

35 - 39 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2017

25 vrije slag**50 vrije slag**

1. van Staveren Marina	78	08-021	30.40	25m	31-10-13	Heemskerk (NED)	446
2. Heus Pauline	78	08-021	34.63	25m	15-2-14	Heerenveen (NED)	302
3. ten Cate Joyce	80	08-021	37.72	25m	23-4-15	Heemskerk (NED)	233

100 vrije slag

1. van Staveren Marina	78	08-021	1:08.06	25m	12-1-13	Zwolle (NED)	421
2. Heus Pauline	78	08-021	1:15.38	25m	5-10-13	Zwolle (NED)	309
3. ten Cate Joyce	80	08-021	1:22.29	25m	17-1-16	Purmerend (NED)	238

200 vrije slag

1. van Staveren Marina	78	08-021	2:31.15	25m	17-11-13	Almere-Stad (NED)	393
2. Heus Pauline	78	08-021	2:45.26	25m	17-11-13	Almere-Stad (NED)	301
3. ten Cate Joyce	80	08-021	3:03.64	25m	15-11-15	Purmerend (NED)	219

250 vrije slag**300 vrije slag****400 vrije slag**

1. van Staveren Marina	78	08-021	5:33.78	25m	26-5-13	Grootebroek (NED)	346
------------------------	----	--------	---------	-----	---------	-------------------	-----

500 vrije slag**800 vrije slag****1000 vrije slag****1250 vrije slag****1500 vrije slag****2000 vrije slag****2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag**

10000 vrije slag**20000 vrije slag****22000 vrije slag****25 rugslag****50 rugslag**

1. van Staveren Marina	78	08-021	39.07	25m	21-3-13	Heemskerk (NED)	283
2. Heus Pauline	78	08-021	43.55	25m	21-3-13	Heemskerk (NED)	204
3. ten Cate Joyce	80	08-021	44.33	25m	16-3-17	Heemskerk (NED)	194

100 rugslag

1. van Staveren Marina	78	08-021	1:22.38	25m	26-5-13	Grootebroek (NED)	298
2. Heus Pauline	78	08-021	1:31.35	25m	12-12-13	Heemskerk (NED)	218
3. ten Cate Joyce	80	08-021	1:33.75	25m	10-12-15	Heemskerk (NED)	202

200 rugslag

1. ten Cate Joyce	80	08-021	3:24.03	25m	17-1-16	Purmerend (NED)	199
-------------------	----	--------	---------	-----	---------	-----------------	-----

500 rugslag**25 schoolslag**

1. Geluk Mabelle	73	08-021	26.65	25m	20-11-11	Almere-Stad (NED)	127
------------------	----	--------	-------	-----	----------	-------------------	-----

50 schoolslag

1. van Staveren Marina	78	08-021	43.07	25m	12-1-13	Zwolle (NED)	298
2. Heus Pauline	78	08-021	44.00	25m	12-1-14	Alkmaar (NED)	280
3. ten Cate Joyce	80	08-021	50.97	25m	8-1-15	Heemskerk (NED)	180

100 schoolslag

1. van Staveren Marina	78	08-021	1:33.28	25m	31-10-13	Heemskerk (NED)	298
2. Heus Pauline	78	08-021	1:36.97	25m	31-10-13	Heemskerk (NED)	265
3. Geluk Mabelle	73	08-021	2:09.64	25m	20-11-11	Almere-Stad (NED)	111

200 schoolslag

1. Heus Pauline	78	08-021	3:23.93	25m	5-10-13	Zwolle (NED)	287
2. van Staveren Marina	78	08-021	3:27.23	25m	17-10-15	Emmeloord (NED)	273

500 schoolslag**800 schoolslag****1000 schoolslag****1500 schoolslag****2000 schoolslag**

2500 schoolslag**3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. van Staveren Marina	78	08-021	15.23	25m	16-2-13	Heerenveen (NED)	396
------------------------	----	--------	-------	-----	---------	------------------	-----

50 vlinderslag

1. van Staveren Marina	78	08-021	33.33	25m	12-12-13	Heemskerk (NED)	391
2. Heus Pauline	78	08-021	41.81	25m	12-12-13	Heemskerk (NED)	198
3. ten Cate Joyce	80	08-021	43.90	25m	10-12-15	Heemskerk (NED)	171

100 vlinderslag

1. van Staveren Marina	78	08-021	1:20.77	25m	12-1-14	Alkmaar (NED)	309
------------------------	----	--------	---------	-----	---------	---------------	-----

200 vlinderslag**100 wisselslag**

1. van Staveren Marina	78	08-021	1:20.37	25m	21-2-15	Heerenveen (NED)	351
2. Heus Pauline	78	08-021	1:27.33	25m	15-2-14	Heerenveen (NED)	273
3. ten Cate Joyce	80	08-021	1:36.26	25m	23-4-15	Heemskerk (NED)	204

200 wisselslag

1. Heus Pauline	78	08-021	3:11.95	25m	12-1-14	Alkmaar (NED)	255
-----------------	----	--------	---------	-----	---------	---------------	-----

300 wisselslag**400 wisselslag**