

25 - 29 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2022

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

1. Stins Mariska	84	08-021	14.68	25m	14-4-11	Heemskerk (NED)	361
2. Butter Anouk	82	08-021	14.76	25m	13-5-07	Grootebroek (NED)	355
3. ten Cate Joyce	80	08-021	15.60	25m	13-5-07	Grootebroek (NED)	301
4. Heus Pauline	78	08-021	16.25	25m	27-4-06	Heemskerk	266

50 vrije slag

1. Groen Anne	95	08-021	29.86	25m	4-10-20	Heemskerk (NED)	452
2. Palmboom Nicole	91	08-021	30.05	25m	17-5-18	Heemskerk (NED)	444
3. Spijker Kristel	84	08-021	30.19	25m	27-2-10	Hoom (NED)	438
4. Stins Mariska	84	08-021	30.30	25m	11-4-10	Zaandam (NED)	433
5. Hoek Daniëlle	88	08-021	30.31	25m	29-3-15	Zaandam (NED)	432
6. Jongema Helena	80	08-021	30.48	25m	2-2-08	Heerenveen (NED)	425
7. Butter Anouk	82	08-021	31.26	25m	8-4-07	Haarlem (NED)	394
8. van der Gracht Anouk	89	08-021	31.67	25m	18-9-14	Heemskerk (NED)	379
9. Kleijne Daisy	89	08-021	31.81	25m	17-4-14	Heemskerk (NED)	374
10. Visser Kelly	89	08-021	31.85	25m	6-3-16	Purmerend (NED)	373
11. ten Cate Joyce	80	08-021	34.23	25m	9-3-08	Heemskerk (NED)	300
12. de Ruijter Linda	87	08-021	34.53	25m	11-10-12	Heemskerk (NED)	292
13. Heus Pauline	78	08-021	34.67	25m	7-11-04	IJmuiden (NED)	289

100 vrije slag

1. Groen Anne	95	08-021	1:04.88	25m	7-10-21	Heemskerk (NED)	464
2. Spijker Kristel	84	08-021	1:06.15	25m	27-3-11	Heemstede (NED)	438
3. Palmboom Nicole	91	08-021	1:06.28	25m	2-2-17	Heemskerk (NED)	435
4. Hoek Daniëlle	88	08-021	1:07.46	25m	20-1-13	Heemskerk (NED)	413
5. van der Gracht Anouk	89	08-021	1:07.65	25m	19-1-14	Zaandam (NED)	409
6. Visser Kelly	89	08-021	1:07.79	25m	30-1-14	Heemskerk (NED)	407
7. Kleijne Daisy	89	08-021	1:08.22	25m	17-4-14	Heemskerk (NED)	399
8. Stins Mariska	84	08-021	1:08.53	25m	9-2-12	Heemskerk (NED)	394
9. Jongema Helena	80	08-021	1:09.63	25m	24-9-09	Heemskerk (NED)	375
10. Butter Anouk	82	08-021	1:11.68	25m	17-1-10	Amsterdam-oost (NED)	344
11. Kramer Miranda	80	08-021	1:12.03	25m	13-3-05	Amsterdam (NED)	339
12. Heus Pauline	78	08-021	1:13.55	25m	13-3-05	Amsterdam (NED)	318
13. de Ruijter Linda	87	08-021	1:14.08	25m	9-2-12	Heemskerk (NED)	312
14. ten Cate Joyce	80	08-021	1:15.85	25m	13-1-08	Heemskerk (NED)	290

200 vrije slag

1. Hoek Daniëlle	88	08-021	2:24.84	25m	21-3-13	Heemskerk (NED)	443
2. Groen Anne	95	08-021	2:25.08	25m	5-3-20	Heemskerk (NED)	440
3. Spijker Kristel	84	08-021	2:28.19	25m	14-11-10	Castricum (NED)	413
4. van der Gracht Anouk	89	08-021	2:28.99	25m	16-11-14	Zaandam (NED)	407
5. Visser Kelly	89	08-021	2:31.54	25m	6-3-14	Heemskerk (NED)	386
6. Kleijne Daisy	89	08-021	2:32.61	25m	6-3-14	Heemskerk (NED)	378
7. Jongema Helena	80	08-021	2:33.86	25m	16-3-08	Amersfoort (NED)	369
8. Stins Mariska	84	08-021	2:34.07	25m	13-11-11	Zaandam (NED)	368
9. Heus Pauline	78	08-021	2:43.18	25m	9-11-03	Zaandam	309
10. Butter Anouk	82	08-021	2:44.28	25m	25-11-07	Amsterdam (NED)	303
11. Palmboom Nicole	91	08-021	2:46.89	25m	17-3-16	Heemskerk (NED)	289
12. Deiman Caroline	67	08-021	2:51.00	25m	17-2-94	Heemskerk	269
13. ten Cate Joyce	80	08-021	2:52.20	25m	26-11-06	Heemskerk (NED)	263

250 vrije slag**300 vrije slag**

1. Heus Pauline	78	08-021	4:23.79	25m	29-4-04	Heemskerk (NED)	279
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400 vrije slag

1. van der Gracht Anouk	89	08-021	5:11.60	25m	21-4-14	Haarlem (NED)	426
2. Jongema Helena	80	08-021	5:31.62	25m	25-5-08	Grootebroek (NED)	353
3. Stins Mariska	84	08-021	5:36.64	25m	22-5-11	Grootebroek (NED)	338
4. Heus Pauline	78	08-021	5:55.73	25m	29-4-04	Heemskerk (NED)	286
5. Butter Anouk	82	08-021	6:07.38	25m	30-9-07	Volendam (NED)	260

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**

1. Butter Anouk	82	08-021	18.57	25m	19-4-07	Heemskerk (NED)	275
2. ten Cate Joyce	80	08-021	19.30	25m	29-5-08	Heemskerk (NED)	245
3. Heus Pauline	78	08-021	19.52	25m	27-4-06	Heemskerk	237

50 rugslag

1. Groen Anne	95	08-021	34.74	25m	4-10-20	Heemskerk (NED)	403
2. Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)	391
3. Stins Mariska	84	08-021	36.18	25m	22-3-12	Heemskerk (NED)	357
4. Hoek Daniëlle	88	08-021	36.27	25m	30-1-14	Heemskerk (NED)	354
5. Palmboom Nicole	91	08-021	36.28	25m	16-3-17	Heemskerk (NED)	354
6. van der Gracht Anouk	89	08-021	36.76	25m	30-1-14	Heemskerk (NED)	340
7. Spijker Kristel	84	08-021	36.96	25m	3-3-11	Heemskerk (NED)	335
8. Visser Kelly	89	08-021	37.88	25m	4-10-15	Purmerend (NED)	311
9. Butter Anouk	82	08-021	39.98	25m	4-10-09	Amsterdam-oost (NED)	264
10. de Ruijter Linda	87	08-021	40.04	25m	17-3-16	Heemskerk (NED)	263
11. ten Cate Joyce	80	08-021	40.46	25m	4-10-09	Amsterdam-oost (NED)	255
12. Heus Pauline	78	08-021	40.50	25m	30-10-03	Heemskerk	254

100 rugslag

1. Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)	389
2. Stins Mariska	84	08-021	1:16.53	25m	20-11-11	Almere-Stad (NED)	371
3. Groen Anne	95	08-021	1:18.04	25m	12-1-20	Purmerend (NED)	350
4. Kleijne Daisy	89	08-021	1:18.08	25m	9-3-14	Zaandam (NED)	350
5. van der Gracht Anouk	89	08-021	1:19.30	25m	30-10-14	Heemskerk (NED)	334
6. Hoek Daniëlle	88	08-021	1:19.41	25m	9-3-14	Zaandam (NED)	332
7. Palmboom Nicole	91	08-021	1:19.58	25m	17-11-16	Heemskerk (NED)	330
8. Spijker Kristel	84	08-021	1:20.25	25m	13-3-11	Heemskerk (NED)	322
9. de Ruijter Linda	87	08-021	1:24.44	25m	10-12-15	Heemskerk (NED)	276
10. Visser Kelly	89	08-021	1:25.28	25m	17-1-16	Purmerend (NED)	268
11. Heus Pauline	78	08-021	1:25.30	25m	31-3-05	Heemskerk (NED)	268
12. ten Cate Joyce	80	08-021	1:25.46	25m	18-3-07	Heemskerk (NED)	266
13. Butter Anouk	82	08-021	1:25.48	25m	9-3-08	Heemskerk (NED)	266

200 rugslag

1. Groen Anne	95	08-021	2:41.19	25m	12-1-20	Purmerend (NED)	404
2. Stins Mariska	84	08-021	2:47.34	25m	18-1-09	Haarlem (NED)	361
3. van der Gracht Anouk	89	08-021	2:47.36	25m	16-11-14	Zaandam (NED)	361
4. Jongema Helena	80	08-021	2:48.46	25m	23-1-09	Vlissingen (NED)	354
5. Hoek Daniëlle	88	08-021	2:51.81	25m	10-11-13	Zaandam (NED)	334
6. Kramer Miranda	80	08-021	2:53.33	25m	13-3-05	Amsterdam (NED)	325
7. Visser Kelly	89	08-021	3:00.41	25m	17-1-16	Purmerend (NED)	288
8. Heus Pauline	78	08-021	3:03.89	25m	13-3-05	Amsterdam (NED)	272
9. Butter Anouk	82	08-021	3:04.26	25m	18-3-07	Heemskerk (NED)	270
10. ten Cate Joyce	80	08-021	3:04.65	25m	19-3-06	Heemskerk (NED)	269

500 rugslag**25 schoolslag**

1. Jongema Helena	80	08-021	19.59	25m	21-2-09	Heerenveen (NED)	314
2. Heus Pauline	78	08-021	19.80	25m	27-4-06	Heemskerk	304
3. ten Cate Joyce	80	08-021	22.05	25m	29-5-08	Heemskerk (NED)	220

50 schoolslag

1. ten Bokkel Henriëke	94	08-021	36.64	25m	13-1-19	Purmerend (NED)	477
2. Palmboom Nicole	91	08-021	39.84	25m	13-11-16	Purmerend (NED)	371
3. Groen Anne	95	08-021	41.16	25m	7-10-21	Heemskerk (NED)	336
4. Stins Mariska	84	08-021	42.56	25m	9-2-12	Heemskerk (NED)	304
5. Heus Pauline	78	08-021	42.76	25m	7-11-04	IJmuiden (NED)	300
6. van der Gracht Anouk	89	08-021	42.77	25m	15-11-15	Purmerend (NED)	300
7. Spijker Kristel	84	08-021	42.93	25m	5-2-12	Zaandam (NED)	296
8. Jongema Helena	80	08-021	43.60	25m	16-11-08	Amsterdam-oost (NED)	283
9. Hoek Daniëlle	88	08-021	44.28	25m	21-3-13	Heemskerk (NED)	270
10. de Ruijter Linda	87	08-021	44.48	25m	9-2-12	Heemskerk (NED)	266
11. Visser Kelly	89	08-021	46.12	25m	6-3-14	Heemskerk (NED)	239
12. ten Cate Joyce	80	08-021	47.74	25m	22-1-09	Heemskerk (NED)	215

100 schoolslag

1. ten Bokkel Henriëke	94	08-021	1:27.67	25m	10-2-19	Purmerend (NED)	359
2. Kramer Miranda	80	08-021	1:27.70	25m	16-1-05	Zaandam (NED)	359
3. Palmboom Nicole	91	08-021	1:29.22	25m	9-11-17	Heemskerk (NED)	341
4. Spijker Kristel	84	08-021	1:29.97	25m	19-11-09	Heemskerk (NED)	332
5. Groen Anne	95	08-021	1:30.20	25m	4-10-20	Heemskerk (NED)	330
6. Heus Pauline	78	08-021	1:30.88	25m	17-4-06	Haarlem (NED)	323
7. Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)	309
8. Stins Mariska	84	08-021	1:34.22	25m	11-10-12	Heemskerk (NED)	289
9. de Ruijter Linda	87	08-021	1:34.96	25m	11-10-12	Heemskerk (NED)	283
10. Jongema Helena	80	08-021	1:36.85	25m	19-11-09	Heemskerk (NED)	266
11. Hoek Daniëlle	88	08-021	1:37.00	25m	20-1-13	Heemskerk (NED)	265
12. van der Gracht Anouk	89	08-021	1:37.98	25m	13-10-16	Heemskerk (NED)	257
13. ten Cate Joyce	80	08-021	1:42.76	25m	27-3-08	Heemskerk (NED)	223
14. Visser Kelly	89	08-021	1:46.77	25m	9-11-17	Heemskerk (NED)	199

200 schoolslag

1. ten Bokkel Henriëke	94	08-021	3:02.03	25m	10-2-19	Purmerend (NED)	404
2. Palmboom Nicole	91	08-021	3:16.12	25m	12-2-17	Purmerend (NED)	323
3. Heus Pauline	78	08-021	3:17.29	25m	25-1-04	Zaandam	317
4. de Ruijter Linda	87	08-021	3:21.72	25m	17-1-16	Purmerend (NED)	296
5. Stins Mariska	84	08-021	3:21.77	25m	18-1-09	Haarlem (NED)	296
6. Hoek Daniëlle	88	08-021	3:30.86	25m	19-1-14	Zaandam (NED)	259
7. ten Cate Joyce	80	08-021	3:41.08	25m	19-10-06	Heemskerk	225

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

1. Stins Mariska	84	08-021	15.44	25m	17-11-11	Heemskerk (NED)	380
2. Butter Anouk	82	08-021	16.13	25m	19-4-07	Heemskerk (NED)	333
3. Heus Pauline	78	08-021	17.50	25m	27-4-06	Heemskerk	261
4. ten Cate Joyce	80	08-021	19.42	25m	29-5-08	Heemskerk (NED)	191

50 vlinderslag

1. van der Gracht Anouk	89	08-021	31.92	25m	8-6-14	Purmerend (NED)	445
2. ten Bokkel Henriëke	94	08-021	32.73	25m	10-2-19	Purmerend (NED)	413
3. Palmboom Nicole	91	08-021	33.76	25m	17-11-16	Heemskerk (NED)	376
4. Butter Anouk	82	08-021	34.10	25m	17-1-10	Amsterdam-oost (NED)	365
5. Hoek Daniëlle	88	08-021	34.30	25m	3-3-13	Purmerend (NED)	359
6. Stins Mariska	84	08-021	34.39	25m	18-2-10	Heemskerk (NED)	356
7. Jongema Helena	80	08-021	34.59	25m	4-5-08	Winterswijk (NED)	350
8. Spijker Kristel	84	08-021	34.90	25m	17-11-11	Heemskerk (NED)	340
9. Visser Kelly	89	08-021	37.87	25m	17-3-16	Heemskerk (NED)	266
10. de Ruijter Linda	87	08-021	38.65	25m	10-12-15	Heemskerk (NED)	250
11. Heus Pauline	78	08-021	40.82	25m	18-1-04	IJmuiden (NED)	213

50 vlinderslag (sinds 12)

12. ten Cate Joyce	80	08-021	42.50	25m	30-10-08	Heemskerk (NED)	188
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100 vlinderslag

1. van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)	403
2. Hoek Daniëlle	88	08-021	1:17.22	25m	10-3-13	Schagen (NED)	353
3. Spijker Kristel	84	08-021	1:17.92	25m	13-3-11	Heemskerk (NED)	344
4. Stins Mariska	84	08-021	1:20.60	25m	14-3-10	Heemskerk (NED)	311
5. Butter Anouk	82	08-021	1:23.65	25m	29-3-07	Heemskerk (NED)	278
6. Jongema Helena	80	08-021	1:24.21	25m	16-11-08	Amsterdam-oost (NED)	272
7. Palmboom Nicole	91	08-021	1:30.20	25m	18-2-16	Heemskerk (NED)	221
8. Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)	207
9. Heus Pauline	78	08-021	1:32.49	25m	25-3-04	Heemskerk	205
10. ten Cate Joyce	80	08-021	1:35.29	25m	26-2-09	Heemskerk (NED)	188

200 vlinderslag

1. Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)	301
2. Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)	287
3. van der Gracht Anouk	89	08-021	3:27.47	25m	6-3-16	Purmerend (NED)	191

1000 vlinderslag**100 wisselslag**

1. van der Gracht Anouk	89	08-021	1:16.32	25m	26-10-14	Zaandam (NED)	405
2. Palmboom Nicole	91	08-021	1:16.50	25m	11-5-17	Heemskerk (NED)	403
3. Groen Anne	95	08-021	1:17.49	25m	1-7-21	Heemskerk (NED)	387
4. Stins Mariska	84	08-021	1:18.36	25m	25-4-13	Heemskerk (NED)	375
5. Spijker Kristel	84	08-021	1:18.48	25m	6-12-09	Zaandam (NED)	373
6. Jongema Helena	80	08-021	1:18.86	25m	2-2-08	Heerenveen (NED)	367
7. Hoek Daniëlle	88	08-021	1:18.98	25m	25-4-13	Heemskerk (NED)	366
8. Visser Kelly	89	08-021	1:23.18	25m	17-4-14	Heemskerk (NED)	313
9. de Ruijter Linda	87	08-021	1:23.79	25m	4-10-15	Purmerend (NED)	306
10. Heus Pauline	78	08-021	1:24.03	25m	4-4-04	Zaandam	304
11. Butter Anouk	82	08-021	1:25.57	25m	19-4-07	Heemskerk (NED)	288
12. ten Cate Joyce	80	08-021	1:28.63	25m	27-4-06	Heemskerk	259

200 wisselslag

1. ten Bokkel Henrieke	94	08-021	2:42.90	25m	13-1-19	Purmerend (NED)	418
2. van der Gracht Anouk	89	08-021	2:46.37	25m	30-3-14	Zaandam (NED)	392
3. Stins Mariska	84	08-021	2:47.46	25m	11-4-10	Zaandam (NED)	385
4. Kramer Miranda	80	08-021	2:49.48	25m	16-1-05	Zaandam (NED)	371
5. Spijker Kristel	84	08-021	2:51.21	25m	14-3-10	Heemskerk (NED)	360
6. Palmboom Nicole	91	08-021	2:51.44	25m	13-11-16	Purmerend (NED)	359
7. Hoek Daniëlle	88	08-021	2:52.00	25m	30-3-14	Zaandam (NED)	355
8. Jongema Helena	80	08-021	2:53.73	25m	12-1-08	Zwolle (NED)	345
9. Heus Pauline	78	08-021	3:01.97	25m	18-1-04	IJmuiden (NED)	300
10. Visser Kelly	89	08-021	3:08.44	25m	6-3-16	Purmerend (NED)	270
11. ten Cate Joyce	80	08-021	3:10.38	25m	9-3-08	Heemskerk (NED)	262

300 wisselslag

400 wisselslag