

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

1. ten Cate Joyce	80	08-021	16.42	25m	7-7-22	Heemskerk (NED)	258
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50 vrije slag

1. van Rijn-Hofwegen Wilma	71	08-021	29.61	25m	1-12-13	Vlaardingen (NED)	464
2. Gijzen-van der Kroft Nicole	84	08-021	32.28	25m	4-4-24	Heemskerk (NED)	358
3. Smid Diane	65	08-021	33.18	25m	13-5-07	Grootebroek (NED)	330
4. ten Cate Joyce	80	08-021	35.99	25m	2-6-22	Heemskerk (NED)	258

100 vrije slag

1. Smid Diane	65	08-021	1:15.50	25m	31-5-07	Heemskerk (NED)	294
2. Gijzen-van der Kroft Nicole	84	08-021	1:18.75	25m	1-2-24	Heemskerk (NED)	259
3. ten Cate Joyce	80	08-021	1:21.15	25m	2-2-23	Heemskerk (NED)	237

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**

1. ten Cate Joyce	80	08-021	20.30	25m	7-7-22	Heemskerk (NED)	210
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50 rugslag

1. Gijzen-van der Kroft Nicole	84	08-021	41.87	25m	14-3-24	Heemskerk (NED)	230
2. ten Cate Joyce	80	08-021	43.05	25m	5-3-20	Heemskerk (NED)	212

100 rugslag

1. Smid Diane	65	08-021	1:25.48	25m	13-5-07	Grootebroek (NED)	266
2. ten Cate Joyce	80	08-021	1:33.40	25m	7-12-23	Heemskerk (NED)	204

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

1. ten Cate Joyce	80	08-021	22.72	25m	7-7-22	Heemskerk (NED)	201
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50 schoolslag

1. Smid Diane	65	08-021	43.93	25m	29-3-07	Heemskerk (NED)	277
2. Gijzen-van der Kroft Nicole	84	08-021	45.62	25m	1-2-24	Heemskerk (NED)	247
3. 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
2. ten Cate Joyce	80	08-021	19.57	25m	7-7-22	Heemskerk (NED)	186

50 vlinderslag

1. Gijzen-van der Kroft Nicole	84	08-021	39.47	25m	14-3-24	Heemskerk (NED)	235
2. ten Cate Joyce	80	08-021	44.74	25m	30-3-23	Heemskerk (NED)	161

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

1. Gijzen-van der Kroft Nicole	84	08-021	1:25.84	25m	4-4-24	Heemskerk (NED)	285
2. ten Cate Joyce	80	08-021	1:34.09	25m	25-5-23	Heemskerk (NED)	216

200 wisselslag

300 wisselslag

400 wisselslag