

**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. van Rijn-Hofwegen Wilma	71	08-021	29.61	25m	1-12-13	Vlaardingen (NED)	464
2. Smid Diane	65	08-021	33.18	25m	13-5-07	Grootebroek (NED)	330
3. ten Cate Joyce	80	08-021	36.37	25m	8-10-20	Heemskerk (NED)	250

**100 vrije slag**

1. Smid Diane	65	08-021	1:15.50	25m	31-5-07	Heemskerk (NED)	294
2. ten Cate Joyce	80	08-021	1:21.22	25m	30-1-20	Heemskerk (NED)	236

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

1. Smid Diane	65	08-021	6:10.90	25m	13-5-07	Grootebroek (NED)	252
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**500 vrije slag****800 vrije slag****1000 vrije slag**

1. Smid Diane	65	08-021	16:39.99	OW	26-8-07	Oosterhout (NED)	
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**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. ten Cate Joyce	80	08-021	43.05	25m	5-3-20	Heemskerk (NED)	212
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**100 rugslag**

1. Smid Diane	65	08-021	1:25.48	25m	13-5-07	Grootebroek (NED)	266
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**200 rugslag****500 rugslag****25 schoolslag****50 schoolslag**

1. Smid Diane	65	08-021	43.93	25m	29-3-07	Heemskerk (NED)	277
2. ten Cate Joyce	80	08-021	48.45	25m	30-1-20	Heemskerk (NED)	206

**100 schoolslag**

1. ten Cate Joyce	80	08-021	1:45.75	25m	8-10-20	Heemskerk (NED)	205
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**200 schoolslag****500 schoolslag****800 schoolslag**

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

1. van Rijn-Hofwegen Wilma	71	08-021	14.72	25m	1-12-13	Vlaardingen (NED)	439
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**50 vlinderslag**

1. ten Cate Joyce	80	08-021	44.94	25m	5-3-20	Heemskerk (NED)	159
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**100 vlinderslag****200 vlinderslag****1000 vlinderslag****100 wisselslag****200 wisselslag****300 wisselslag****400 wisselslag**