

25 - 29 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. Broek Jade	97	08-021	29.67	50m	14-5-22	Amsterdam (NED)	507
2. Groen Anne	95	08-021	30.19	50m	9-6-24	Bückerburg (GER)	481
3. Spijker Kristel	84	08-021	31.00	50m	8-5-10	Eindhoven (NED)	445
4. Koopman Inge	93	08-021	31.04	50m	10-4-22	Antwerpen (BEL)	443
5. Butter Anouk	82	08-021	31.38	50m	27-3-10	Amersfoort (NED)	429
6. Hoek Daniëlle	88	08-021	31.60	50m	24-5-14	Beverwijk (NED)	420
7. Stins Mariska	84	08-021	32.32	50m	18-3-12	Amersfoort (NED)	392
8. Schoonderwoerd Rianne	95	08-021	32.41	50m	28-5-23	Arnsberg (GER)	389
9. van der Gracht Anouk	89	08-021	32.82	50m	24-5-14	Beverwijk (NED)	375
10. Jongema Helena	80	08-021	34.04	50m	20-1-08	Eindhoven (NED)	336

**100 vrije slag**

1. Broek Jade	97	08-021	1:04.98	50m	15-5-22	Amsterdam (NED)	503
2. Groen Anne	95	08-021	1:07.33	50m	9-6-24	Bückerburg (GER)	452
3. Spijker Kristel	84	08-021	1:07.68	50m	9-5-10	Eindhoven (NED)	446
4. Koopman Inge	93	08-021	1:09.48	50m	20-2-22	Eindhoven (NED)	412
5. van der Gracht Anouk	89	08-021	1:11.39	50m	22-6-14	Beverwijk (NED)	380
6. Jongema Helena	80	08-021	1:11.87	50m	20-1-08	Eindhoven (NED)	372
7. Schoonderwoerd Rianne	95	08-021	1:12.26	50m	27-5-23	Arnsberg (GER)	366
8. Stins Mariska	84	08-021	1:15.46	50m	23-9-12	Alkmaar (NED)	321
9. Butter Anouk	82	08-021	1:25.84	50m	27-3-10	Amersfoort (NED)	218

**200 vrije slag**

1. Koopman Inge	93	08-021	2:37.19	50m	20-2-22	Eindhoven (NED)	371
2. van der Gracht Anouk	89	08-021	2:37.37	50m	5-7-14	Eindhoven (NED)	370
3. Jongema Helena	80	08-021	2:46.27	50m	18-9-09	Cadiz (ESP)	313
4. Butter Anouk	82	08-021	3:03.43	50m	27-3-10	Amersfoort (NED)	233

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

1. Koopman Inge	93	08-021	4:13.48	50m	8-4-22	Antwerpen (BEL)	327
2. Jongema Helena	80	08-021	4:17.20	50m	18-9-09	Cadiz (ESP)	313

300 vrije slag (sinds 3)

3. Butter Anouk	82	08-021	4:43.25	50m	27-3-10	Amersfoort (NED)	234
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**400 vrije slag**

1. Koopman Inge	93	08-021	5:40.03	50m	8-4-22	Antwerpen (BEL)	336
2. Jongema Helena	80	08-021	5:45.56	50m	18-9-09	Cadiz (ESP)	320
3. Butter Anouk	82	08-021	6:21.81	50m	27-3-10	Amersfoort (NED)	237

**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	32.52	50m	15-5-22	Amsterdam (NED)	576
2. Jongema Helena	80	08-021	35.65	50m	20-1-08	Eindhoven (NED)	437
3. Groen Anne	95	08-021	36.47	50m	10-6-23	Bückerburg (GER)	408
4. Stins Mariska	84	08-021	37.92	50m	18-3-12	Amersfoort (NED)	363
5. van der Gracht Anouk	89	08-021	38.44	50m	25-5-14	Beverwijk (NED)	348
6. Schoonderwoerd Rianne	95	08-021	38.83	50m	27-5-23	Arnsberg (GER)	338

**100 rugslag**

1. Broek Jade	97	08-021	1:11.51	50m	11-6-23	Bückerburg (GER)	536
2. Groen Anne	95	08-021	1:17.79	50m	19-3-23	Alkmaar (NED)	416
3. Jongema Helena	80	08-021	1:20.48	50m	19-9-09	Cadiz (ESP)	376
4. van der Gracht Anouk	89	08-021	1:22.43	50m	20-6-15	Beverwijk (NED)	350
5. Stins Mariska	84	08-021	1:23.00	50m	18-3-12	Amersfoort (NED)	343

**200 rugslag**

1. Broek Jade	97	08-021	2:40.52	50m	4-5-24	Eindhoven (NED)	461
2. Groen Anne	95	08-021	2:49.45	50m	4-5-24	Eindhoven (NED)	392
3. van der Gracht Anouk	89	08-021	2:57.29	50m	22-2-15	Alkmaar (NED)	342
4. Stins Mariska	84	08-021	3:03.02	50m	24-3-13	Amersfoort (NED)	311

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

1. Broek Jade	97	08-021	38.64	50m	9-4-22	Antwerpen (BEL)	440
2. Schoonderwoerd Rianne	95	08-021	43.05	50m	28-5-23	Arnsberg (GER)	318
3. Groen Anne	95	08-021	43.13	50m	19-6-22	Bergbad Bückerburg (GER)	316

**100 schoolslag**

1. Broek Jade	97	08-021	1:27.90	50m	8-6-24	Bückerburg (GER)	388
2. Schoonderwoerd Rianne	95	08-021	1:33.66	50m	28-5-23	Arnsberg (GER)	321

**200 schoolslag**

1. Broek Jade	97	08-021	3:12.52	50m	5-5-24	Eindhoven (NED)	377
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**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	31.84	50m	19-3-23	Alkmaar (NED)	451
2. Koopman Inge	93	08-021	32.52	50m	8-4-22	Antwerpen (BEL)	423
3. van der Gracht Anouk	89	08-021	32.74	50m	17-5-14	Beverwijk (NED)	415
4. Groen Anne	95	08-021	34.66	50m	19-3-23	Alkmaar (NED)	350
5. Hoek Daniëlle	88	08-021	34.69	50m	11-5-13	Beverwijk (NED)	349
6. Spijker Kristel	84	08-021	34.80	50m	9-5-10	Eindhoven (NED)	345
7. Jongema Helena	80	08-021	35.00	50m	20-1-08	Eindhoven (NED)	340
8. Stins Mariska	84	08-021	39.02	50m	24-3-13	Amersfoort (NED)	245

**100 vlinderslag**

1. Broek Jade	97	08-021	1:13.38	50m	14-5-22	Amsterdam (NED)	432
2. van der Gracht Anouk	89	08-021	1:16.10	50m	18-5-14	Alkmaar (NED)	387
3. Koopman Inge	93	08-021	1:17.82	50m	9-4-22	Antwerpen (BEL)	362
4. Spijker Kristel	84	08-021	1:20.74	50m	9-5-10	Eindhoven (NED)	324
5. Stins Mariska	84	08-021	1:23.69	50m	23-9-12	Alkmaar (NED)	291

**200 vlinderslag**

1. Spijker Kristel	84	08-021	3:09.31	50m	8-5-10	Eindhoven (NED)	266
2. Stins Mariska	84	08-021	3:15.72	50m	24-3-13	Amersfoort (NED)	241

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

1. Broek Jade	97	08-021	2:47.56	50m	10-6-23	Bückeburg (GER)	426
2. van der Gracht Anouk	89	08-021	2:59.33	50m	6-7-14	Eindhoven (NED)	347
3. Jongema Helena	80	08-021	2:59.84	50m	15-9-09	Cadiz (ESP)	344

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