

35 - 39 jaar, Dames, Korte baan (25m)

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. van Staveren Marina | 78 | 08-021 | 30.40 | 25m | 31-10-13 | Heemskerk (NED)  | 429 |
| 2. Heus Pauline        | 78 | 08-021 | 34.63 | 25m | 15-2-14  | Heerenveen (NED) | 290 |
| 3. ten Cate Joyce      | 80 | 08-021 | 35.10 | 25m | 19-9-19  | Heemskerk (NED)  | 278 |

**100 vrije slag**

|                        |    |        |         |     |         |                 |     |
|------------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 1:08.06 | 25m | 12-1-13 | Zwolle (NED)    | 402 |
| 2. Heus Pauline        | 78 | 08-021 | 1:15.38 | 25m | 5-10-13 | Zwolle (NED)    | 296 |
| 3. ten Cate Joyce      | 80 | 08-021 | 1:22.17 | 25m | 24-1-19 | Heemskerk (NED) | 228 |

**200 vrije slag**

|                        |    |        |         |     |          |                   |     |
|------------------------|----|--------|---------|-----|----------|-------------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 2:31.15 | 25m | 17-11-13 | Almere-Stad (NED) | 389 |
| 2. Heus Pauline        | 78 | 08-021 | 2:45.26 | 25m | 17-11-13 | Almere-Stad (NED) | 298 |
| 3. ten Cate Joyce      | 80 | 08-021 | 3:03.64 | 25m | 15-11-15 | Purmerend (NED)   | 217 |

**250 vrije slag****300 vrije slag****400 vrije slag**

|                        |    |        |         |     |         |                   |     |
|------------------------|----|--------|---------|-----|---------|-------------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 5:33.78 | 25m | 26-5-13 | Grootebroek (NED) | 346 |
|------------------------|----|--------|---------|-----|---------|-------------------|-----|

**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. van Staveren Marina  | 78 | 08-021 | 39.07 | 25m | 21-3-13 | Heemskerk (NED) | 283 |
| 2. Heus Pauline         | 78 | 08-021 | 43.55 | 25m | 21-3-13 | Heemskerk (NED) | 204 |
| 3. ten Cate Joyce       | 80 | 08-021 | 44.33 | 25m | 16-3-17 | Heemskerk (NED) | 194 |
| 4. van der Gracht Anouk | 89 | 08-021 | 46.03 | 25m | 8-5-25  | Heemskerk (NED) | 173 |

**100 rugslag**

|                        |    |        |         |     |          |                   |     |
|------------------------|----|--------|---------|-----|----------|-------------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 1:22.38 | 25m | 26-5-13  | Grootebroek (NED) | 298 |
| 2. Heus Pauline        | 78 | 08-021 | 1:31.35 | 25m | 12-12-13 | Heemskerk (NED)   | 218 |
| 3. ten Cate Joyce      | 80 | 08-021 | 1:33.75 | 25m | 10-12-15 | Heemskerk (NED)   | 202 |

**200 rugslag**

|                   |    |        |         |     |         |                 |     |
|-------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. ten Cate Joyce | 80 | 08-021 | 3:24.03 | 25m | 17-1-16 | Purmerend (NED) | 199 |
|-------------------|----|--------|---------|-----|---------|-----------------|-----|

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

|                  |    |        |       |     |          |                   |     |
|------------------|----|--------|-------|-----|----------|-------------------|-----|
| 1. Geluk Mabelle | 73 | 08-021 | 26.65 | 25m | 20-11-11 | Almere-Stad (NED) | 124 |
|------------------|----|--------|-------|-----|----------|-------------------|-----|

**50 schoolslag**

|                        |    |        |       |     |         |                 |     |
|------------------------|----|--------|-------|-----|---------|-----------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 43.07 | 25m | 12-1-13 | Zwolle (NED)    | 294 |
| 2. Heus Pauline        | 78 | 08-021 | 44.00 | 25m | 12-1-14 | Alkmaar (NED)   | 275 |
| 3. ten Cate Joyce      | 80 | 08-021 | 49.95 | 25m | 24-1-19 | Heemskerk (NED) | 188 |

**100 schoolslag**

|                        |    |        |         |     |          |                   |     |
|------------------------|----|--------|---------|-----|----------|-------------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 1:33.28 | 25m | 31-10-13 | Heemskerk (NED)   | 298 |
| 2. Heus Pauline        | 78 | 08-021 | 1:36.97 | 25m | 31-10-13 | Heemskerk (NED)   | 265 |
| 3. ten Cate Joyce      | 80 | 08-021 | 1:46.18 | 25m | 19-9-19  | Heemskerk (NED)   | 202 |
| 4. Geluk Mabelle       | 73 | 08-021 | 2:09.64 | 25m | 20-11-11 | Almere-Stad (NED) | 111 |

**200 schoolslag**

|                        |    |        |         |     |          |                 |     |
|------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Heus Pauline        | 78 | 08-021 | 3:23.93 | 25m | 5-10-13  | Zwolle (NED)    | 287 |
| 2. van Staveren Marina | 78 | 08-021 | 3:27.23 | 25m | 17-10-15 | Emmeloord (NED) | 273 |

**250 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 Staveren Marina | 78 | 08-021 | 15.23 | 25m | 16-2-13 | Heerenveen (NED) | 396 |
|------------------------|----|--------|-------|-----|---------|------------------|-----|

**50 vlinderslag**

|                        |    |        |       |     |          |                 |     |
|------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 33.33 | 25m | 12-12-13 | Heemskerk (NED) | 391 |
| 2. Heus Pauline        | 78 | 08-021 | 41.81 | 25m | 12-12-13 | Heemskerk (NED) | 198 |
| 3. ten Cate Joyce      | 80 | 08-021 | 43.90 | 25m | 10-12-15 | Heemskerk (NED) | 171 |

**100 vlinderslag**

|                        |    |        |         |     |         |               |     |
|------------------------|----|--------|---------|-----|---------|---------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 1:20.77 | 25m | 12-1-14 | Alkmaar (NED) | 309 |
|------------------------|----|--------|---------|-----|---------|---------------|-----|

**200 vlinderslag**

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

|                        |    |        |         |     |         |                  |     |
|------------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. van Staveren Marina | 78 | 08-021 | 1:20.37 | 25m | 21-2-15 | Heerenveen (NED) | 347 |
| 2. Heus Pauline        | 78 | 08-021 | 1:27.33 | 25m | 15-2-14 | Heerenveen (NED) | 270 |
| 3. ten Cate Joyce      | 80 | 08-021 | 1:31.99 | 25m | 11-4-19 | Heemskerk (NED)  | 231 |

**200 wisselslag**

|                 |    |        |         |     |         |               |     |
|-----------------|----|--------|---------|-----|---------|---------------|-----|
| 1. Heus Pauline | 78 | 08-021 | 3:11.95 | 25m | 12-1-14 | Alkmaar (NED) | 255 |
|-----------------|----|--------|---------|-----|---------|---------------|-----|

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