

18 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2019

25 vrije slag**50 vrije slag**

1. Kingma Danae	00	08-021	28.94	50m	17-6-18	Buckeburg (GER)	547
2. Smit Sanne	01	08-021	29.21	50m	30-3-19	Amersfoort (NED)	532
3. Groen Anne	95	08-021	29.94	50m	25-5-13	Beverwijk (NED)	494
4. Kleijne Daisy	89	08-021	30.65	50m	19-5-07	Beverwijk (NED)	460
5. Vink Lidewij	90	08-021	31.06	50m	24-5-08	Beverwijk (NED)	442
6. de Haan Shira	00	08-021	31.57	50m	18-2-18	Alkmaar (NED)	421
7. Crok Annemarie	89	08-021	31.84	50m	22-4-07	Antwerpen (BEL)	410
8. Essers Sanne	91	08-021	31.89	50m	7-6-09	Beverwijk (NED)	408
9. Stins Mariska	84	08-021	32.66	50m	2-6-02	Beverwijk	380
10. van der Gracht Anouk	89	08-021	33.11	50m	22-4-07	Antwerpen (BEL)	365
11. Niesten Iris	92	08-021	34.18	50m	13-6-10	Beverwijk (NED)	332

100 vrije slag

1. Kingma Danae	00	08-021	1:02.81	50m	17-6-18	Buckeburg (GER)	558
2. Smit Sanne	01	08-021	1:03.65	50m	30-3-19	Amersfoort (NED)	536
3. Groen Anne	95	08-021	1:06.76	50m	26-5-13	Beverwijk (NED)	464
4. van der Kroft Nicole	84	08-021	1:07.74	50m	26-5-02	Beverwijk (NED)	444
5. Hoek Daniëlle	88	08-021	1:07.98	50m	21-5-06	Beverwijk (NED)	440
6. Crok Annemarie	89	08-021	1:08.51	50m	6-5-07	Eindhoven (NED)	429
7. Kleijne Daisy	89	08-021	1:08.60	50m	6-5-07	Eindhoven (NED)	428
8. Palmboom Nicole	91	08-021	1:08.77	50m	29-3-09	Alkmaar (NED)	425
9. Essers Sanne	91	08-021	1:09.19	50m	29-3-09	Alkmaar (NED)	417
10. van der Gracht Anouk	89	08-021	1:10.51	50m	21-4-07	Antwerpen (BEL)	394
11. Vink Lidewij	90	08-021	1:10.89	50m	30-3-08	Alkmaar (NED)	388
12. de Groot Gitta	60	08-021	1:11.80	50m	11-6-78	Beverwijk (NED)	373
13. Stins Mariska	84	08-021	1:11.90	50m	2-6-02	Beverwijk	371
14. Niesten Iris	92	08-021	1:13.76	50m	13-6-10	Beverwijk (NED)	344
15. Stam Vanessa	80	08-021	1:14.27	50m	25-10-98	Beverwijk (NED)	337
16. Heus Pauline	78	08-021	1:14.70	50m	2-6-96	Beverwijk (NED)	331
17. van Duin Margret	60	08-021	1:15.60	50m	11-6-78	Beverwijk (NED)	320
18. van Rookhuizen Sieta	79	08-021	1:16.50	50m	8-6-97	Beverwijk (NED)	308
19. Groot Tineke	60	08-021	1:21.50	50m	11-6-78	Beverwijk (NED)	255
20. Butter Anouk	82	08-021	1:21.75	50m	7-5-00	Beverwijk (NED)	253
21. ten Cate Joyce	80	08-021	1:24.61	50m	25-10-98	Beverwijk (NED)	228
22. Molenaar Eline	82	08-021	1:26.31	50m	7-5-00	Beverwijk (NED)	215
23. Beentjes Nicolet	80	08-021	1:36.06	50m	25-10-98	Beverwijk (NED)	155

200 vrije slag

1. Smit Sanne	01	08-021	2:27.05	50m	10-3-19	Amsterdam (NED)	453
2. Hoek Daniëlle	88	08-021	2:30.73	50m	14-5-06	Beverwijk (NED)	421
3. Meijer Sylvia	81	08-021	2:36.47	50m	30-5-99	Beverwijk (NED)	376
4. van der Kroft Nicole	84	08-021	2:36.96	50m	18-5-02	Nordhorn (GER)	372
5. Stins Mariska	84	08-021	2:46.07	50m	18-5-02	Nordhorn (GER)	314
6. Butter Anouk	82	08-021	2:50.34	50m	7-5-00	Beverwijk (NED)	291
7. Molenaar Eline	82	08-021	3:05.97	50m	7-5-00	Beverwijk (NED)	224

250 vrije slag

300 vrije slag

1. Smit Sanne	01	08-021	3:44.38	50m	10-3-19	Amsterdam (NED)	472
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400 vrije slag

1. Smit Sanne	01	08-021	5:03.32	50m	10-3-19	Amsterdam (NED)	473
2. Vink Lidewij	90	08-021	5:08.50	50m	17-5-08	Beverwijk (NED)	450

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. Kleijne Daisy	89	08-021	35.00	50m	20-5-07	Beverwijk (NED)	462
2. Groen Anne	95	08-021	36.08	50m	26-5-13	Beverwijk (NED)	421
3. van der Kroft Nicole	84	08-021	37.68	50m	26-5-02	Beverwijk (NED)	370
4. Crok Annemarie	89	08-021	38.25	50m	22-4-07	Antwerpen (BEL)	354
5. de Haan Shira	00	08-021	38.40	50m	8-12-18	Beverwijk (NED)	349
6. van der Gracht Anouk	89	08-021	39.68	50m	22-4-07	Antwerpen (BEL)	317

100 rugslag

1. Kingma Danae	00	08-021	1:12.63	50m	17-6-18	Buckeburg (GER)	511
2. Meijer Sylvia	81	08-021	1:17.68	50m	2-5-99	Beverwijk (NED)	418
3. Kleijne Daisy	89	08-021	1:18.79	50m	6-5-07	Eindhoven (NED)	400
4. Stins Mariska	84	08-021	1:20.10	50m	1-6-02	Beverwijk	381
5. van der Gracht Anouk	89	08-021	1:22.60	50m	2-6-07	Beverwijk (NED)	348
6. Vink Lidewij	90	08-021	1:22.82	50m	17-5-08	Beverwijk (NED)	345
7. Crok Annemarie	89	08-021	1:22.96	50m	6-5-07	Eindhoven (NED)	343
8. Essers Sanne	91	08-021	1:24.40	50m	6-6-09	Beverwijk (NED)	326
9. Heus Pauline	78	08-021	1:24.70	50m	1-6-96	Beverwijk (NED)	322
10. ten Cate Joyce	80	08-021	1:32.32	50m	25-10-98	Beverwijk (NED)	249
11. Butter Anouk	82	08-021	1:36.80	50m	7-5-00	Beverwijk (NED)	216
12. Molenaar Eline	82	08-021	1:40.14	50m	7-5-00	Beverwijk (NED)	195
13. Beentjes Nicolet	80	08-021	1:45.75	50m	25-10-98	Beverwijk (NED)	165

200 rugslag

1. Groen Anne	95	08-021	2:43.66	50m	12-5-13	Beverwijk (NED)	435
2. Meijer Sylvia	81	08-021	2:45.96	50m	30-5-99	Beverwijk (NED)	417
3. Crok Annemarie	89	08-021	2:52.60	50m	21-4-07	Antwerpen (BEL)	371
4. van der Gracht Anouk	89	08-021	2:57.28	50m	21-4-07	Antwerpen (BEL)	342

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

1. de Haan Shira	00	08-021	39.66	50m	17-6-18	Buckeburg (GER)	407
2. Smit Sanne	01	08-021	40.14	50m	30-3-19	Amersfoort (NED)	392
3. Palmboom Nicole	91	08-021	40.79	50m	17-5-09	Alkmaar (NED)	374
4. van der Gracht Anouk	89	08-021	42.01	50m	22-4-07	Antwerpen (BEL)	342
5. Crok Annemarie	89	08-021	44.39	50m	22-4-07	Antwerpen (BEL)	290

100 schoolslag

1. Kingma Danae	00	08-021	1:22.21	50m	17-6-18	Buckeburg (GER)	474
2. de Haan Shira	00	08-021	1:26.08	50m	16-6-18	Buckeburg (GER)	413
3. Stam Vanessa	80	08-021	1:31.44	50m	25-10-98	Beverwijk (NED)	344
4. van der Gracht Anouk	89	08-021	1:31.69	50m	6-5-07	Eindhoven (NED)	342
5. Heus Pauline	78	08-021	1:32.20	50m	2-6-96	Beverwijk (NED)	336
6. van Rookhuizen Sieta	79	08-021	1:32.30	50m	8-6-97	Beverwijk (NED)	335
7. van der Kroft Nicole	84	08-021	1:33.06	50m	18-5-02	Nordhorn (GER)	327
8. Koper Fiona	01	08-021	1:34.50	50m	11-5-19	Alkmaar (NED)	312
9. Niesten Iris	92	08-021	1:35.33	50m	13-6-10	Beverwijk (NED)	304
10. Stins Mariska	84	08-021	1:37.47	50m	2-6-02	Beverwijk	284
11. Beentjes Nicolet	80	08-021	1:39.90	50m	25-10-98	Beverwijk (NED)	264
12. ten Cate Joyce	80	08-021	1:50.19	50m	25-10-98	Beverwijk (NED)	197

200 schoolslag

1. de Haan Shira	00	08-021	3:04.43	50m	17-6-18	Buckeburg (GER)	429
2. van der Kroft Nicole	84	08-021	3:17.41	50m	18-5-02	Nordhorn (GER)	349
3. Nijholt Carin	60	08-021	3:23.80	50m	11-6-78	Beverwijk (NED)	318
4. Stins Mariska	84	08-021	3:29.96	50m	21-4-02	Beverwijk (NED)	290
5. Essers Sanne	91	08-021	3:37.22	50m	29-3-09	Alkmaar (NED)	262

500 schoolslag**800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

50 vlinderslag

1. Smit Sanne	01	08-021	32.98	50m	26-5-19	Amersfoort (NED)	406
2. de Haan Shira	00	08-021	33.86	50m	8-12-18	Beverwijk (NED)	375
3. Vink Lidewij	90	08-021	33.92	50m	17-5-08	Beverwijk (NED)	373
4. van der Gracht Anouk	89	08-021	34.05	50m	12-5-07	Beverwijk (NED)	369
5. Koper Fiona	01	08-021	34.12	50m	11-5-19	Alkmaar (NED)	367
6. van der Kroft Nicole	84	08-021	34.89	50m	20-10-02	Beverwijk (NED)	343
7. Crok Annemarie	89	08-021	35.51	50m	21-4-07	Antwerpen (BEL)	325
8. Stins Mariska	84	08-021	36.07	50m	20-10-02	Beverwijk (NED)	310
9. Stam Vanessa	80	08-021	36.32	50m	25-10-98	Beverwijk (NED)	304
10. Meijer Sylvia	81	08-021	37.79	50m	31-10-99	Beverwijk (NED)	270
11. van Rookhuizen Sieta	79	08-021	38.90	50m	9-11-97	Beverwijk (NED)	247

100 vlinderslag

1. Kingma Danae	00	08-021	1:12.66	50m	16-6-18	Buckeburg (GER)	445
2. Smit Sanne	01	08-021	1:13.86	50m	10-3-19	Amsterdam (NED)	423
3. van der Gracht Anouk	89	08-021	1:19.43	50m	2-6-07	Beverwijk (NED)	340
4. Palmboom Nicole	91	08-021	1:19.50	50m	17-5-09	Alkmaar (NED)	339
5. van der Kroft Nicole	84	08-021	1:22.26	50m	18-5-02	Nordhorn (GER)	306
6. Crok Annemarie	89	08-021	1:22.91	50m	22-4-07	Antwerpen (BEL)	299
7. Essers Sanne	91	08-021	1:24.22	50m	6-6-09	Beverwijk (NED)	285
8. de Haan Shira	00	08-021	1:25.44	50m	16-6-18	Buckeburg (GER)	273
9. Stins Mariska	84	08-021	1:29.36	50m	18-5-02	Nordhorn (GER)	239
10. Heus Pauline	78	08-021	1:34.80	50m	1-6-96	Beverwijk (NED)	200

200 vlinderslag

1. Vink Lidewij	90	08-021	2:57.39	50m	25-5-08	Beverwijk (NED)	323
2. Stins Mariska	84	08-021	3:19.27	50m	21-4-02	Beverwijk (NED)	228

1000 vlinderslag**100 wisselslag****200 wisselslag**

1. Kingma Danae	00	08-021	2:41.81	50m	16-6-18	Buckeburg (GER)	473
2. de Haan Shira	00	08-021	2:55.16	50m	16-6-18	Buckeburg (GER)	373
3. van der Kroft Nicole	84	08-021	2:56.34	50m	20-10-02	Beverwijk (NED)	365
4. Meijer Sylvia	81	08-021	2:56.40	50m	2-5-99	Beverwijk (NED)	365
5. Stins Mariska	84	08-021	2:58.92	50m	20-10-02	Beverwijk (NED)	350
6. van Rookhuizen Sieta	79	08-021	3:01.10	50m	9-11-97	Beverwijk (NED)	337
7. Butter Anouk	82	08-021	3:17.24	50m	7-5-00	Beverwijk (NED)	261
8. Molenaar Eline	82	08-021	3:22.86	50m	7-5-00	Beverwijk (NED)	240

300 wisselslag**400 wisselslag**