swol 1894	NED	
4	Adriana Oregon Chong Ainara Matey Benito	ATSV Hamburg	GER	
5	Stefanie Neudecker Carolyn Mensendiek	SV Brackwede	GER	
6	Agnes Paul Kelly Kinkade	ATSV Hamburg	GER	

Mixed Duet - Age 25 - 29 years

Time: 11:40h

	Name	Club	Country	Score
1	Raemon van Geen Jille van Geen	AZC	NED	

Duet Women - Age 20 - 24 years

Time: 11:45h

	Name	Club	Country	Score
1	Tess Nijhoff Marit Halfman	PFC Rheden	NED	
2	Goia Captijn Ilse de Heij	ZPCH	NED	
3	Elke Brandt Kainah Croes	PFC Rheden	NED	
4	Madeleine Regtering Femke Vos	ZPCH	NED	

5	Annelies Vanhamel Elise Vanhamel	RSCM - Aquadans	BEL	
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Mixed Duet - Age 20 - 24 years

Time: 12:05h

	Name	Club	Country	Score
1	Jelte van Gorp Eva Vets	RSCM - Aquadans	BEL	
2	Yinli Titt Giovanni van Zon	ACZ	NED	

Lunch Break	12:15 - 12:40
Warming-up Solos	12:15 - 12:40
DEMO KNZB	12:40 - 12:45

Solo Women - Age 80 and older

Time: 12:45h

	Name	Club	Country	Score
1	Christine Schron	Wasser Freunde Delphin Eschweiler	GER	

Solo Women - Age 60 - 69 years

Time: 12:50h

	Name	Club	Country	Score
1	Inge Verhoef	ZPC Amersfoort	NED	
2	Doris Esser	Wasser Freunde Delphin Eschweiler	GER	

Solo Women - Age 50 - 59 years

Time: 13:00h

	Name	Club	Country	Score
1	Astrid Smit	Swol 1894	NED	
2	Jacquelien Haisma	ZCNF'34	NED	
3	Joanna Penney	City of Bristol	GBR	
4	Rima van Paridon	ZPC Amersfoort	NED	

Solo Women - Age 40 - 49 years

Time: 13:15h

	Name	Club	Country	Score
1	Bettina Kubitza	SG Stadtwerke München - Isarnixen	GER	
2	Suzanne Veldsink	PSV Synchro Team Eindhoven	NED	
3	Olivia Hurbin	ENN Synchro	BEL	
4	Natasja van der Leden	DSZ Den Haag	NED	
5	Moniek Werkman - Rip	HZ&PC Heerenveen	NED	
6	Lineke Claessens	PSV Synchro Team Eindhoven	NED	
7	Jet van Deijk	ZPC Amersfoort	NED	
8	Jacomar Stout - van Zoest	ACZ	NED	

Break

13:45 - 13:55

Solo Women - Age 30 - 39 years

Time: 13:55h

	Name	Club	Country	Score
1	Kim Deiman	ZPCH	NED	
2	Evengelia Koutidi	Zwemlust Den Hommel	NED	
3	Liza de Bruijn	DAW	NED	
4	Joselien van Schuppen	Swol 1894	NED	
5	Gwennaëlle Furlanetto	ENN Synchro	BEL	
6	Melanie Domburg	AZC	NED	
7	Christel Groenleer	PSV Synchro Team Eindhoven	NED	
8	Marjolein Wiegerink	PFC Rheden	NED	
9	Laura Loi	ZPCH	NED	

10	Rianne Swieringa	HZ&PC Heerenveen	NED	
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Solo Women - Age 25 - 29 years

Time: 14:35h

	Name	Club	Country	Score
1	Sharon Dijkman	ZPC Amersfoort	NED	
2	Adriana Oregon Chong	ATSV Hamburg	GER	
3	Rebecca Duyverman	PFC Rheden	NED	
4	Ine Balfoort	Aquarijn	NED	
5	Emmy Bonte	ACZ	NED	
6	Angela Voskuilen	ZCNF'34	NED	

Solo Women - Age 20 - 24 years

Time: 15:00h

	Name	Club	Country	Score
1	Elise Vanhamel	RSCM - Aquadans	BEL	
2	Femke Vos	ZPCH	NED	
3	Jessica Gaspar	Meyrin Natation	SUI	
4	Iraia Fernandez	DSZ Den Haag	NED	

Solo Men - Age 20 - 24 years

Time: 15:15h

	Name	Club	Country	Score
1	Jelte van Gorp	RSCM - Aquadans	BEL	

Break

Warming-up | Teams

DEMO | KNZB

15:25 - 15:55
15:25 - 15:55
15:55 - 16:00

Team - Age 35 - 49 years

Time: 16:00h

	Name	Club	Country	Score
1	Sharon Dijkman Suzanne Broesder Sirja Pieterman Jet van Deijk Rima van Paridon Edith Boxsem Tosca van Haren Inge Verhoef RES: Roos van der Horn	ZPC Amersfoort	NED	
2	Adina Keller Fabienne Pulver Annina Biesold Vera Wagner Fabienne Stettler Virginia Otranto	Artistic Swimming Bern	SUI	
3	Barbara Wijerink Christel Groenleer Christine Ha Delphie Meeuws Dorda Petric Mitev Jisca Ebelties Nicole Bierman Suzanne Veldsink RES: Lineke Claessens RES: Vera Keijsers	PSV Synchro Team Eindhoven	NED	

Team - Age 25 - 34 years

Time: 16:15h

	Name	Club	Country	Score
1	Anuschka Arni Leila Bolis Sabrina Flueck Elena Frei Sarah Mueller Enya Ritter Valeria Rudi Fiona Schmid	Artistic Swimming Bern	SUI	
2	Christel Derks Julie Lorenzi Katarina Dabo Lisanne Loep Sietske Klein Valerie Verhoef	De Dolfijn	NED	

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3	Natasja Strengers Joselien van Schuppen Charlotte van Schuppen Saskia Gehrels Bionda de Moor Hélène Wolfkamp-Heersema Ilyana Popkema Jolinde van Zwolle	Swol 1894	NED	
4	Jacqueline Schrauwen Ine Balfoort Janna Balfoort Tamara Berner Mirthe Bellers Marieke Wiesmeijer RES: Kimberly Brotherton	Aquarijn	NED	
5	Michelle Abendroth Denise van Barneveld Manon Bouthoorn Kim Braxhoven Melanie Domburg Carmen Penders Angeline van Wijk Sanne Wouters RES: Robin Deutekom	AZC	NED	
6	Angelique Dekker Michelle Dekker Marjolein Wiegerink Kirsten Hogeboom Angela Willems Rebecca Duyverman Kim Rijksen Marit Halfman	PFC Rheden	NED	

Team - Age 20 - 24 years

Time: 16:55h

Name	Club	Country	Score
1 Roos van Dam Indy van Gendt Robin Vermeulen Charlotte Vos	Zwemlust Den Hommel	NED	

Medal Ceremony	17:00 - 17:30
END OF DAY 1	17:30
Fryslân Open Diner	18:15 - 20:30

FOOD AND DRINKS

RESTAURANT

During the competition, the Sportstad Café restaurant is opened for drinks, beers, sandwiches, coffee/tea, fruits and delicious meals. Lunches are also offered in the Sportstad Café (on your own expense).

Opening hours: Saturday from 10:00 till 00:00, Sunday from 11:00 till 19:00.

Visit the website of the restaurant for the full menu & prices:
<https://sportstadcafe.nl/menukaarten/>

FRYSLÂN OPEN DINER

On Saturday 5 July we offer a **Build your own Burger buffet**.

For a price of EUR 20,00 you can build your own burger with fresh vegetables and sauzes, fries and salads at our restaurant.... A drink (soda, beer) is included!

Join us and get to know each other outside the pool and have a good meal!

Register upfront via our website: fryslanopen.com/shop-en
Ordering is possible till 25 June 2025.



SCHEDULE - FREE ROUTINES

Duet Women - Age 70 - 79 years

Time: 08:30h

	Name	Club	Country	Score
1	Doris Esser Christine Schorn	Wasser Freunde Delphin Eschweiler	GER	

Duet Women - Age 50 - 59 years

Time: 08:35h

	Name	Club	Country	Score
1	Birte Hohlstein-Janssen Silke Hohlstein-Terwesten	Turnverein Schiefbahn 1899 e.V.	GER	
2	Sandra van Veltom Ingrid van Veltom	Synchro Breda	NED	
3	Mieke de Zeeuw Linda Zwaan	ZV Westland	NED	

Duet Women - Age 40 - 49 years

Time: 08:45h

	Name	Club	Country	Score
1	Angelique Dekker Michelle Dekker	PFC Rheden	NED	
2	Barbara Wijerink Lineke Claessens	PSV Synchro Team Eindhoven	NED	
3	Anna-Lena Bantle Carole Rausch RES: Bettina Kubitza	SG Stadtwerke München - Isarnixen	GER	
4	Jet van Deijk Rima van Paridon	ZPC Amersfoort	NED	

Duet Women - Age 30 - 39 years

Time: 09:00h

	Name	Club	Country	Score
1	Rianne Swieringa Ellen Waterlander	HZ&PC Heerenveen	NED	
2	Joyce Benders Sanne de Witte	AZC	NED	
3	Inge van de Kragt Lisanne Boxsem	De Houtrib	NED	
4	Natasja Strengers Joselien van Schuppen	Swol 1894	NED	

5	Aafke Kok Iris Pardieck	De Dolfijn	NED	
6	Jacomar Stout-van Soest Emmy Bonte RES: Hélène van Dijk	ACZ	NED	
7	Saskia Bossy Elisa di Padova	Meyrin Natation	SUI	
8	Christel Groenleer Christine Ha	PSV Synchro Team Eindhoven	NED	
9	Angela Willems Kirsten Hogeboom RES: Kim Rijksen	PFC Rheden	NED	

Duet Women - Age 25 - 29 years

Time: 09:40h

	Name	Club	Country	Score
1	Esmee Reutelaars Carlijn Mussies	DSZ Den Haag	NED	
2	Adriana Oregon Chong Ainara Matey Benito	ATSV Hamburg	GER	
3	Janna Balfoort Marieke Wiesmeijer	Aquarijn	NED	
4	Stefanie Neudecker Carolyn Mensendiek	SV Brackwede	GER	
5	Nadia Buurmans Manon Mus	Synchro Breda	NED	
6	Agnes Paul Kelly Kinkade	ATSV Hamburg	GER	
7	Kim Deiman Gioia Captijn	ZPCH	NED	
8	Bionda de Moor Hélène Wolfkamp-Heersema	Swol 1894	NED	
9	Julie Lorenzi Valerie Verhoef	De Dolfijn	NED	

Duet Women - Age 20 - 24 years

Time: 10:15h

	Name	Club	Country	Score
1	Madeleine Regtering Femke Vos	ZPCH	NED	
2	Ysaline Hardy Liza van den Haute	ENN Synchro	BEL	
3	Elke Brandt Tess Nijhof	PFC Rheden	NED	
4	Iraia Fernandez Nelly Vandame	DSZ Den Haag	NED	
5	Sophie van der Wal Isa Becker	Zuiderzeezwemmers	NED	
6	Annelies Vanhamel Elise Vanhamel	RSCM - Aquadans	BEL	

Mixed Duet - Age 20 - 24 years

Time: 10:40h

	Name	Club	Country	Score
1	Yinli Titt Giovanni van der Zon	ACZ	NED	
2	Jelte van Gorp Eva Vets	RSCM - Aquadans	BEL	

Break
Warming-up | Teams

10:45 - 11:20
10:45 - 11:15

Team - Age 35 - 49 years

Time: 11:20h

	Name	Club	Country	Score
1	Adina Keller Fabienne Pulver Annina Biesold Vera Wagner Fabienne Stettler Virginia Otranto	Artistic Swimming Bern	SUI	
2	Barbara Wijerink Christel Groenleer Christine Ha Delphie Meeuws Dorda Petric Mitev Jisca Ebelties Nicole Bierman Suzanne Veldsink RES: Lineke Claessens RES: Vera Keijzers	PSV Synchro Team Eindhoven	NED	
3	Rianne Swieringa Ellen Waterlander Moniek Werkman - Rip Nieske Kramer - Kooistra Doucette Riemersma Kim van der Linden Miranda Cornelissen - Wuring	HZ&PC Heerenveen	NED	
4	Angelique Dekker Michelle Dekker Marjolein Wiegerink Kirsten Hogeboom Angela Willems Rebecca Duyverman	PFC Rheden	NED	
5	Sharon Dijkman Suzanne Broesder Sirja Pieterman Jet van Deijk Rima van Paridon Edith Boxsem Tosca van Haren Inge Verhoef RES: Roos van der Horn	ZPC Amersfoort	NED	

Team - Age 25 - 34 years

Time: 11:50h

	Name	Club	Country	Score
1	Sylvana Klamer Lisa Stegers Dagmar Hogendijk Julia van Bruchem Jocelyn Eloise Langley Leanne van Zanden Natasja van Suijdam Sophie Glasmeier RES: Amanda Waltman	Watervrienden Almere	NED	
2	Inge van de Kragt Lisanne Boxsem Mariska Zeeman Audrey Draisma Linda van Engelen Nyanja de Roos Kim Lenzen	De Houtrib	NED	
3	Karlijn Horrevorts Marietta van Esch Nina Kools Claudi Timmermans	De Dokkelaers	NED	
4	Esmee Reuselaars Carlijn Mussies Nelly Vandame Iraia Fernandez Isla Feen Nienke Vissers Jolien de Munck	DSZ Den Haag	NED	
5	Liza van den Haute Ysaline Hardy Victoria Bertozzi Sacha Lafferrerie Olivia Hurbin Constance Lacroix Gwennaëlle Furlanetto Marie Vandermeulen	ENN Synchro	BEL	
6	Christel Derks Julie Lorenzi Katarina Dabo Lisanne Loep Sietske Klein Valerie Verhoef	De Dolfijn	NED	
7	Anuschka Arni Leila Bolis Sabrina Flueck Elena Frei Sarah Mueller Enya Ritter Valeria Rudi Fiona Schmid	Artistic Swimming Bern	SUI	

8	Giovanni van der Zon	ACZ	NED	
	Yinli Titt			
	Hélène van Dijk			
	Jacomar Stout-van Soest			
	Emmy Bonte			
9	Jacqueline Schrauwen	Aquarijn	NED	
	Ine Balfoort			
	Janna Balfoort			
	Tamara Berner			
	Mirthe Bellers			
	Marieke Wiesmeijer			
10	RES: Kimberly Brotherton			
	Adriana Oregon Chong	ATSV Hamburg	GER	
	Ainara Matey Benito			
	Agnes Paul			
	Kelly Kinkade			
	Eva Lotta Lange			
11	Aleyna Dede			
	Kim Deiman	ZPCH	NED	
	Ilse de Heij			
	Gioia Captijn			
	Femke Vos			
	Laura Loi			
	Marin Hokke			
	Madeleine Regtering			

Team - Age 20 - 24 years

Time: 13:00h

Name	Club	Country	Score
1	PFC Rheden	NED	
2	ZCNF'34	NED	

Break

Medal Ceremony | Duet & Team

Warming-up | Solo

13:10 - 14:00

13:10 - 13:30

13:30 - 14:00

Solo Women - Age 60 - 69 years

Time: 14:00h

	Name	Club	Country	Score
1	Inge Verhoef	ZPC Amersfoort	NED	
2	Doris Esser	Wasser Freunde Delphin Eschweiler	GER	

Solo Women - Age 50 - 59 years

Time: 14:10h

	Name	Club	Country	Score
1	Joanna Penney	City of Bristol	GBR	
2	Tosca van Haren	ZPC Amersfoort	NED	
3	Astrid Smit	Swol 1894	NED	

Solo Women - Age 40 - 49 years

Time: 14:20h

	Name	Club	Country	Score
1	Jacomar Stout - van Zoest	ACZ	NED	
2	Natasja van der Leden	DSZ Den Haag	NED	
3	Jet van Deijk	ZPC Amersfoort	NED	
4	Lineke Claessens	PSV Synchro Team Eindhoven	NED	
5	Michelle Dekker	PFC Rheden	NED	
6	Moniek Werkman - Rip	HZ&PC Heerenveen	NED	
7	Bettina Kubitza	SG Stadtwerke München - Isarnixen	GER	

Solo Women - Age 20 - 24 years

Time: 14:50h

	Name	Club	Country	Score
1	Marissa Peters	Aqua-Novio'94	NED	
2	Annelies Vanhamel	RSCM – Aquadans	BEL	
3	Elke Brandt	PFC Rheden	NED	
4	Femke Vos	ZPCH	NED	
5	Elise Vanhamel	RSCM – Aquadans	BEL	
6	Jessica Gaspar	Meyrin Natation	SUI	

Solo Men - Age 20 - 24 years

Time: 15:10h

	Name	Club	Country	Score
1	Jelte van Gorp	RSCM - Aquadans	BEL	

Break

15:15 - 15:25

Solo Women - Age 30 - 39 years

Time: 15:25h

	Name	Club	Country	Score
1	Cheryl Dul	De Treffers	NED	
2	Inge van de Kragt	De Houtrib	NED	
3	Hilde Munsters	Synchro Breda	NED	
4	Evengelia Koutidi	Zwemlust Den Hommel	NED	
5	Joselien van Schuppen	Swol 1894	NED	
6	Hymke Jansen	Zwemlust Den Hommel	NED	
7	Liza de Bruijn	DAW	NED	
8	Rianne Swieringa	HZ&PC Heerenveen	NED	
9	Kim Deiman	ZPCH	NED	
10	Laura Loi	ZPCH	NED	
11	Melanie Domburg	AZC	NED	
12	Marjolein Wiegerink	PFC Rheden	NED	

Solo Women - Age 25 - 29 years

Time: 16:15h

	Name	Club	Country	Score
1	Angela Voskuilen	ZCNF'34	NED	
2	Emmy Bonte	ACZ	GER	
3	Rebecca Duyverman	PFC Rheden	NED	
4	Esmee Reuselaars	DSZ Den Haag	NED	
5	Adriana Oregon Chong	ATSV Hamburg	GER	
6	Karlijn Horrevorts	De Dokkelaers	NED	

Combination - Age 25 - 39 years

Time: 17:10h

Name	Club	Country	Score
1 Ismay Smook Sophie van der Wal Isa Becker Sebastiaan Rozendaal Bart Kuijper Tim Salomons	Zuiderzeezwemmers	NED	
2 Maureen Haisma Bowien van der Vegt Kim de Vries Bregje Tingen Hendrea Tingen Janneke Tingen Lenthe Westerlaan Bianca Bos Moniek Bos Jacqueliën Haisma RES: Eva de Vries	ZCNF'34	NED	
3 Linde van de Put Tess Föllings Abigail de Veer Jasmijn van Appeldorn Linda van Heumen Myrthe Huysmans Lisa Dams Marissa Peters	Aqua-Novio'94	NED	
4 Amber Maaskant Carla Lebesque Chantal Vlaskamp Anne van Gaal Anne Tutert Maret Hoogeboom Anne ten Vergert	Hera'11	NED	
5 Stefanie Neudecker Annkathrin Wagner Chiara Zöllner Carolin Mensendiek Nicole Schanz Ivette Gossen Luna Vincenzo Valentino	SV Brackwede	GER	

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6	Natasja Strengers	Swol 1894	NED
	Charlotte van Schuppen		
	Saskia Gehrels		
	Bionda de Moor		
	Hélène Wolfkamp-Heersema		
	Ilyana Popkema		
	Cindy van Engel		
	Jolinde van Zwolle		
7	Saskia Bossy	Meyrin Natation	SUI
	Elisa di Padova		
	Jessica Gaspar		
	Audrey Imesch		
	Desirée Linder		
8	Marlieke van Eck	Synchro Breda	NED
	Rosine de Leeuw		
	Yenthe van Sasse van IJsselt		
	Hilde Munsters		
	Manon Mus		
	Annabelle van Overveld		
	Nathalie Torenvliet		
	Sandra van Veltom		
	Ingrid van Veltom		
9	Michelle Abendroth	AZC	NED
	Denise van Barneveld		
	Manon Bouthoorn		
	Kim Braxhoven		
	Melanie Domburg		
	Carmen Penders		
	Angeline van Wijk		
	Sanne Wouters		
	Robin Deutekom		
10	Rianne Swieringa	HZ&PC Heerenveen	NED
	Ellen Waterlander		
	Moniek Werkman-Rip		
	Nieske Kramer-Kooistra		
	Doucette Riemersma		
	Kim van der Linden		
	Miranda Cornelissen-Wuring		

Medal Ceremony | Solo & Combination 18:10 - 18:30

END OF DAY 2 18:30

COACH'S NOTES



Our Sponsors



A special thanks to our sponsors and all the volunteers for their presence and support during the competition!

GENERAL INFORMATION

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Abe Lenstra Boulevard 23-Q
8448 JA Heerenveen
The Netherlands

Contact: participants@fryslanopen.com

Website: www.fryslanopen.com

Instagram: @fryslanopen

Facebook: Fryslân Open

SEE U NEXT YEAR ON 4 & 5 JULY