

30 - 34 jaar, Dames

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**

1. van Staveren Marina	78	08-021	14.04	25m	14-4-11	Heemskerk (NED)	413
2. ten Cate Joyce	80	08-021	15.69	25m	26-4-12	Heemskerk (NED)	296
3. Heus Pauline	78	08-021	15.86	25m	14-4-11	Heemskerk (NED)	286

**50 vrije slag**

1. van Staveren Marina	78	08-021	30.06	25m	18-2-12	Heerenveen (NED)	443
2. Visser Kelly	89	08-021	31.20	25m	19-9-19	Heemskerk (NED)	396
3. Hoek Daniëlle	88	08-021	31.24	25m	18-3-18	Purmerend (NED)	395
4. Stins Mariska	84	08-021	31.65	25m	23-4-15	Heemskerk (NED)	380
5. Jongema Helena	80	08-021	32.82	25m	20-2-10	Heerenveen (NED)	341
6. Heus Pauline	78	08-021	33.62	25m	15-3-09	Haarlem (NED)	317
7. de Ruijter Linda	87	08-021	34.66	25m	11-4-19	Heemskerk (NED)	289
8. ten Cate Joyce	80	08-021	34.68	25m	20-5-10	Heemskerk (NED)	289

**100 vrije slag**

1. van Staveren Marina	78	08-021	1:07.26	25m	9-2-12	Heemskerk (NED)	417
2. Visser Kelly	89	08-021	1:09.16	25m	12-1-20	Purmerend (NED)	383
3. Hoek Daniëlle	88	08-021	1:09.18	25m	4-2-18	Purmerend (NED)	383
4. Stins Mariska	84	08-021	1:10.91	25m	18-2-16	Heemskerk (NED)	355
5. de Ruijter Linda	87	08-021	1:14.36	25m	24-1-19	Heemskerk (NED)	308
6. Heus Pauline	78	08-021	1:15.00	25m	23-10-10	Emmeloord (NED)	300
7. ten Cate Joyce	80	08-021	1:16.75	25m	27-1-11	Heemskerk (NED)	280

**200 vrije slag**

1. van Staveren Marina	78	08-021	2:31.39	25m	20-11-11	Almere-Stad (NED)	388
2. Hoek Daniëlle	88	08-021	2:32.37	25m	14-1-18	Purmerend (NED)	380
3. Stins Mariska	84	08-021	2:39.61	25m	30-11-14	Almere-Stad (NED)	331
4. Heus Pauline	78	08-021	2:42.77	25m	23-10-10	Emmeloord (NED)	312
5. Jongema Helena	80	08-021	3:04.48	50m	3-6-11	Apeldoorn (NED)	229

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

**400 vrije slag**

1. van Staveren Marina	78	08-021	5:29.02	25m	22-5-11	Grootebroek (NED)	362
2. Stins Mariska	84	08-021	5:43.41	25m	31-5-15	Grootebroek (NED)	318
3. Jongema Helena	80	08-021	5:48.29	25m	22-5-11	Grootebroek (NED)	305

**500 vrije slag****800 vrije slag**

1. Jongema Helena	80	08-021	13:10.26	50m	3-6-11	Apeldoorn (NED)	230
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**1000 vrije slag**

1. van Staveren Marina	78	08-021	16:05.77	OW	19-6-11	Spaarnwoude (NED)
2. Heus Pauline	78	08-021	17:02.26	OW	8-9-12	Beilen (NED)

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

1. Jongema Helena	80	08-021	24:45.29	50m	3-6-11	Apeldoorn (NED)	241
2. van Staveren Marina	78	08-021	25:21.32	OW	22-7-12	Amsterdam (NED)	
3. Heus Pauline	78	08-021	27:38.56	OW	22-7-12	Amsterdam (NED)	

**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. Jongema Helena	80	08-021	17.83	25m	20-11-11	Almere-Stad (NED)	310
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**50 rugslag**

1. Jongema Helena	80	08-021	35.95	25m	24-1-10	Vlaardingen (NED)	364
2. Groen Anne	95	08-021	36.16	25m	2-2-25	Den Helder (NED)	357
3. Stins Mariska	84	08-021	36.98	25m	19-2-15	Heemskerk (NED)	334
4. van Staveren Marina	78	08-021	37.12	25m	22-3-12	Heemskerk (NED)	330
5. Visser Kelly	89	08-021	38.18	25m	6-10-19	Purmerend (NED)	303
6. Hoek Daniëlle	88	08-021	38.49	25m	12-4-18	Heemskerk (NED)	296
7. de Ruijter Linda	87	08-021	40.28	25m	7-3-19	Heemskerk (NED)	258
8. ten Cate Joyce	80	08-021	40.82	25m	20-5-10	Heemskerk (NED)	248
9. Heus Pauline	78	08-021	41.67	25m	5-10-08	Heemskerk (NED)	233

**100 rugslag**

1. Groen Anne	95	08-021	1:14.95	25m	2-2-25	Den Helder (NED)	395
2. van Staveren Marina	78	08-021	1:18.30	25m	13-5-12	Grootebroek (NED)	347
3. Stins Mariska	84	08-021	1:20.10	25m	30-11-14	Almere-Stad (NED)	324
4. Visser Kelly	89	08-021	1:21.63	25m	7-11-19	Heemskerk (NED)	306
5. Hoek Daniëlle	88	08-021	1:22.01	25m	18-3-18	Purmerend (NED)	302
6. de Ruijter Linda	87	08-021	1:25.67	25m	29-11-18	Heemskerk (NED)	265
7. Jongema Helena	80	08-021	1:26.62	50m	13-3-11	Amersfoort (NED)	301
8. Heus Pauline	78	08-021	1:27.63	25m	15-3-09	Haarlem (NED)	247
9. ten Cate Joyce	80	08-021	1:28.44	25m	4-11-10	Heemskerk (NED)	240

**200 rugslag**

1. Groen Anne	95	08-021	2:38.01	25m	2-2-25	Den Helder (NED)	429
2. Stins Mariska	84	08-021	2:53.17	25m	10-1-15	Zwolle (NED)	326
3. van Staveren Marina	78	08-021	2:54.20	25m	7-1-12	Zwolle (NED)	320
4. ten Cate Joyce	80	08-021	3:12.32	25m	17-1-10	Amsterdam-oost (NED)	238

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

1. Heus Pauline	78	08-021	19.54	25m	24-10-09	Emmeloord (NED)	316
1. van Staveren Marina	78	08-021	19.54	25m	18-11-12	Almere-Stad (NED)	316
3. Jongema Helena	80	08-021	20.80	25m	19-2-11	Heerenveen (NED)	262
4. ten Cate Joyce	80	08-021	21.58	25m	21-11-10	Almere-Stad (NED)	235

**50 schoolslag**

1. Groen Anne	95	08-021	41.04	25m	12-1-25	Heemskerk (NED)	339
2. van Staveren Marina	78	08-021	41.98	25m	9-2-12	Heemskerk (NED)	317
3. Stins Mariska	84	08-021	42.88	25m	8-1-15	Heemskerk (NED)	297
4. Heus Pauline	78	08-021	43.05	25m	16-3-08	Amersfoort (NED)	294
5. de Ruijter Linda	87	08-021	44.70	25m	24-1-19	Heemskerk (NED)	263
6. Jongema Helena	80	08-021	45.26	25m	22-5-11	Grootebroek (NED)	253
7. Hoek Daniëlle	88	08-021	46.19	25m	14-1-18	Purmerend (NED)	238
8. Visser Kelly	89	08-021	46.38	25m	3-11-19	Purmerend (NED)	235
9. ten Cate Joyce	80	08-021	47.21	25m	27-1-11	Heemskerk (NED)	223

**100 schoolslag**

1. van Staveren Marina	78	08-021	1:31.70	25m	13-5-12	Grootebroek (NED)	314
2. Heus Pauline	78	08-021	1:33.11	25m	15-11-09	Almere-Stad (NED)	300
3. Stins Mariska	84	08-021	1:34.19	25m	4-10-15	Purmerend (NED)	290
4. de Ruijter Linda	87	08-021	1:37.68	25m	11-10-18	Heemskerk (NED)	260
5. Hoek Daniëlle	88	08-021	1:41.10	25m	8-10-20	Heemskerk (NED)	234
6. Visser Kelly	89	08-021	1:43.42	25m	19-9-19	Heemskerk (NED)	219
7. ten Cate Joyce	80	08-021	1:44.12	25m	2-10-11	Heemskerk (NED)	214

**200 schoolslag**

1. Heus Pauline	78	08-021	3:18.65	25m	13-1-08	Heemskerk (NED)	310
2. de Ruijter Linda	87	08-021	3:25.84	25m	12-1-20	Purmerend (NED)	279
3. Stins Mariska	84	08-021	3:28.51	25m	12-1-14	Alkmaar (NED)	268
4. ten Cate Joyce	80	08-021	3:45.78	25m	25-3-10	Heemskerk (NED)	211

**250 schoolslag****500 schoolslag****800 schoolslag****1000 schoolslag**

1. Heus Pauline	78	08-021	20:13.93	OW	8-9-12	Beilen (NED)	
2. Oudendijk Bianca	79	08-021	21:25.01	OW	25-7-10	Langedijk (NED)	

**1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. van Staveren Marina	78	08-021	15.06	25m	17-11-11	Heemskerk (NED)	410
2. Heus Pauline	78	08-021	17.00	25m	17-11-11	Heemskerk (NED)	285
3. ten Cate Joyce	80	08-021	18.59	25m	17-11-11	Heemskerk (NED)	218

**50 vlinderslag**

1. van Staveren Marina	78	08-021	33.15	25m	22-3-12	Heemskerk (NED)	397
2. Stins Mariska	84	08-021	35.20	25m	10-12-15	Heemskerk (NED)	332
3. Koopman Inge	93	08-021	35.43	25m	18-2-23	Heerenveen (NED)	325
4. Hoek Daniëlle	88	08-021	35.56	25m	4-2-18	Purmerend (NED)	322
5. Jongema Helena	80	08-021	36.01	25m	24-1-10	Vlaardingen (NED)	310
6. Visser Kelly	89	08-021	37.11	25m	7-11-19	Heemskerk (NED)	283
7. de Ruijter Linda	87	08-021	37.73	25m	29-11-18	Heemskerk (NED)	269
8. Heus Pauline	78	08-021	39.88	25m	13-1-08	Heemskerk (NED)	228
9. ten Cate Joyce	80	08-021	41.94	25m	18-2-10	Heemskerk (NED)	196

**100 vlinderslag**

1. van Staveren Marina	78	08-021	1:17.69	25m	18-2-12	Heerenveen (NED)	347
2. Koopman Inge	93	08-021	1:19.00	25m	18-2-23	Heerenveen (NED)	330
3. Stins Mariska	84	08-021	1:21.05	25m	15-11-15	Purmerend (NED)	305

**200 vlinderslag**

1. Koopman Inge	93	08-021	3:02.12	25m	18-2-23	Heerenveen (NED)	283
2. Stins Mariska	84	08-021	3:09.29	25m	6-3-16	Purmerend (NED)	252

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

1. van Staveren Marina	78	08-021	1:16.71	25m	13-5-12	Grootebroek (NED)	399
2. Stins Mariska	84	08-021	1:19.07	25m	19-5-16	Heemskerk (NED)	365
3. Hoek Daniëlle	88	08-021	1:22.11	25m	17-5-18	Heemskerk (NED)	325
4. Visser Kelly	89	08-021	1:23.53	25m	6-10-19	Purmerend (NED)	309
5. de Ruijter Linda	87	08-021	1:24.11	25m	11-4-19	Heemskerk (NED)	303
6. Heus Pauline	78	08-021	1:25.03	25m	16-3-08	Amersfoort (NED)	293
7. Jongema Helena	80	08-021	1:26.14	25m	19-2-11	Heerenveen (NED)	282
8. ten Cate Joyce	80	08-021	1:28.71	25m	14-4-11	Heemskerk (NED)	258

**200 wisselslag**

1. Stins Mariska	84	08-021	2:52.88	25m	15-11-15	Purmerend (NED)	350
2. van Staveren Marina	78	08-021	2:59.65	50m	13-3-11	Amersfoort (NED)	345
3. Visser Kelly	89	08-021	3:00.18	25m	3-11-19	Purmerend (NED)	309
4. Hoek Daniëlle	88	08-021	3:01.76	25m	3-11-19	Purmerend (NED)	301
5. Heus Pauline	78	08-021	3:09.23	25m	9-3-08	Heemskerk (NED)	267
6. ten Cate Joyce	80	08-021	3:16.77	25m	21-11-10	Almere-Stad (NED)	237

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

1. Stins Mariska	84	08-021	6:19.70	25m	15-2-14	Heerenveen (NED)	317
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