

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. Crok Annemarie	89	08-021	14:53.23	OW	25-7-10	Langedijk (NED)
2. van der Gracht Anouk	89	08-021	14:55.47	OW	5-7-09	Bodegraven (NED)
3. Kleijne Daisy	89	08-021	14:59.73	OW	5-7-09	Bodegraven (NED)
4. van 't Veer Iris	03	08-021	15:49.42	OW	12-7-25	Anna-Paulowna (NED)
5. Butter Anouk	82	08-021	15:59.15	OW	11-6-05	Gorinchem (NED)
6. de Haan Shira	00	08-021	19:10.11	OW	16-7-22	Amstelveen (NED)

1250 vrije slag**1500 vrije slag**

1. van der Gracht Anouk	89	08-021	23:28.37	OW	24-7-10	Anna-Paulowna (NED)
2. Butter Anouk	82	08-021	26:02.05	OW	23-7-05	Anna-Paulowna (NED)

2000 vrije slag

1. Schelvis Femke	84	08-021	26:11.56	OW	27-6-04	Breukelen (NED)
2. van der Gracht Anouk	89	08-021	29:22.21	OW	4-9-10	Wilhelminadorp (NED)
3. Butter Anouk	82	08-021	30:35.49	OW	20-6-04	Spaarnwoude (NED)
4. Kleijne Daisy	89	08-021	30:49.08	OW	21-6-09	Spaarnwoude (NED)
5. Crok Annemarie	89	08-021	31:18.88	OW	21-6-09	Spaarnwoude (NED)

2500 vrije slag

1. Schelvis Femke	84	08-021	33:53.31	OW	26-6-04	Scheerwolde (NED)
2. van der Gracht Anouk	89	08-021	39:11.50	OW	4-7-09	Oss (NED)
3. Butter Anouk	82	08-021	42:59.56	OW	10-7-04	Oss (NED)

3000 vrije slag

1. Schelvis Femke	84	08-021	42:18.93	OW	19-6-04	Vriezenveen (NED)
2. van der Gracht Anouk	89	08-021	48:05.75	OW	29-8-09	Tilburg (NED)

4000 vrije slag**5000 vrije slag**

1. Schelvis Femke	84	08-021	1:10:50.81	OW	4-7-04	Sluis (NED)
2. van der Gracht Anouk	89	08-021	1:23:35.85	OW	21-6-09	Spaarnwoude (NED)

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****800 schoolslag****1000 schoolslag**

1. de Haan Shira	00	08-021	23:11.82	OW	15-7-23	Amstelveen (NED)
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1250 schoolslag**1500 schoolslag****2000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	37:11.40	OW	25-6-00	Breukelen (NED)
2. Kramer Miranda	80	08-021	38:12.80	OW	18-6-00	Spaarnwoude (NED)

2500 schoolslag**3000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	57:26.50	OW	5-9-99	Vlissingen (NED)
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4000 schoolslag**5000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	1:35:09.71	OW	7-7-01	Vriezenveen (NED)
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25 vlinderslag**50 vlinderslag****100 vlinderslag****200 vlinderslag****1000 vlinderslag****100 wisselslag**

200 wisselslag

300 wisselslag

400 wisselslag