

40 - 44 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2026

15m vlinderslag benen onderwater**25m vrije slag met koprol****25m rugslag start****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag**

1.	ten Cate Joyce	80	08-021	16.42	25m	7-7-22	Heemskerk (NED)	258
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50 vrije slag

1.	van Rijn-Hofwegen Wilma	71	08-021	29.61	25m	1-12-13	Vlaardingen (NED)	464
2.	Butter Anouk	82	08-021	32.08	25m	18-9-25	Heemskerk (NED)	365
3.	Gijzen-van der Kroft Nicole	84	08-021	32.09	25m	26-9-24	Heemskerk (NED)	364
4.	Smid Diane	65	08-021	33.18	25m	13-5-07	Grootebroek (NED)	330
5.	ten Cate Joyce	80	08-021	35.99	25m	2-6-22	Heemskerk (NED)	258

100 vrije slag

1.	Smid Diane	65	08-021	1:15.50	25m	31-5-07	Heemskerk (NED)	294
2.	Gijzen-van der Kroft Nicole	84	08-021	1:18.75	25m	1-2-24	Heemskerk (NED)	259
3.	Butter Anouk	82	08-021	1:21.08	25m	5-6-25	Heemskerk (NED)	238
4.	ten Cate Joyce	80	08-021	1:21.15	25m	2-2-23	Heemskerk (NED)	237

200 vrije slag

1.	Butter Anouk	82	08-021	2:48.69	25m	5-6-25	Heemskerk (NED)	280
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250 vrije slag**300 vrije slag****400 vrije slag**

1.	Smid Diane	65	08-021	6:10.90	25m	13-5-07	Grootebroek (NED)	252
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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**

1. ten Cate Joyce	80	08-021	20.30	25m	7-7-22	Heemskerk (NED)	210
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50 rugslag

1. Gijzen-van der Kroft Nicole	84	08-021	40.53	25m	24-10-24	Heemskerk (NED)	254
2. ten Cate Joyce	80	08-021	43.05	25m	5-3-20	Heemskerk (NED)	212

100 rugslag

1. Smid Diane	65	08-021	1:25.48	25m	13-5-07	Grootebroek (NED)	266
2. ten Cate Joyce	80	08-021	1:33.40	25m	7-12-23	Heemskerk (NED)	204

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

1. ten Cate Joyce	80	08-021	22.72	25m	7-7-22	Heemskerk (NED)	201
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50 schoolslag

1. Smid Diane	65	08-021	43.93	25m	29-3-07	Heemskerk (NED)	277
2. Butter Anouk	82	08-021	44.58	25m	18-9-25	Heemskerk (NED)	265
3. Gijzen-van der Kroft Nicole	84	08-021	45.62	25m	1-2-24	Heemskerk (NED)	247

50 schoolslag (sinds 4)

4. ten Cate Joyce	80	08-021	48.45	25m	30-1-20	Heemskerk (NED)	206
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100 schoolslag

1. Butter Anouk	82	08-021	1:34.54	25m	18-9-25	Heemskerk (NED)	286
2. Gijzen-van der Kroft Nicole	84	08-021	1:37.19	25m	26-9-24	Heemskerk (NED)	264
3. ten Cate Joyce	80	08-021	1:45.75	25m	8-10-20	Heemskerk (NED)	205

200 schoolslag**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 Rijn-Hofwegen Wilma	71	08-021	14.72	25m	1-12-13	Vlaardingen (NED)	439
2. ten Cate Joyce	80	08-021	19.57	25m	7-7-22	Heemskerk (NED)	186

50 vlinderslag

1. Butter Anouk	82	08-021	34.81	25m	24-10-24	Heemskerk (NED)	343
2. Gijzen-van der Kroft Nicole	84	08-021	38.43	25m	24-10-24	Heemskerk (NED)	255
3. ten Cate Joyce	80	08-021	44.74	25m	30-3-23	Heemskerk (NED)	161

100 vlinderslag**200 vlinderslag**

1000 vlinderslag**100 wisselslag**

1. Butter Anouk	82	08-021	1:25.33	25m	8-5-25	Heemskerk (NED)	290
2. Gijzen-van der Kroft Nicole	84	08-021	1:25.84	25m	4-4-24	Heemskerk (NED)	285
3. ten Cate Joyce	80	08-021	1:34.09	25m	25-5-23	Heemskerk (NED)	216

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