

20 - 24 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2025

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. Schelvis Femke | 84 | 08-021 | 28.39 | 50m | 1-4-04 | Amsterdam (NED) | 579 |
| 2. Wentink Yara | 04 | 08-021 | 28.46 | 50m | 17-3-24 | Alkmaar (NED) | 575 |
| 3. Broek Jade | 97 | 08-021 | 28.95 | 50m | 18-5-19 | Amersfoort (NED) | 546 |
| 4. Groen Anne | 95 | 08-021 | 28.97 | 50m | 12-6-16 | Buckeburg (GER) | 545 |
| 5. Hoekstra Eline | 03 | 08-021 | 29.99 | 50m | 18-2-24 | Eindhoven (NED) | 491 |
| 6. van der Gracht Anouk | 89 | 08-021 | 30.65 | 50m | 25-5-13 | Beverwijk (NED) | 460 |
| 7. Crok Annemarie | 89 | 08-021 | 31.51 | 50m | 21-5-11 | Beverwijk (NED) | 423 |
| 8. Kramer Miranda | 80 | 08-021 | 31.65 | 50m | 27-5-01 | Beverwijk (NED) | 418 |
| 9. Haasbroek Renske | 03 | 08-021 | 32.04 | 50m | 5-5-24 | Eindhoven (NED) | 403 |
| 10. de Haan Shira | 00 | 08-021 | 32.71 | 50m | 19-6-22 | Bergbad Bückeberg (GER) | 378 |
| 11. Hoek Daniëlle | 88 | 08-021 | 32.85 | 50m | 4-5-12 | Eindhoven (NED) | 374 |
| 12. Siemerink Laura | 04 | 08-021 | 34.80 | 50m | 9-6-24 | Bückeberg (GER) | 314 |
| 13. van Eerden Meike | 00 | 08-021 | 35.01 | 50m | 19-6-22 | Bergbad Bückeberg (GER) | 309 |
| 14. ten Cate Ilona | 85 | 08-021 | 35.72 | 50m | 28-5-06 | Beverwijk (NED) | 290 |

100 vrije slag

| | | | | | | | |
|-------------------------|----|--------|---------|-----|---------|-------------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 1:01.61 | 50m | 25-4-04 | Beverwijk (NED) | 591 |
| 2. Wentink Yara | 04 | 08-021 | 1:01.75 | 50m | 21-1-24 | Alkmaar (NED) | 587 |
| 3. Broek Jade | 97 | 08-021 | 1:02.15 | 50m | 19-5-19 | Amersfoort (NED) | 575 |
| 4. Groen Anne | 95 | 08-021 | 1:03.93 | 50m | 18-6-17 | Bergbad Bückeberg (GER) | 529 |
| 5. Kleijne Daisy | 89 | 08-021 | 1:06.51 | 50m | 24-5-09 | Beverwijk (NED) | 469 |
| 6. Hoekstra Eline | 03 | 08-021 | 1:06.56 | 50m | 14-5-23 | Amsterdam (NED) | 468 |
| 7. Hoek Daniëlle | 88 | 08-021 | 1:08.75 | 50m | 1-6-08 | Beverwijk (NED) | 425 |
| 8. van der Gracht Anouk | 89 | 08-021 | 1:09.15 | 50m | 30-6-13 | Eindhoven (NED) | 418 |
| 9. van 't Veer Iris | 03 | 08-021 | 1:09.66 | 50m | 11-6-23 | Bückeberg (GER) | 409 |
| 10. Kramer Miranda | 80 | 08-021 | 1:10.76 | 50m | 27-5-01 | Beverwijk (NED) | 390 |
| 11. Haasbroek Renske | 03 | 08-021 | 1:12.43 | 50m | 12-2-23 | Eindhoven (NED) | 363 |
| 12. de Haan Shira | 00 | 08-021 | 1:13.65 | 50m | 11-6-23 | Bückeberg (GER) | 346 |
| 13. Stins Mariska | 84 | 08-021 | 1:13.77 | 50m | 17-4-05 | Beverwijk (NED) | 344 |
| 14. Heus Pauline | 78 | 08-021 | 1:16.49 | 50m | 4-6-00 | Beverwijk (NED) | 308 |
| 15. van Eerden Meike | 00 | 08-021 | 1:17.41 | 50m | 19-6-22 | Bergbad Bückeberg (GER) | 298 |
| 16. ten Cate Joyce | 80 | 08-021 | 1:24.52 | 50m | 4-6-00 | Beverwijk (NED) | 229 |

200 vrije slag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 2:11.02 | 50m | 23-4-05 | Amsterdam (NED) | 641 |
| 2. Wentink Yara | 04 | 08-021 | 2:21.71 | 50m | 1-6-24 | Amsterdam (NED) | 506 |
| 3. Hoekstra Eline | 03 | 08-021 | 2:23.36 | 50m | 1-6-24 | Amsterdam (NED) | 489 |
| 4. Groen Anne | 95 | 08-021 | 2:24.86 | 50m | 21-5-17 | Alkmaar (NED) | 474 |
| 5. Broek Jade | 97 | 08-021 | 2:25.52 | 50m | 26-5-19 | Amersfoort (NED) | 467 |
| 6. Hoek Daniëlle | 88 | 08-021 | 2:27.77 | 50m | 4-5-12 | Eindhoven (NED) | 446 |
| 7. van der Gracht Anouk | 89 | 08-021 | 2:31.11 | 50m | 29-6-13 | Eindhoven (NED) | 417 |
| 8. van 't Veer Iris | 03 | 08-021 | 2:31.19 | 50m | 10-6-23 | Bückeburg (GER) | 417 |
| 9. Haasbroek Renske | 03 | 08-021 | 2:37.81 | 50m | 26-1-25 | Alkmaar (NED) | 366 |
| 10. Butter Anouk | 82 | 08-021 | 2:42.83 | 50m | 21-4-02 | Beverwijk (NED) | 334 |
| 11. Gijzen-van der Kroft Nicole | 84 | 08-021 | 2:43.06 | 50m | 25-4-04 | Beverwijk (NED) | 332 |

250 vrije slag**300 vrije slag**

| | | | | | | | |
|---------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 3:58.86 | 50m | 4-5-24 | Eindhoven (NED) | 391 |
| 2. Haasbroek Renske | 03 | 08-021 | 4:12.93 | 50m | 17-3-24 | Alkmaar (NED) | 329 |

400 vrije slag

| | | | | | | | |
|-------------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 5:19.42 | 50m | 21-5-23 | Amsterdam (NED) | 405 |
| 2. van 't Veer Iris | 03 | 08-021 | 5:21.06 | 50m | 19-2-23 | Alkmaar (NED) | 399 |
| 3. van der Gracht Anouk | 89 | 08-021 | 5:29.59 | 50m | 30-6-13 | Eindhoven (NED) | 369 |
| 4. Haasbroek Renske | 03 | 08-021 | 5:35.03 | 50m | 17-3-24 | Alkmaar (NED) | 351 |

500 vrije slag**800 vrije slag**

| | | | | | | | |
|---------------------|----|--------|----------|-----|---------|---------------|-----|
| 1. van 't Veer Iris | 03 | 08-021 | 10:53.65 | 50m | 19-2-23 | Alkmaar (NED) | 407 |
| 2. Hoekstra Eline | 03 | 08-021 | 10:55.01 | 50m | 24-3-24 | Alkmaar (NED) | 405 |

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

| | | | | | | | |
|---------------------|----|--------|----------|-----|---------|---------------|-----|
| 1. van 't Veer Iris | 03 | 08-021 | 20:26.79 | 50m | 19-2-23 | Alkmaar (NED) | 429 |
| 2. Hoekstra Eline | 03 | 08-021 | 21:00.32 | 50m | 24-3-24 | Alkmaar (NED) | 395 |

2000 vrije slag

| | | | | | | | |
|-------------------|----|--------|----------|-----|---------|---------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 28:13.56 | 50m | 24-3-24 | Alkmaar (NED) | 386 |
|-------------------|----|--------|----------|-----|---------|---------------|-----|

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 | 32.26 | 50m | 13-4-19 | Eindhoven (NED) | 590 |
| 2. Wentink Yara | 04 | 08-021 | 33.54 | 50m | 8-6-24 | Bückerburg (GER) | 525 |
| 3. Hoekstra Eline | 03 | 08-021 | 33.74 | 50m | 18-2-24 | Eindhoven (NED) | 515 |
| 4. Kleijne Daisy | 89 | 08-021 | 34.60 | 50m | 24-5-09 | Beverwijk (NED) | 478 |
| 5. Groen Anne | 95 | 08-021 | 35.37 | 50m | 21-5-17 | Alkmaar (NED) | 447 |
| 6. Schelvis Femke | 84 | 08-021 | 36.08 | 50m | 16-5-04 | Beverwijk (NED) | 421 |
| 7. van der Gracht Anouk | 89 | 08-021 | 38.91 | 50m | 7-12-13 | Beverwijk (NED) | 336 |
| 8. van Eerden Meike | 00 | 08-021 | 39.76 | 50m | 18-6-22 | Bergbad Bückerburg (GER) | 315 |
| 9. Haasbroek Renske | 03 | 08-021 | 39.79 | 50m | 17-3-24 | Alkmaar (NED) | 314 |
| 10. de Haan Shira | 00 | 08-021 | 40.65 | 50m | 18-6-22 | Bergbad Bückerburg (GER) | 294 |

100 rugslag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|---------|--------------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 1:08.53 | 50m | 16-6-19 | Bückerburg (GER) | 609 |
| 2. Schelvis Femke | 84 | 08-021 | 1:15.06 | 50m | 15-5-04 | Beverwijk (NED) | 463 |
| 3. Hoekstra Eline | 03 | 08-021 | 1:15.52 | 50m | 12-2-23 | Eindhoven (NED) | 455 |
| 4. Groen Anne | 95 | 08-021 | 1:17.11 | 50m | 16-6-18 | Bückerburg (GER) | 427 |
| 5. Wentink Yara | 04 | 08-021 | 1:17.61 | 50m | 21-1-24 | Alkmaar (NED) | 419 |
| 6. Kleijne Daisy | 89 | 08-021 | 1:18.43 | 50m | 22-4-12 | Beverwijk (NED) | 406 |
| 7. van 't Veer Iris | 03 | 08-021 | 1:19.33 | 50m | 8-6-24 | Bückerburg (GER) | 392 |
| 8. van der Gracht Anouk | 89 | 08-021 | 1:21.64 | 50m | 15-6-13 | Beverwijk (NED) | 360 |
| 9. Stins Mariska | 84 | 08-021 | 1:22.54 | 50m | 25-4-04 | Beverwijk (NED) | 348 |
| 10. Haasbroek Renske | 03 | 08-021 | 1:23.63 | 50m | 5-5-24 | Eindhoven (NED) | 335 |
| 11. van Eerden Meike | 00 | 08-021 | 1:25.01 | 50m | 19-6-22 | Bergbad Bückerburg (GER) | 319 |
| 12. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:26.22 | 50m | 25-4-04 | Beverwijk (NED) | 305 |
| 13. Heus Pauline | 78 | 08-021 | 1:26.98 | 50m | 2-5-99 | Beverwijk (NED) | 298 |

200 rugslag

| | | | | | | | |
|---------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 2:38.72 | 50m | 26-1-20 | Alkmaar (NED) | 477 |
| 2. Schelvis Femke | 84 | 08-021 | 2:41.41 | 50m | 17-4-05 | Beverwijk (NED) | 454 |
| 3. Groen Anne | 95 | 08-021 | 2:44.34 | 50m | 5-3-17 | Alkmaar (NED) | 430 |
| 4. Kleijne Daisy | 89 | 08-021 | 2:46.28 | 50m | 29-3-09 | Alkmaar (NED) | 415 |
| 5. Hoekstra Eline | 03 | 08-021 | 2:47.68 | 50m | 4-5-24 | Eindhoven (NED) | 404 |
| 6. van 't Veer Iris | 03 | 08-021 | 2:48.19 | 50m | 10-6-23 | Bückerburg (GER) | 401 |
| 7. Haasbroek Renske | 03 | 08-021 | 3:01.53 | 50m | 26-1-25 | Alkmaar (NED) | 319 |

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

| | | | | | | | |
|--------------------|----|--------|-------|-----|---------|--------------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 38.39 | 50m | 18-6-17 | Bergbad Bückerburg (GER) | 449 |
| 2. de Haan Shira | 00 | 08-021 | 40.82 | 50m | 19-6-22 | Bergbad Bückerburg (GER) | 373 |
| 3. Siemerink Laura | 04 | 08-021 | 45.12 | 50m | 9-6-24 | Bückerburg (GER) | 276 |

100 schoolslag

| | | | | | | | |
|--------------------------------|----|--------|---------|-----|---------|--------------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 1:23.64 | 50m | 18-6-17 | Bergbad Bückerburg (GER) | 450 |
| 2. de Haan Shira | 00 | 08-021 | 1:28.68 | 50m | 26-1-20 | Alkmaar (NED) | 378 |
| 3. van 't Veer Iris | 03 | 08-021 | 1:29.84 | 50m | 8-6-24 | Bückerburg (GER) | 363 |
| 4. Kramer Miranda | 80 | 08-021 | 1:30.36 | 50m | 29-4-01 | Beverwijk (NED) | 357 |
| 5. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:32.05 | 50m | 25-4-04 | Beverwijk (NED) | 338 |
| 6. Heus Pauline | 78 | 08-021 | 1:36.69 | 50m | 4-6-00 | Beverwijk (NED) | 291 |
| 7. Stins Mariska | 84 | 08-021 | 1:38.02 | 50m | 25-4-04 | Beverwijk (NED) | 280 |
| 8. Siemerink Laura | 04 | 08-021 | 1:40.50 | 50m | 8-6-24 | Bückerburg (GER) | 259 |
| 9. Hoek Daniëlle | 88 | 08-021 | 1:42.90 | 50m | 1-6-08 | Beverwijk (NED) | 242 |
| 10. ten Cate Joyce | 80 | 08-021 | 1:52.87 | 50m | 4-6-00 | Beverwijk (NED) | 183 |

200 schoolslag

| | | | | | | | |
|---------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 3:07.20 | 50m | 28-5-17 | Alkmaar (NED) | 410 |
| 2. van 't Veer Iris | 03 | 08-021 | 3:12.86 | 50m | 11-6-23 | Bückerburg (GER) | 375 |
| 3. de Haan Shira | 00 | 08-021 | 3:16.51 | 50m | 5-5-24 | Eindhoven (NED) | 354 |
| 4. Crok Annemarie | 89 | 08-021 | 3:18.70 | 50m | 21-5-11 | Beverwijk (NED) | 343 |
| 5. Kramer Miranda | 80 | 08-021 | 3:19.96 | 50m | 29-4-01 | Beverwijk (NED) | 336 |

250 schoolslag**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 | 29.73 | 50m | 17-3-24 | Alkmaar (NED) | 554 |
| 2. Hoekstra Eline | 03 | 08-021 | 31.01 | 50m | 2-6-24 | Amsterdam (NED) | 488 |
| 3. Broek Jade | 97 | 08-021 | 31.18 | 50m | 15-4-18 | Alkmaar (NED) | 480 |
| 4. van der Gracht Anouk | 89 | 08-021 | 32.18 | 50m | 24-3-13 | Beverwijk (NED) | 437 |
| 5. de Haan Shira | 00 | 08-021 | 32.34 | 50m | 26-1-20 | Alkmaar (NED) | 431 |
| 6. Groen Anne | 95 | 08-021 | 33.48 | 50m | 3-12-16 | Beverwijk (NED) | 388 |
| 7. Siemerink Laura | 04 | 08-021 | 34.14 | 50m | 8-6-24 | Bückeberg (GER) | 366 |
| 8. Crok Annemarie | 89 | 08-021 | 34.62 | 50m | 15-5-10 | Beverwijk (NED) | 351 |
| 9. Butter Anouk | 82 | 08-021 | 36.02 | 50m | 5-4-03 | Amsterdam (NED) | 311 |
| 10. Kramer Miranda | 80 | 08-021 | 36.26 | 50m | 20-10-02 | Beverwijk (NED) | 305 |
| 11. van Rookhuizen Sieta | 79 | 08-021 | 37.09 | 50m | 31-10-99 | Beverwijk (NED) | 285 |
| 12. Haasbroek Renske | 03 | 08-021 | 37.36 | 50m | 12-2-23 | Eindhoven (NED) | 279 |
| 13. Heus Pauline | 78 | 08-021 | 38.74 | 50m | 25-10-98 | Beverwijk (NED) | 250 |
| 14. van Eerden Meike | 00 | 08-021 | 44.22 | 50m | 18-6-22 | Bergbad Bückeberg (GER) | 168 |

100 vlinderslag

| | | | | | | | |
|-------------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 1:08.00 | 50m | 16-6-24 | Amersfoort (NED) | 543 |
| 2. Broek Jade | 97 | 08-021 | 1:10.87 | 50m | 18-5-19 | Amersfoort (NED) | 479 |
| 3. Hoekstra Eline | 03 | 08-021 | 1:14.02 | 50m | 25-5-24 | Amsterdam (NED) | 421 |
| 4. van der Gracht Anouk | 89 | 08-021 | 1:14.52 | 50m | 29-6-13 | Eindhoven (NED) | 412 |
| 5. Stins Mariska | 84 | 08-021 | 1:18.47 | 50m | 25-4-04 | Beverwijk (NED) | 353 |
| 6. Hoek Daniëlle | 88 | 08-021 | 1:21.38 | 50m | 13-5-12 | Beverwijk (NED) | 316 |
| 7. Butter Anouk | 82 | 08-021 | 1:26.43 | 50m | 5-4-03 | Amsterdam (NED) | 264 |
| 8. de Haan Shira | 00 | 08-021 | 1:27.43 | 50m | 4-5-24 | Eindhoven (NED) | 255 |
| 9. Siemerink Laura | 04 | 08-021 | 1:27.45 | 50m | 8-6-24 | Bückeberg (GER) | 255 |
| 10. ten Cate Ilona | 85 | 08-021 | 1:34.57 | 50m | 27-5-06 | Beverwijk (NED) | 201 |

200 vlinderslag

| | | | | | | | |
|-------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 2:50.09 | 50m | 26-5-24 | Amsterdam (NED) | 367 |
| 2. Schelvis Femke | 84 | 08-021 | 2:56.87 | 50m | 17-4-05 | Beverwijk (NED) | 326 |
| 3. Stins Mariska | 84 | 08-021 | 3:12.70 | 50m | 17-4-05 | Beverwijk (NED) | 252 |
| 4. Butter Anouk | 82 | 08-021 | 3:19.27 | 50m | 21-4-02 | Beverwijk (NED) | 228 |

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

| | | | | | | | |
|-------------------------|----|--------|---------|-----|----------|--------------------------|-----|
| 1. Groen Anne | 95 | 08-021 | 2:44.09 | 50m | 5-3-17 | Alkmaar (NED) | 454 |
| 2. Wentink Yara | 04 | 08-021 | 2:44.14 | 50m | 8-6-24 | Bückerburg (GER) | 453 |
| 3. Schelvis Femke | 84 | 08-021 | 2:47.67 | 50m | 25-4-04 | Beverwijk (NED) | 425 |
| 4. Crok Annemarie | 89 | 08-021 | 2:48.77 | 50m | 21-5-11 | Beverwijk (NED) | 417 |
| 5. Hoekstra Eline | 03 | 08-021 | 2:48.86 | 50m | 26-1-25 | Alkmaar (NED) | 416 |
| 6. van der Gracht Anouk | 89 | 08-021 | 2:51.17 | 50m | 30-6-13 | Eindhoven (NED) | 400 |
| 7. Kramer Miranda | 80 | 08-021 | 2:53.86 | 50m | 22-10-00 | Beverwijk (NED) | 381 |
| 8. van Rookhuizen Sieta | 79 | 08-021 | 2:57.65 | 50m | 31-10-99 | Beverwijk (NED) | 357 |
| 9. Haasbroek Renske | 03 | 08-021 | 3:04.71 | 50m | 21-4-24 | Alkmaar (NED) | 318 |
| 10. Heus Pauline | 78 | 08-021 | 3:08.91 | 50m | 2-5-99 | Beverwijk (NED) | 297 |
| 11. van Eerden Meike | 00 | 08-021 | 3:16.72 | 50m | 18-6-22 | Bergbad Bückerburg (GER) | 263 |

300 wisselslag**400 wisselslag**

| | | | | | | | |
|-------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 5:50.67 | 50m | 25-5-24 | Amsterdam (NED) | 438 |
| 2. Broek Jade | 97 | 08-021 | 5:58.94 | 50m | 1-3-20 | Alkmaar (NED) | 408 |