

30 - 34 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2015

25 vrije slag**50 vrije slag**

| | | | | | | |
|------------------------|----|--------|-------|-----|---------|------------------|
| 1. van Staveren Marina | 78 | 08-021 | 31.02 | 50m | 18-3-12 | Amersfoort (NED) |
| 2. Stins Mariska | 84 | 08-021 | 32.66 | 50m | 19-4-15 | Alkmaar (NED) |

100 vrije slag

| | | | | | | |
|------------------------|----|--------|---------|-----|---------|--------------|
| 1. van Staveren Marina | 78 | 08-021 | 1:07.70 | 50m | 14-4-12 | Kampen (NED) |
| 2. Heus Pauline | 78 | 08-021 | 1:17.64 | 50m | 16-4-11 | Kampen (NED) |

200 vrije slag

| | | | | | | |
|------------------------|----|--------|---------|-----|---------|------------------|
| 1. van Staveren Marina | 78 | 08-021 | 2:45.64 | 50m | 18-3-12 | Amersfoort (NED) |
| 2. Jongema Helena | 80 | 08-021 | 3:04.48 | 50m | 3-6-11 | Apeldoorn (NED) |

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

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|------------------------|----|--------|---------|-----|---------|------------------|
| 1. van Staveren Marina | 78 | 08-021 | 5:44.09 | 50m | 18-3-12 | Amersfoort (NED) |
| 2. Jongema Helena | 80 | 08-021 | 6:28.39 | 50m | 3-6-11 | Apeldoorn (NED) |

500 vrije slag**800 vrije slag**

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|-------------------|----|--------|----------|-----|--------|-----------------|
| 1. Jongema Helena | 80 | 08-021 | 13:10.26 | 50m | 3-6-11 | Apeldoorn (NED) |
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1000 vrije slag**1250 vrije slag****1500 vrije slag**

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|-------------------|----|--------|----------|-----|--------|-----------------|
| 1. Jongema Helena | 80 | 08-021 | 24:45.29 | 50m | 3-6-11 | Apeldoorn (NED) |
|-------------------|----|--------|----------|-----|--------|-----------------|

2000 vrije slag**2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****10000 vrije slag**

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

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|------------------------|----|--------|-------|-----|---------|------------------|
| 1. van Staveren Marina | 78 | 08-021 | 37.55 | 50m | 16-4-11 | Kampen (NED) |
| 2. Stins Mariska | 84 | 08-021 | 38.95 | 50m | 22-3-15 | Amersfoort (NED) |
| 3. Jongema Helena | 80 | 08-021 | 39.71 | 50m | 27-3-10 | Amersfoort (NED) |

100 rugslag

| | | | | | | |
|------------------------|----|--------|---------|-----|---------|------------------|
| 1. van Staveren Marina | 78 | 08-021 | 1:26.27 | 50m | 13-3-11 | Amersfoort (NED) |
| 2. Jongema Helena | 80 | 08-021 | 1:26.62 | 50m | 13-3-11 | Amersfoort (NED) |

200 rugslag**500 rugslag****25 schoolslag****50 schoolslag**

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|------------------------|----|--------|-------|-----|---------|--------------|
| 1. van Staveren Marina | 78 | 08-021 | 43.26 | 50m | 14-4-12 | Kampen (NED) |
|------------------------|----|--------|-------|-----|---------|--------------|

100 schoolslag

| | | | | | | |
|-----------------|----|--------|---------|-----|---------|------------------|
| 1. Heus Pauline | 78 | 08-021 | 1:37.86 | 50m | 18-3-12 | Amersfoort (NED) |
|-----------------|----|--------|---------|-----|---------|------------------|

200 schoolslag

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|-----------------|----|--------|---------|-----|---------|--------------|
| 1. Heus Pauline | 78 | 08-021 | 3:29.66 | 50m | 14-4-12 | Kampen (NED) |
|-----------------|----|--------|---------|-----|---------|--------------|

500 schoolslag**800 schoolslag****1000 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

50 vlinderslag

| | | | | | | |
|------------------|----|--------|-------|-----|---------|------------------|
| 1. Stins Mariska | 84 | 08-021 | 36.47 | 50m | 22-3-15 | Amersfoort (NED) |
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100 vlinderslag

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|------------------------|----|--------|---------|-----|---------|---------------|
| 1. van Staveren Marina | 78 | 08-021 | 1:21.95 | 50m | 14-4-12 | Kampen (NED) |
| 2. Stins Mariska | 84 | 08-021 | 1:26.76 | 50m | 19-4-15 | Alkmaar (NED) |

200 vlinderslag

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|------------------|----|--------|---------|-----|--------|------------------|
| 1. Stins Mariska | 84 | 08-021 | 3:21.32 | 50m | 6-4-14 | Amersfoort (NED) |
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100 wisselslag**200 wisselslag**

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|------------------------|----|--------|---------|-----|---------|------------------|
| 1. van Staveren Marina | 78 | 08-021 | 2:59.65 | 50m | 13-3-11 | Amersfoort (NED) |
| 2. Stins Mariska | 84 | 08-021 | 3:07.63 | 50m | 19-4-15 | Alkmaar (NED) |
| 3. Heus Pauline | 78 | 08-021 | 3:16.82 | 50m | 18-3-12 | Amersfoort (NED) |

300 wisselslag**400 wisselslag**