

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 |
|-------------------|----|--------|-------|-----|--------|-----------------|-----|

**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. Butter Anouk                | 82 | 08-021 | 1:13.16 | 25m | 19-2-26 | Heemskerk (NED) | 324 |
| 2. Smid Diane                  | 65 | 08-021 | 1:15.50 | 25m | 31-5-07 | Heemskerk (NED) | 294 |
| 3. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:18.75 | 25m | 1-2-24  | Heemskerk (NED) | 259 |
| 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 |
|-----------------|----|--------|---------|-----|--------|-----------------|-----|

**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 |
|---------------|----|--------|---------|-----|---------|-------------------|-----|

**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 |
|-------------------|----|--------|-------|-----|--------|-----------------|-----|

**50 rugslag**

|                                |    |        |       |     |          |                 |     |
|--------------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. Gijzen-van der Kroft Nicole | 84 | 08-021 | 40.53 | 25m | 24-10-24 | Heemskerk (NED) | 254 |
| 2. Butter Anouk                | 82 | 08-021 | 42.40 | 25m | 11-12-25 | Heemskerk (NED) | 221 |
| 3. 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 |
|-------------------|----|--------|-------|-----|--------|-----------------|-----|

**50 schoolslag**

|                                |    |        |       |     |         |                 |     |
|--------------------------------|----|--------|-------|-----|---------|-----------------|-----|
| 1. Butter Anouk                | 82 | 08-021 | 42.88 | 25m | 19-2-26 | Heemskerk (NED) | 297 |
| 2. Smid Diane                  | 65 | 08-021 | 43.93 | 25m | 29-3-07 | Heemskerk (NED) | 277 |
| 3. Gijzen-van der Kroft Nicole | 84 | 08-021 | 45.62 | 25m | 1-2-24  | Heemskerk (NED) | 247 |
| 4. ten Cate Joyce              | 80 | 08-021 | 48.45 | 25m | 30-1-20 | Heemskerk (NED) | 206 |

**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 | 34.01 | 25m | 11-12-25 | Heemskerk (NED) | 368 |
| 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****75 wisselslag****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**