

19 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2024

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. Kingma Danae	00	08-021	28.74	50m	16-6-19	Bückeberg (GER)	558
2. Broek Jade	97	08-021	29.25	50m	13-3-16	Alkmaar (NED)	529
3. Hoekstra Eline	03	08-021	29.68	50m	14-5-22	Amsterdam (NED)	507
4. Groen Anne	95	08-021	30.04	50m	24-5-14	Beverwijk (NED)	489
5. de Boer Maia	03	08-021	30.68	50m	19-6-22	Bergbad Bückeberg (GER)	459
6. Hoek Daniëlle	88	08-021	30.72	50m	6-5-07	Eindhoven (NED)	457
7. Kleijne Daisy	89	08-021	30.87	50m	22-11-08	Beverwijk (NED)	450
8. Crok Linda	94	08-021	31.11	50m	26-5-13	Beverwijk (NED)	440
9. Crok Annemarie	89	08-021	31.36	50m	24-5-08	Beverwijk (NED)	429
10. Vink Lidewij	90	08-021	31.88	50m	23-5-09	Beverwijk (NED)	409
11. van der Gracht Anouk	89	08-021	33.25	50m	22-11-08	Beverwijk (NED)	360
12. Veldhuis Amelia	03	08-021	34.09	50m	19-6-22	Bergbad Bückeberg (GER)	334
13. van Assema Eline	05	08-021	34.80	50m	9-6-24	Bückeberg (GER)	314

100 vrije slag

1. Kingma Danae	00	08-021	1:02.16	50m	16-6-19	Bückeberg (GER)	575
2. Wentink Yara	04	08-021	1:02.78	50m	14-5-23	Amsterdam (NED)	558
3. Broek Jade	97	08-021	1:03.11	50m	5-6-16	Alkmaar (NED)	550
4. Schelvis Femke	84	08-021	1:04.67	50m	29-3-03	Beverwijk (NED)	511
5. Crok Linda	94	08-021	1:05.46	50m	26-5-13	Beverwijk (NED)	492
6. Hoekstra Eline	03	08-021	1:05.73	50m	20-2-22	Eindhoven (NED)	486
7. Groen Anne	95	08-021	1:06.40	50m	25-5-14	Beverwijk (NED)	472
8. Crok Annemarie	89	08-021	1:07.21	50m	24-5-08	Beverwijk (NED)	455
9. Gijzen-van der Kroft Nicole	84	08-021	1:07.34	50m	25-5-03	Beverwijk (NED)	452
10. Hoek Daniëlle	88	08-021	1:07.49	50m	21-4-07	Antwerpen (BEL)	449
11. Kleijne Daisy	89	08-021	1:07.66	50m	30-3-08	Alkmaar (NED)	446
12. van 't Veer Iris	03	08-021	1:08.65	50m	19-6-22	Bergbad Bückeberg (GER)	427
13. van der Gracht Anouk	89	08-021	1:11.85	50m	12-4-08	Antwerpen (BEL)	372
14. Kramer Miranda	80	08-021	1:12.20	50m	6-6-99	Beverwijk (NED)	367
15. de Boer Maia	03	08-021	1:12.87	50m	19-6-22	Bergbad Bückeberg (GER)	357
16. van Rookhuizen Sieta	79	08-021	1:14.59	50m	25-10-98	Beverwijk (NED)	333
17. van Assema Eline	05	08-021	1:17.42	50m	9-6-24	Bückeberg (GER)	297
18. Krouwels Tanja	79	08-021	1:19.61	50m	25-10-98	Beverwijk (NED)	274
19. Siemerink Laura	04	08-021	1:19.83	50m	10-6-23	Bückeberg (GER)	271
20. Huneker Jolanda	79	08-021	1:24.89	50m	25-10-98	Beverwijk (NED)	226

200 vrije slag

1. Crok Linda	94	08-021	2:23.02	50m	12-5-13	Beverwijk (NED)	492
2. Schelvis Femke	84	08-021	2:24.06	50m	29-3-03	Beverwijk (NED)	482
3. Hoek Daniëlle	88	08-021	2:29.22	50m	6-5-07	Eindhoven (NED)	434
4. Hoekstra Eline	03	08-021	2:29.30	50m	9-4-22	Antwerpen (BEL)	433
5. van 't Veer Iris	03	08-021	2:31.96	50m	18-6-22	Bergbad Bückeberg (GER)	410
6. van der Gracht Anouk	89	08-021	2:35.31	50m	30-3-08	Alkmaar (NED)	384
7. Wentink Yara	04	08-021	2:41.16	50m	19-2-23	Alkmaar (NED)	344
8. de Boer Maia	03	08-021	2:42.58	50m	18-6-22	Bergbad Bückeberg (GER)	335
9. Siemerink Laura	04	08-021	2:50.91	50m	10-6-23	Bückeberg (GER)	288

250 vrije slag**300 vrije slag**

1. van der Gracht Anouk	89	08-021	4:09.38	50m	11-4-08	Antwerpen (BEL)	343
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400 vrije slag

1. van der Gracht Anouk	89	08-021	5:34.45	50m	11-4-08	Antwerpen (BEL)	353
2. Wentink Yara	04	08-021	5:35.74	50m	19-2-23	Alkmaar (NED)	349

500 vrije slag**800 vrije slag**

1. van der Gracht Anouk	89	08-021	11:07.28	50m	11-4-08	Antwerpen (BEL)	383
2. Wentink Yara	04	08-021	11:28.85	50m	19-2-23	Alkmaar (NED)	348

1000 vrije slag**1250 vrije slag****1500 vrije slag**

1. Wentink Yara	04	08-021	21:34.63	50m	19-2-23	Alkmaar (NED)	365
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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	32.62	50m	10-4-16	Eindhoven (NED)	570
2. Wentink Yara	04	08-021	33.35	50m	14-5-23	Amsterdam (NED)	534
3. Hoekstra Eline	03	08-021	33.67	50m	20-2-22	Eindhoven (NED)	519
4. Kingma Danae	00	08-021	34.50	50m	26-5-19	Amersfoort (NED)	482
5. Kleijne Daisy	89	08-021	35.62	50m	25-5-08	Beverwijk (NED)	438
6. Crok Linda	94	08-021	35.84	50m	26-5-13	Beverwijk (NED)	430
7. Groen Anne	95	08-021	36.37	50m	25-5-14	Beverwijk (NED)	411
8. Kramer Miranda	80	08-021	37.84	50m	6-6-99	Beverwijk (NED)	365
9. van der Gracht Anouk	89	08-021	37.94	50m	13-4-08	Antwerpen (BEL)	362
10. Hoek Daniëlle	88	08-021	38.67	50m	22-4-07	Antwerpen (BEL)	342
11. de Haan Shira	00	08-021	38.95	50m	30-11-19	Beverwijk (NED)	335
12. Siemerink Laura	04	08-021	39.06	50m	10-6-23	Bückerburg (GER)	332
13. van Assema Eline	05	08-021	39.30	50m	8-6-24	Bückerburg (GER)	326

100 rugslag

1. Broek Jade	97	08-021	1:11.52	50m	12-6-16	Bückerburg (GER)	536
2. Kingma Danae	00	08-021	1:11.68	50m	26-5-19	Amersfoort (NED)	532
3. van 't Veer Iris	03	08-021	1:18.33	50m	18-6-22	Bergbad Bückerburg (GER)	408
4. Hoekstra Eline	03	08-021	1:19.03	50m	18-6-22	Bergbad Bückerburg (GER)	397
5. Kleijne Daisy	89	08-021	1:19.68	50m	30-3-08	Alkmaar (NED)	387
6. van der Gracht Anouk	89	08-021	1:22.21	50m	31-5-08	Beverwijk (NED)	352
7. van Assema Eline	05	08-021	1:22.25	50m	8-6-24	Bückerburg (GER)	352
8. Kramer Miranda	80	08-021	1:22.64	50m	2-5-99	Beverwijk (NED)	347
9. Hoek Daniëlle	88	08-021	1:25.63	50m	21-4-07	Antwerpen (BEL)	312
10. Siemerink Laura	04	08-021	1:26.03	50m	10-6-23	Bückerburg (GER)	308
11. de Haan Shira	00	08-021	1:27.49	50m	15-6-19	Bückerburg (GER)	292
12. Huneker Jolanda	79	08-021	1:41.04	50m	25-10-98	Beverwijk (NED)	190

200 rugslag

1. Broek Jade	97	08-021	2:39.17	50m	4-6-16	Alkmaar (NED)	473
2. van 't Veer Iris	03	08-021	2:47.29	50m	18-6-22	Bergbad Bückerburg (GER)	407
3. Hoekstra Eline	03	08-021	2:47.47	50m	18-6-22	Bergbad Bückerburg (GER)	406
4. Stins Mariska	84	08-021	2:52.41	50m	18-5-03	Beverwijk (NED)	372
5. de Haan Shira	00	08-021	2:59.77	50m	15-6-19	Bückerburg (GER)	328

500 rugslag

25 schoolslag**50 schoolslag**

1. Broek Jade	97	08-021	38.43	50m	29-5-16	Alkmaar (NED)	447
2. de Haan Shira	00	08-021	40.88	50m	16-6-19	Bückeberg (GER)	371
3. Crok Linda	94	08-021	41.51	50m	12-5-13	Beverwijk (NED)	355
4. de Boer Maia	03	08-021	42.96	50m	19-6-22	Bergbad Bückeberg (GER)	320
5. Siemerink Laura	04	08-021	45.72	50m	11-6-23	Bückeberg (GER)	265
6. van Assema Eline	05	08-021	46.78	50m	9-6-24	Bückeberg (GER)	248

100 schoolslag

1. Kingma Danae	00	08-021	1:20.89	50m	16-6-19	Bückeberg (GER)	498
2. Broek Jade	97	08-021	1:23.77	50m	12-6-16	Bückeberg (GER)	448
3. de Haan Shira	00	08-021	1:28.50	50m	15-6-19	Bückeberg (GER)	380
4. van 't Veer Iris	03	08-021	1:29.19	50m	18-6-22	Bergbad Bückeberg (GER)	371
5. van Rookhuizen Sieta	79	08-021	1:29.45	50m	25-10-98	Beverwijk (NED)	368
6. Crok Annemarie	89	08-021	1:34.02	50m	1-6-08	Beverwijk (NED)	317
7. Veldhuis Amelia	03	08-021	1:37.15	50m	18-6-22	Bergbad Bückeberg (GER)	287
8. Schelvis Femke	84	08-021	1:37.23	50m	12-10-03	Beverwijk (NED)	286
9. Krouwels Tanja	79	08-021	1:38.70	50m	25-10-98	Beverwijk (NED)	274
10. Wentink Yara	04	08-021	1:39.22	50m	10-4-23	Amsterdam (NED)	270

200 schoolslag

1. Broek Jade	97	08-021	3:05.06	50m	5-6-16	Alkmaar (NED)	424
2. de Haan Shira	00	08-021	3:13.94	50m	16-6-19	Bückeberg (GER)	369
2. van 't Veer Iris	03	08-021	3:13.94	50m	19-6-22	Bergbad Bückeberg (GER)	369
4. Wentink Yara	04	08-021	3:25.05	50m	10-4-23	Amsterdam (NED)	312
5. Veldhuis Amelia	03	08-021	3:30.04	50m	19-6-22	Bergbad Bückeberg (GER)	290

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. Wentink Yara	04	08-021	29.56	50m	21-5-23	Amsterdam (NED)	564
2. Kingma Danae	00	08-021	29.93	50m	26-5-19	Amersfoort (NED)	543
3. Broek Jade	97	08-021	31.37	50m	13-3-16	Alkmaar (NED)	472
4. Hoekstra Eline	03	08-021	32.27	50m	20-2-22	Eindhoven (NED)	433
5. van der Gracht Anouk	89	08-021	33.10	50m	12-4-08	Antwerpen (BEL)	402
6. Schelvis Femke	84	08-021	34.19	50m	12-10-03	Beverwijk (NED)	364
7. Gijzen-van der Kroft Nicole	84	08-021	34.62	50m	12-10-03	Beverwijk (NED)	351
8. Veldhuis Amelia	03	08-021	34.65	50m	18-6-22	Bergbad Bückeberg (GER)	350
9. Siemerink Laura	04	08-021	34.82	50m	10-6-23	Bückeberg (GER)	345
10. Hoek Daniëlle	88	08-021	35.27	50m	21-4-07	Antwerpen (BEL)	332
11. de Haan Shira	00	08-021	35.37	50m	30-11-19	Beverwijk (NED)	329
12. Vink Lidewij	90	08-021	36.28	50m	16-5-09	Beverwijk (NED)	305
13. Kramer Miranda	80	08-021	36.77	50m	31-10-99	Beverwijk (NED)	293
14. Kleijne Daisy	89	08-021	37.93	50m	22-11-08	Beverwijk (NED)	267
15. Stins Mariska	84	08-021	37.95	50m	12-10-03	Beverwijk (NED)	266
16. van Ballegooie Simone	84	08-021	38.80	50m	12-10-03	Beverwijk (NED)	249
17. de Boer Maia	03	08-021	38.83	50m	18-6-22	Bergbad Bückeberg (GER)	249
18. van Assema Eline	05	08-021	39.11	50m	8-6-24	Bückeberg (GER)	243
19. van Rookhuizen Sieta	79	08-021	39.75	50m	25-10-98	Beverwijk (NED)	232
20. Heus Pauline	78	08-021	40.40	50m	9-11-97	Beverwijk (NED)	221
21. Krouwels Tanja	79	08-021	41.99	50m	25-10-98	Beverwijk (NED)	196
22. Huneker Jolanda	79	08-021	45.59	50m	25-10-98	Beverwijk (NED)	153

100 vlinderslag

1. Wentink Yara	04	08-021	1:09.33	50m	11-6-23	Bückeberg (GER)	512
2. Broek Jade	97	08-021	1:12.70	50m	29-5-16	Alkmaar (NED)	444
3. van der Gracht Anouk	89	08-021	1:15.74	50m	13-4-08	Antwerpen (BEL)	393
4. Hoekstra Eline	03	08-021	1:16.63	50m	14-5-22	Amsterdam (NED)	379
5. Schelvis Femke	84	08-021	1:18.41	50m	29-3-03	Beverwijk (NED)	354
6. Stins Mariska	84	08-021	1:19.66	50m	18-5-03	Beverwijk (NED)	337
7. de Haan Shira	00	08-021	1:25.60	50m	15-6-19	Bückeberg (GER)	272
8. Veldhuis Amelia	03	08-021	1:29.98	50m	18-6-22	Bergbad Bückeberg (GER)	234

200 vlinderslag

1. Wentink Yara	04	08-021	2:48.79	50m	14-5-23	Amsterdam (NED)	375
2. Hoekstra Eline	03	08-021	2:55.23	50m	15-5-22	Amsterdam (NED)	335
3. van der Gracht Anouk	89	08-021	3:05.89	50m	25-5-08	Beverwijk (NED)	281

1000 vlinderslag**100 wisselslag**

200 wisselslag

1. Broek Jade	97	08-021	2:41.99	50m	4-6-16	Alkmaar (NED)	471
2. Wentink Yara	04	08-021	2:46.43	50m	10-6-23	Bückeberg (GER)	435
3. Schelvis Femke	84	08-021	2:46.46	50m	12-10-03	Beverwijk (NED)	434
4. Crok Annemarie	89	08-021	2:48.29	50m	24-5-08	Beverwijk (NED)	420
5. van der Gracht Anouk	89	08-021	2:49.18	50m	30-3-08	Alkmaar (NED)	414
6. Hoekstra Eline	03	08-021	2:51.39	50m	18-6-22	Bergbad Bückeberg (GER)	398
7. Gijzen-van der Kroft Nicole	84	08-021	2:54.09	50m	12-10-03	Beverwijk (NED)	380
8. Kramer Miranda	80	08-021	2:55.18	50m	2-5-99	Beverwijk (NED)	373
9. de Haan Shira	00	08-021	2:56.23	50m	15-6-19	Bückeberg (GER)	366
10. Stins Mariska	84	08-021	3:05.29	50m	12-10-03	Beverwijk (NED)	315
11. Heus Pauline	78	08-021	3:07.50	50m	9-11-97	Beverwijk (NED)	304
12. van Ballegooie Simone	84	08-021	3:15.65	50m	12-10-03	Beverwijk (NED)	267

300 wisselslag**400 wisselslag**

1. Hoekstra Eline	03	08-021	5:48.87	50m	14-5-22	Amsterdam (NED)	445
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