

20 - 24 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2020

**15m vlinderslag benen onderwater****25m vrije slag met koprol****25m rugslag start****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag****50 vrije slag**

1. Schelvis Femke	84	08-021	28.39	50m	1-4-04	Amsterdam (NED)	579
2. Broek Jade	97	08-021	28.95	50m	18-5-19	Amersfoort (NED)	546
3. Groen Anne	95	08-021	28.97	50m	12-6-16	Buckeburg (GER)	545
4. van der Gracht Anouk	89	08-021	30.65	50m	25-5-13	Beverwijk (NED)	460
5. Crok Annemarie	89	08-021	31.51	50m	21-5-11	Beverwijk (NED)	423
6. Kramer Miranda	80	08-021	31.65	50m	27-5-01	Beverwijk (NED)	418
7. Hoek Daniëlle	88	08-021	32.85	50m	4-5-12	Eindhoven (NED)	374
8. ten Cate Ilona	85	08-021	35.72	50m	28-5-06	Beverwijk (NED)	290

**100 vrije slag**

1. Schelvis Femke	84	08-021	1:01.61	50m	25-4-04	Beverwijk (NED)	591
2. Broek Jade	97	08-021	1:02.15	50m	19-5-19	Amersfoort (NED)	575
3. Groen Anne	95	08-021	1:03.93	50m	18-6-17	Bergbad Bückeberg (GER)	529
4. Kleijne Daisy	89	08-021	1:06.51	50m	24-5-09	Beverwijk (NED)	469
5. Hoek Daniëlle	88	08-021	1:08.75	50m	1-6-08	Beverwijk (NED)	425
6. van der Gracht Anouk	89	08-021	1:09.15	50m	30-6-13	Eindhoven (NED)	418
7. Kramer Miranda	80	08-021	1:10.76	50m	27-5-01	Beverwijk (NED)	390
8. Stins Mariska	84	08-021	1:13.77	50m	17-4-05	Beverwijk (NED)	344
9. Heus Pauline	78	08-021	1:16.49	50m	4-6-00	Beverwijk (NED)	308
10. ten Cate Joyce	80	08-021	1:24.52	50m	4-6-00	Beverwijk (NED)	229

**200 vrije slag**

1. Schelvis Femke	84	08-021	2:11.02	50m	23-4-05	Amsterdam (NED)	641
2. Groen Anne	95	08-021	2:24.86	50m	21-5-17	Alkmaar (NED)	474
3. Broek Jade	97	08-021	2:25.52	50m	26-5-19	Amersfoort (NED)	467
4. Hoek Daniëlle	88	08-021	2:27.77	50m	4-5-12	Eindhoven (NED)	446
5. van der Gracht Anouk	89	08-021	2:31.11	50m	29-6-13	Eindhoven (NED)	417
6. Butter Anouk	82	08-021	2:42.83	50m	21-4-02	Beverwijk (NED)	334
7. van der Kroft Nicole	84	08-021	2:43.06	50m	25-4-04	Beverwijk (NED)	332

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

**400 vrije slag**

1. van der Gracht Anouk	89	08-021	5:29.59	50m	30-6-13	Eindhoven (NED)	369
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**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. Broek Jade	97	08-021	32.26	50m	13-4-19	Eindhoven (NED)	590
2. Kleijne Daisy	89	08-021	34.60	50m	24-5-09	Beverwijk (NED)	478
3. Groen Anne	95	08-021	35.37	50m	21-5-17	Alkmaar (NED)	447
4. Schelvis Femke	84	08-021	36.08	50m	16-5-04	Beverwijk (NED)	421
5. van der Gracht Anouk	89	08-021	38.91	50m	7-12-13	Beverwijk (NED)	336

**100 rugslag**

1. Broek Jade	97	08-021	1:08.53	50m	16-6-19	Bückeberg (GER)	609
2. Schelvis Femke	84	08-021	1:15.06	50m	15-5-04	Beverwijk (NED)	463
3. Groen Anne	95	08-021	1:17.11	50m	16-6-18	Bückeberg (GER)	427
4. Kleijne Daisy	89	08-021	1:18.43	50m	22-4-12	Beverwijk (NED)	406
5. van der Gracht Anouk	89	08-021	1:21.64	50m	15-6-13	Beverwijk (NED)	360
6. Stins Mariska	84	08-021	1:22.54	50m	25-4-04	Beverwijk (NED)	348
7. van der Kroft Nicole	84	08-021	1:26.22	50m	25-4-04	Beverwijk (NED)	305
8. Heus Pauline	78	08-021	1:26.98	50m	2-5-99	Beverwijk (NED)	298

**200 rugslag**

1. Broek Jade	97	08-021	2:38.72	50m	26-1-20	Alkmaar (NED)	477
2. Schelvis Femke	84	08-021	2:41.41	50m	17-4-05	Beverwijk (NED)	454
3. Groen Anne	95	08-021	2:44.34	50m	5-3-17	Alkmaar (NED)	430
4. Kleijne Daisy	89	08-021	2:46.28	50m	29-3-09	Alkmaar (NED)	415

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

1. Broek Jade	97	08-021	38.39	50m	18-6-17	Bergbad Bückeberg (GER)	449
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**100 schoolslag**

1. Broek Jade	97	08-021	1:23.64	50m	18-6-17	Bergbad Bückeberg (GER)	450
2. de Haan Shira	00	08-021	1:28.68	50m	26-1-20	Alkmaar (NED)	378
3. Kramer Miranda	80	08-021	1:30.36	50m	29-4-01	Beverwijk (NED)	357
4. van der Kroft Nicole	84	08-021	1:32.05	50m	25-4-04	Beverwijk (NED)	338
5. Heus Pauline	78	08-021	1:36.69	50m	4-6-00	Beverwijk (NED)	291
6. Stins Mariska	84	08-021	1:38.02	50m	25-4-04	Beverwijk (NED)	280
7. Hoek Daniëlle	88	08-021	1:42.90	50m	1-6-08	Beverwijk (NED)	242
8. ten Cate Joyce	80	08-021	1:52.87	50m	4-6-00	Beverwijk (NED)	183

**200 schoolslag**

1. Broek Jade	97	08-021	3:07.20	50m	28-5-17	Alkmaar (NED)	410
2. Crok Annemarie	89	08-021	3:18.70	50m	21-5-11	Beverwijk (NED)	343
3. Kramer Miranda	80	08-021	3:19.96	50m	29-4-01	Beverwijk (NED)	336

**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. Broek Jade	97	08-021	31.18	50m	15-4-18	Alkmaar (NED)	480
2. van der Gracht Anouk	89	08-021	32.18	50m	24-3-13	Beverwijk (NED)	437
3. de Haan Shira	00	08-021	32.34	50m	26-1-20	Alkmaar (NED)	431
4. Groen Anne	95	08-021	33.48	50m	3-12-16	Beverwijk (NED)	388
5. Crok Annemarie	89	08-021	34.62	50m	15-5-10	Beverwijk (NED)	351
6. Butter Anouk	82	08-021	36.02	50m	5-4-03	Amsterdam (NED)	311
7. Kramer Miranda	80	08-021	36.26	50m	20-10-02	Beverwijk (NED)	305
8. van Rookhuizen Sieta	79	08-021	37.09	50m	31-10-99	Beverwijk (NED)	285
9. Heus Pauline	78	08-021	38.74	50m	25-10-98	Beverwijk (NED)	250

**100 vlinderslag**

1. Broek Jade	97	08-021	1:10.87	50m	18-5-19	Amersfoort (NED)	479
2. van der Gracht Anouk	89	08-021	1:14.52	50m	29-6-13	Eindhoven (NED)	412
3. Stins Mariska	84	08-021	1:18.47	50m	25-4-04	Beverwijk (NED)	353
4. Hoek Daniëlle	88	08-021	1:21.38	50m	13-5-12	Beverwijk (NED)	316
5. Butter Anouk	82	08-021	1:26.43	50m	5-4-03	Amsterdam (NED)	264
6. ten Cate Ilona	85	08-021	1:34.57	50m	27-5-06	Beverwijk (NED)	201

**200 vlinderslag**

1. Schelvis Femke	84	08-021	2:56.87	50m	17-4-05	Beverwijk (NED)	326
2. Stins Mariska	84	08-021	3:12.70	50m	17-4-05	Beverwijk (NED)	252
3. Butter Anouk	82	08-021	3:19.27	50m	21-4-02	Beverwijk (NED)	228

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

**200 wisselslag**

1. Groen Anne	95	08-021	2:44.09	50m	5-3-17	Alkmaar (NED)	454
2. Schelvis Femke	84	08-021	2:47.67	50m	25-4-04	Beverwijk (NED)	425
3. Crok Annemarie	89	08-021	2:48.77	50m	21-5-11	Beverwijk (NED)	417
4. van der Gracht Anouk	89	08-021	2:51.17	50m	30-6-13	Eindhoven (NED)	400
5. Kramer Miranda	80	08-021	2:53.86	50m	22-10-00	Beverwijk (NED)	381
6. van Rookhuizen Sieta	79	08-021	2:57.65	50m	31-10-99	Beverwijk (NED)	357
7. Heus Pauline	78	08-021	3:08.91	50m	2-5-99	Beverwijk (NED)	297

**300 wisselslag****400 wisselslag**

1. Broek Jade	97	08-021	5:58.94	50m	1-3-20	Alkmaar (NED)	408
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