

**25 vrije slag****50 vrije slag**

1. van Staveren Marina	78	08-021	30.40	25m	31-10-13	Heemskerk (NED)
2. Heus Pauline	78	08-021	34.63	25m	15-2-14	Heerenveen (NED)
3. ten Cate Joyce	80	08-021	36.55	25m	17-5-18	Heemskerk (NED)

**100 vrije slag**

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

**200 vrije slag**

1. van Staveren Marina	78	08-021	2:31.15	25m	17-11-13	Almere-Stad (NED)
2. Heus Pauline	78	08-021	2:45.26	25m	17-11-13	Almere-Stad (NED)
3. ten Cate Joyce	80	08-021	3:03.64	25m	15-11-15	Purmerend (NED)
4. Geluk Mabelle	73	08-021	4:53.19	50m	4-6-11	Apeldoorn (NED)

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**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)
2. Geluk Mabelle	73	08-021	9:54.06	50m	4-6-11	Apeldoorn (NED)

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**500 vrije slag****800 vrije slag**

1. Geluk Mabelle	73	08-021	20:25.45	50m	4-6-11	Apeldoorn (NED)
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**1000 vrije slag**

1. van Staveren Marina	78	08-021	15:45.07	OW	4-8-13	Amstelveen (NED)
2. Heus Pauline	78	08-021	16:45.90	OW	4-8-13	Amstelveen (NED)

**1250 vrije slag****1500 vrije slag**

1. Heus Pauline	78	08-021	26:10.58	OW	21-7-13	Amsterdam (NED)
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**2000 vrije slag**

1. Heus Pauline	78	08-021	35:03.55	OW	4-8-13	Amstelveen (NED)
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**2500 vrije slag**

**3000 vrije slag**

1. Heus Pauline	78	08-021	50:50.35	OW	7-9-13	Eindhoven (NED)
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**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	38.91	50m	24-3-13	Amersfoort (NED)	336
2. Heus Pauline	78	08-021	43.55	25m	21-3-13	Heemskerk (NED)	
3. ten Cate Joyce	80	08-021	44.33	25m	16-3-17	Heemskerk (NED)	

**100 rugslag**

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

**200 rugslag**

1. van Staveren Marina	78	08-021	3:04.40	50m	24-3-13	Amersfoort (NED)	304
2. ten Cate Joyce	80	08-021	3:24.03	25m	17-1-16	Purmerend (NED)	

**500 rugslag****25 schoolslag**

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

1. van Staveren Marina	78	08-021	43.07	25m	12-1-13	Zwolle (NED)
2. Heus Pauline	78	08-021	44.00	25m	12-1-14	Alkmaar (NED)
3. ten Cate Joyce	80	08-021	50.55	25m	15-2-18	Heemskerk (NED)

**100 schoolslag**

1. van Staveren Marina	78	08-021	1:33.28	25m	31-10-13	Heemskerk (NED)
2. Heus Pauline	78	08-021	1:36.97	25m	31-10-13	Heemskerk (NED)
3. ten Cate Joyce	80	08-021	1:48.23	25m	9-11-17	Heemskerk (NED)
4. Geluk Mabelle	73	08-021	2:09.64	25m	20-11-11	Almere-Stad (NED)

**200 schoolslag**

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

**500 schoolslag****800 schoolslag****1000 schoolslag**

1. Heus Pauline	78	08-021	19:15.32	OW	21-7-13	Amsterdam (NED)
2. Geluk Mabelle	73	08-021	24:19.16	OW	11-9-11	Vught (NED)

**1250 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)
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**50 vlinderslag**

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

**100 vlinderslag**

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

**1000 vlinderslag****100 wisselslag**

1. van Staveren Marina	78	08-021	1:20.37	25m	21-2-15	Heerenveen (NED)
2. Heus Pauline	78	08-021	1:27.33	25m	15-2-14	Heerenveen (NED)
3. ten Cate Joyce	80	08-021	1:34.93	25m	17-5-18	Heemskerk (NED)

**200 wisselslag**

1. Heus Pauline	78	08-021	3:11.95	25m	12-1-14	Alkmaar (NED)
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**300 wisselslag****400 wisselslag**