

20 - 24 jaar, Dames, Lange baan (50m)

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****50 vrije slag**

1. Schelvis Femke	84	08-021	28.39	50m	1-4-04	Amsterdam (NED)	579
2. Wentink Yara	04	08-021	28.46	50m	17-3-24	Alkmaar (NED)	575
3. Broek Jade	97	08-021	28.95	50m	18-5-19	Amersfoort (NED)	546
4. Groen Anne	95	08-021	28.97	50m	12-6-16	Buckeburg (GER)	545
5. Hoekstra Eline	03	08-021	29.99	50m	18-2-24	Eindhoven (NED)	491
6. van der Gracht Anouk	89	08-021	30.65	50m	25-5-13	Beverwijk (NED)	460
7. van 't Veer Iris	03	08-021	31.27	50m	13-12-25	Beverwijk (NED)	433
8. Crok Annemarie	89	08-021	31.51	50m	21-5-11	Beverwijk (NED)	423
9. Kramer Miranda	80	08-021	31.65	50m	27-5-01	Beverwijk (NED)	418
10. Haasbroek Renske	03	08-021	32.04	50m	5-5-24	Eindhoven (NED)	403
11. de Haan Shira	00	08-021	32.71	50m	19-6-22	Bergbad Bückebug (GER)	378
12. Hoek Daniëlle	88	08-021	32.85	50m	4-5-12	Eindhoven (NED)	374
13. Siemerink Laura	04	08-021	33.33	50m	22-6-25	Bückebug (GER)	358
14. van Eerden Meike	00	08-021	35.01	50m	19-6-22	Bergbad Bückebug (GER)	309
15. ten Cate Ilona	85	08-021	35.72	50m	28-5-06	Beverwijk (NED)	290

**100 vrije slag**

1. Schelvis Femke	84	08-021	1:01.61	50m	25-4-04	Beverwijk (NED)	591
2. Wentink Yara	04	08-021	1:01.75	50m	21-1-24	Alkmaar (NED)	587
3. Broek Jade	97	08-021	1:02.15	50m	19-5-19	Amersfoort (NED)	575
4. Groen Anne	95	08-021	1:03.93	50m	18-6-17	Bergbad Bückebug (GER)	529
5. Kleijne Daisy	89	08-021	1:06.51	50m	24-5-09	Beverwijk (NED)	469
6. Hoekstra Eline	03	08-021	1:06.56	50m	14-5-23	Amsterdam (NED)	468
7. Hoek Daniëlle	88	08-021	1:08.75	50m	1-6-08	Beverwijk (NED)	425
8. van 't Veer Iris	03	08-021	1:09.09	50m	22-6-25	Bückebug (GER)	419
9. van der Gracht Anouk	89	08-021	1:09.15	50m	30-6-13	Eindhoven (NED)	418
10. Kramer Miranda	80	08-021	1:10.76	50m	27-5-01	Beverwijk (NED)	390
11. Haasbroek Renske	03	08-021	1:12.43	50m	12-2-23	Eindhoven (NED)	363
12. de Haan Shira	00	08-021	1:13.65	50m	11-6-23	Bückebug (GER)	346
13. Stins Mariska	84	08-021	1:13.77	50m	17-4-05	Beverwijk (NED)	344
14. Heus Pauline	78	08-021	1:16.49	50m	4-6-00	Beverwijk (NED)	308
15. van Eerden Meike	00	08-021	1:17.41	50m	19-6-22	Bergbad Bückebug (GER)	298
16. Blaauw Yente	03	08-021	1:20.63	50m	22-6-25	Bückebug (GER)	263
17. ten Cate Joyce	80	08-021	1:24.52	50m	4-6-00	Beverwijk (NED)	229

**200 vrije slag**

1. Schelvis Femke	84	08-021	2:11.02	50m	23-4-05	Amsterdam (NED)	641
2. Wentink Yara	04	08-021	2:21.71	50m	1-6-24	Amsterdam (NED)	506
3. Hoekstra Eline	03	08-021	2:23.36	50m	1-6-24	Amsterdam (NED)	489
4. Groen Anne	95	08-021	2:24.86	50m	21-5-17	Alkmaar (NED)	474
5. Broek Jade	97	08-021	2:25.52	50m	26-5-19	Amersfoort (NED)	467
6. Hoek Daniëlle	88	08-021	2:27.77	50m	4-5-12	Eindhoven (NED)	446
7. van der Gracht Anouk	89	08-021	2:31.11	50m	29-6-13	Eindhoven (NED)	417
8. van 't Veer Iris	03	08-021	2:31.19	50m	10-6-23	Bückeburg (GER)	417
9. Haasbroek Renske	03	08-021	2:37.81	50m	26-1-25	Alkmaar (NED)	366
10. Butter Anouk	82	08-021	2:42.83	50m	21-4-02	Beverwijk (NED)	334
11. Gijzen-van der Kroft Nicole	84	08-021	2:43.06	50m	25-4-04	Beverwijk (NED)	332
12. Blaauw Yente	03	08-021	2:57.72	50m	21-6-25	Bückeburg (GER)	256

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

1. Hoekstra Eline	03	08-021	3:54.86	50m	25-5-25	Alkmaar (NED)	411
2. Haasbroek Renske	03	08-021	4:12.93	50m	17-3-24	Alkmaar (NED)	329

**400 vrije slag**

1. Hoekstra Eline	03	08-021	5:15.76	50m	25-5-25	Alkmaar (NED)	419
2. van 't Veer Iris	03	08-021	5:21.06	50m	19-2-23	Alkmaar (NED)	399
3. van der Gracht Anouk	89	08-021	5:29.59	50m	30-6-13	Eindhoven (NED)	369
4. Haasbroek Renske	03	08-021	5:35.03	50m	17-3-24	Alkmaar (NED)	351

**500 vrije slag****800 vrije slag**

1. van 't Veer Iris	03	08-021	10:53.65	50m	19-2-23	Alkmaar (NED)	407
2. Hoekstra Eline	03	08-021	10:55.01	50m	24-3-24	Alkmaar (NED)	405

**1000 vrije slag****1250 vrije slag****1500 vrije slag**

1. van 't Veer Iris	03	08-021	20:26.79	50m	19-2-23	Alkmaar (NED)	429
2. Hoekstra Eline	03	08-021	21:00.32	50m	24-3-24	Alkmaar (NED)	395

**2000 vrije slag**

1. Hoekstra Eline	03	08-021	28:13.56	50m	24-3-24	Alkmaar (NED)	386
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**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. Broek Jade	97	08-021	32.26	50m	13-4-19	Eindhoven (NED)	590
2. Wentink Yara	04	08-021	33.54	50m	8-6-24	Bückeburg (GER)	525
3. Hoekstra Eline	03	08-021	33.74	50m	18-2-24	Eindhoven (NED)	515
4. Kleijne Daisy	89	08-021	34.60	50m	24-5-09	Beverwijk (NED)	478
5. Groen Anne	95	08-021	35.37	50m	21-5-17	Alkmaar (NED)	447
6. Schelvis Femke	84	08-021	36.08	50m	16-5-04	Beverwijk (NED)	421
6. van 't Veer Iris	03	08-021	36.08	50m	21-6-25	Bückeburg (GER)	421
8. Siemerink Laura	04	08-021	38.28	50m	21-6-25	Bückeburg (GER)	353
9. van der Gracht Anouk	89	08-021	38.91	50m	7-12-13	Beverwijk (NED)	336
10. van Eerden Meike	00	08-021	39.76	50m	18-6-22	Bergbad Bückeburg (GER)	315
11. Haasbroek Renske	03	08-021	39.79	50m	17-3-24	Alkmaar (NED)	314
12. de Haan Shira	00	08-021	40.65	50m	18-6-22	Bergbad Bückeburg (GER)	294

**100 rugslag**

1. Broek Jade	97	08-021	1:08.53	50m	16-6-19	Bückeburg (GER)	609
2. Schelvis Femke	84	08-021	1:15.06	50m	15-5-04	Beverwijk (NED)	463
3. Hoekstra Eline	03	08-021	1:15.52	50m	12-2-23	Eindhoven (NED)	455
4. Groen Anne	95	08-021	1:17.11	50m	16-6-18	Bückeburg (GER)	427
5. van 't Veer Iris	03	08-021	1:17.51	50m	21-6-25	Bückeburg (GER)	421
6. Wentink Yara	04	08-021	1:17.61	50m	21-1-24	Alkmaar (NED)	419
7. Kleijne Daisy	89	08-021	1:18.43	50m	22-4-12	Beverwijk (NED)	406
8. van der Gracht Anouk	89	08-021	1:21.64	50m	15-6-13	Beverwijk (NED)	360
9. Stins Mariska	84	08-021	1:22.54	50m	25-4-04	Beverwijk (NED)	348
10. Haasbroek Renske	03	08-021	1:23.63	50m	5-5-24	Eindhoven (NED)	335
11. van Eerden Meike	00	08-021	1:25.01	50m	19-6-22	Bergbad Bückeburg (GER)	319
12. Gijzen-van der Kroft Nicole	84	08-021	1:26.22	50m	25-4-04	Beverwijk (NED)	305
13. Heus Pauline	78	08-021	1:26.98	50m	2-5-99	Beverwijk (NED)	298
14. Blaauw Yente	03	08-021	1:29.39	50m	21-6-25	Bückeburg (GER)	274

**200 rugslag**

1. Broek Jade	97	08-021	2:38.72	50m	26-1-20	Alkmaar (NED)	477
2. Schelvis Femke	84	08-021	2:41.41	50m	17-4-05	Beverwijk (NED)	454
3. Groen Anne	95	08-021	2:44.34	50m	5-3-17	Alkmaar (NED)	430
4. Kleijne Daisy	89	08-021	2:46.28	50m	29-3-09	Alkmaar (NED)	415
5. Hoekstra Eline	03	08-021	2:47.68	50m	4-5-24	Eindhoven (NED)	404
6. van 't Veer Iris	03	08-021	2:48.19	50m	10-6-23	Bückerburg (GER)	401
7. Haasbroek Renske	03	08-021	3:01.53	50m	26-1-25	Alkmaar (NED)	319

**500 rugslag****25 schoolslag****50 schoolslag**

1. Broek Jade	97	08-021	38.39	50m	18-6-17	Bergbad Bückerburg (GER)	449
2. de Haan Shira	00	08-021	40.82	50m	19-6-22	Bergbad Bückerburg (GER)	373
3. van 't Veer Iris	03	08-021	41.56	50m	13-12-25	Beverwijk (NED)	354
4. Siemerink Laura	04	08-021	44.92	50m	22-6-25	Bückerburg (GER)	280

**100 schoolslag**

1. Broek Jade	97	08-021	1:23.64	50m	18-6-17	Bergbad Bückerburg (GER)	450
2. de Haan Shira	00	08-021	1:28.68	50m	26-1-20	Alkmaar (NED)	378
3. van 't Veer Iris	03	08-021	1:29.84	50m	8-6-24	Bückerburg (GER)	363
4. Kramer Miranda	80	08-021	1:30.36	50m	29-4-01	Beverwijk (NED)	357
5. Gijzen-van der Kroft Nicole	84	08-021	1:32.05	50m	25-4-04	Beverwijk (NED)	338
6. Heus Pauline	78	08-021	1:36.69	50m	4-6-00	Beverwijk (NED)	291
7. Stins Mariska	84	08-021	1:38.02	50m	25-4-04	Beverwijk (NED)	280
8. Siemerink Laura	04	08-021	1:40.50	50m	8-6-24	Bückerburg (GER)	259
9. Hoek Daniëlle	88	08-021	1:42.90	50m	1-6-08	Beverwijk (NED)	242
10. Blaauw Yente	03	08-021	1:45.41	50m	21-6-25	Bückerburg (GER)	225
11. ten Cate Joyce	80	08-021	1:52.87	50m	4-6-00	Beverwijk (NED)	183

**200 schoolslag**

1. Broek Jade	97	08-021	3:07.20	50m	28-5-17	Alkmaar (NED)	410
2. van 't Veer Iris	03	08-021	3:12.86	50m	11-6-23	Bückerburg (GER)	375
3. de Haan Shira	00	08-021	3:16.51	50m	5-5-24	Eindhoven (NED)	354
4. Crok Annemarie	89	08-021	3:18.70	50m	21-5-11	Beverwijk (NED)	343
5. Kramer Miranda	80	08-021	3:19.96	50m	29-4-01	Beverwijk (NED)	336

**250 schoolslag****500 schoolslag****800 schoolslag****1000 schoolslag**

**1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. Wentink Yara	04	08-021	29.73	50m	17-3-24	Alkmaar (NED)	554
2. Hoekstra Eline	03	08-021	30.83	50m	25-5-25	Alkmaar (NED)	497
3. Broek Jade	97	08-021	31.18	50m	15-4-18	Alkmaar (NED)	480
4. van der Gracht Anouk	89	08-021	32.18	50m	24-3-13	Beverwijk (NED)	437
5. de Haan Shira	00	08-021	32.34	50m	26-1-20	Alkmaar (NED)	431
6. Groen Anne	95	08-021	33.48	50m	3-12-16	Beverwijk (NED)	388
7. Siemerink Laura	04	08-021	34.14	50m	8-6-24	Bückeburg (GER)	366
8. Crok Annemarie	89	08-021	34.62	50m	15-5-10	Beverwijk (NED)	351
9. van 't Veer Iris	03	08-021	35.67	50m	13-12-25	Beverwijk (NED)	321
10. Butter Anouk	82	08-021	36.02	50m	5-4-03	Amsterdam (NED)	311
11. Kramer Miranda	80	08-021	36.26	50m	20-10-02	Beverwijk (NED)	305
12. van Rookhuizen Sieta	79	08-021	37.09	50m	31-10-99	Beverwijk (NED)	285
13. Haasbroek Renske	03	08-021	37.36	50m	12-2-23	Eindhoven (NED)	279
14. Heus Pauline	78	08-021	38.74	50m	25-10-98	Beverwijk (NED)	250
15. van Eerden Meike	00	08-021	44.22	50m	18-6-22	Bergbad Bückeburg (GER)	168

**100 vlinderslag**

1. Wentink Yara	04	08-021	1:08.00	50m	16-6-24	Amersfoort (NED)	543
2. Broek Jade	97	08-021	1:10.87	50m	18-5-19	Amersfoort (NED)	479
3. Hoekstra Eline	03	08-021	1:14.02	50m	25-5-24	Amsterdam (NED)	421
4. van der Gracht Anouk	89	08-021	1:14.52	50m	29-6-13	Eindhoven (NED)	412
5. Stins Mariska	84	08-021	1:18.47	50m	25-4-04	Beverwijk (NED)	353
6. Siemerink Laura	04	08-021	1:20.95	50m	8-3-26	Alkmaar (NED)	321
7. Hoek Daniëlle	88	08-021	1:21.38	50m	13-5-12	Beverwijk (NED)	316
8. Butter Anouk	82	08-021	1:26.43	50m	5-4-03	Amsterdam (NED)	264
9. de Haan Shira	00	08-021	1:27.43	50m	4-5-24	Eindhoven (NED)	255
10. Haasbroek Renske	03	08-021	1:31.69	50m	8-3-26	Alkmaar (NED)	221
11. ten Cate Ilona	85	08-021	1:34.57	50m	27-5-06	Beverwijk (NED)	201

**200 vlinderslag**

1. Hoekstra Eline	03	08-021	2:50.09	50m	26-5-24	Amsterdam (NED)	367
2. Schelvis Femke	84	08-021	2:56.87	50m	17-4-05	Beverwijk (NED)	326
3. Siemerink Laura	04	08-021	3:06.96	50m	8-3-26	Alkmaar (NED)	276
4. Stins Mariska	84	08-021	3:12.70	50m	17-4-05	Beverwijk (NED)	252
5. Butter Anouk	82	08-021	3:19.27	50m	21-4-02	Beverwijk (NED)	228
6. Haasbroek Renske	03	08-021	3:27.14	50m	8-3-26	Alkmaar (NED)	203

**1000 vlinderslag****75 wisselslag****100 wisselslag****150 wisselslag****200 wisselslag**

1. Groen Anne	95	08-021	2:44.09	50m	5-3-17	Alkmaar (NED)	454
2. Wentink Yara	04	08-021	2:44.14	50m	8-6-24	Bückerburg (GER)	453
3. Schelvis Femke	84	08-021	2:47.67	50m	25-4-04	Beverwijk (NED)	425
4. Crok Annemarie	89	08-021	2:48.77	50m	21-5-11	Beverwijk (NED)	417
5. Hoekstra Eline	03	08-021	2:48.86	50m	26-1-25	Alkmaar (NED)	416
6. Siemerink Laura	04	08-021	2:51.02	50m	8-3-26	Alkmaar (NED)	401
7. van der Gracht Anouk	89	08-021	2:51.17	50m	30-6-13	Eindhoven (NED)	400
8. Kramer Miranda	80	08-021	2:53.86	50m	22-10-00	Beverwijk (NED)	381
9. van Rookhuizen Sieta	79	08-021	2:57.65	50m	31-10-99	Beverwijk (NED)	357
10. Haasbroek Renske	03	08-021	3:04.71	50m	21-4-24	Alkmaar (NED)	318
11. Heus Pauline	78	08-021	3:08.91	50m	2-5-99	Beverwijk (NED)	297
12. van Eerden Meike	00	08-021	3:16.72	50m	18-6-22	Bergbad Bückerburg (GER)	263

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

1. Hoekstra Eline	03	08-021	5:49.40	50m	10-5-25	Drachten (NED)	443
2. Broek Jade	97	08-021	5:58.94	50m	1-3-20	Alkmaar (NED)	408
3. Haasbroek Renske	03	08-021	6:15.59	50m	8-3-26	Alkmaar (NED)	356