

15m vlinderslag benen onderwater**25m vrije slag met koprol****25m rugslag start****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag****50 vrije slag****100 vrije slag****200 vrije slag****250 vrije slag****300 vrije slag****400 vrije slag****500 vrije slag****800 vrije slag****1000 vrije slag**

1. de Haan Shira	00	08-021	16:59.66	OW	26-8-17	Eindhoven (NED)
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1250 vrije slag**1500 vrije slag****2000 vrije slag**

1. Vink Lidewij	90	08-021	28:17.79	OW	24-6-07	Breukelen (NED)
2. Kramer Miranda	80	08-021	31:00.10	OW	29-6-97	Breukelen (NED)
3. de Roode Xara	08	08-021	37:51.79	OW	20-7-25	Amsterdam (NED)
4. Oudendijk Bianca	79	08-021	50:45.90	OW	6-7-96	Oss (NED)

2500 vrije slag

1. Vink Lidewij	90	08-021	43:27.35	OW	22-7-07	Langedijk (NED)
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3000 vrije slag

1. Vink Lidewij	90	08-021	48:43.54	OW	21-7-07	Anna-Paulowna (NED)
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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****100 rugslag****200 rugslag****500 rugslag****25 schoolslag****50 schoolslag****100 schoolslag****200 schoolslag****250 schoolslag****500 schoolslag**

1. van der Gracht Anouk	89	08-021	9:24.99	OW	8-7-06	Oss (NED)
2. de Haan Shira	00	08-021	10:22.42	OW	26-8-17	Eindhoven (NED)

800 schoolslag

1000 schoolslag

1. van der Gracht Anouk	89	08-021	19:10.26	OW	29-7-06	Hoorn (NED)
2. Niesten Iris	92	08-021	21:11.80	OW	1-8-09	Hoorn (NED)

1250 schoolslag**1500 schoolslag****2000 schoolslag**

1. Stam Vanessa	80	08-021	36:35.10	OW	15-6-97	Spaarnwoude (NED)
2. van der Gracht Anouk	89	08-021	37:31.31	OW	25-6-06	Breukelen (NED)
3. de Haan Shira	00	08-021	37:31.83	OW	29-7-17	Amstelveen (NED)
4. van Galen Angela	65	08-021	38:42.40	OW	30-6-82	Amstelveen (NED)
5. van Rookhuizen Sieta	79	08-021	39:37.20	OW	10-8-96	Amsterdam (NED)
6. Rasch Monique	66	08-021	42:12.50	OW	30-6-83	Amstelveen (NED)
7. Niesten Iris	92	08-021	42:22.52	OW	2-8-09	Hoorn (NED)

2500 schoolslag**3000 schoolslag**

1. van der Gracht Anouk	89	08-021	58:40.50	OW	22-7-06	Anna-Paulowna (NED)
2. Stam Vanessa	80	08-021	58:56.80	OW	21-7-97	Anna-Paulowna (NED)
3. de Haan Shira	00	08-021	59:23.60	OW	2-9-17	Wilhelminadorp (NED)

4000 schoolslag**5000 schoolslag****25 vlinderslag****50 vlinderslag****100 vlinderslag****200 vlinderslag****1000 vlinderslag****100 wisselslag****200 wisselslag****300 wisselslag****400 wisselslag**