

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. van Staveren Marina	78	08-021	30.40	25m	31-10-13	Heemskerk (NED)	429
2. Heus Pauline	78	08-021	34.63	25m	15-2-14	Heerenveen (NED)	290
3. ten Cate Joyce	80	08-021	35.10	25m	19-9-19	Heemskerk (NED)	278
4. van der Gracht Anouk	89	08-021	38.24	25m	21-5-26	Heemskerk (NED)	215

100 vrije slag

1. van Staveren Marina	78	08-021	1:08.06	25m	12-1-13	Zwolle (NED)	402
2. Heus Pauline	78	08-021	1:15.38	25m	5-10-13	Zwolle (NED)	296
3. ten Cate Joyce	80	08-021	1:22.17	25m	24-1-19	Heemskerk (NED)	228
4. van der Gracht Anouk	89	08-021	1:25.42	25m	5-6-25	Heemskerk (NED)	203

200 vrije slag

1. van Staveren Marina	78	08-021	2:31.15	25m	17-11-13	Almere-Stad (NED)	389
2. Heus Pauline	78	08-021	2:45.26	25m	17-11-13	Almere-Stad (NED)	298
3. ten Cate Joyce	80	08-021	3:03.64	25m	15-11-15	Purmerend (NED)	217
4. Geluk Mabelle	73	08-021	4:53.19	50m	4-6-11	Apeldoorn (NED)	57

250 vrije slag**300 vrije slag****400 vrije slag**

1. van Staveren Marina	78	08-021	5:33.78	25m	26-5-13	Grootebroek (NED)	346
2. Geluk Mabelle	73	08-021	9:54.06	50m	4-6-11	Apeldoorn (NED)	63

500 vrije slag**800 vrije slag**

1. Geluk Mabelle	73	08-021	20:25.45	50m	4-6-11	Apeldoorn (NED)	61
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1000 vrije slag

1. van Staveren Marina	78	08-021	15:45.07	OW	4-8-13	Amstelveen (NED)
2. Heus Pauline	78	08-021	16:45.90	OW	4-8-13	Amstelveen (NED)

1250 vrije slag**1500 vrije slag**

1. Heus Pauline	78	08-021	26:10.58	OW	21-7-13	Amsterdam (NED)
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2000 vrije slag

1. Heus Pauline	78	08-021	35:03.55	OW	4-8-13	Amstelveen (NED)
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2500 vrije slag**3000 vrije slag**

1. Heus Pauline	78	08-021	50:50.35	OW	7-9-13	Eindhoven (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**

1. van Staveren Marina	78	08-021	38.91	50m	24-3-13	Amersfoort (NED)	336
2. Heus Pauline	78	08-021	43.55	25m	21-3-13	Heemskerk (NED)	204
3. ten Cate Joyce	80	08-021	44.33	25m	16-3-17	Heemskerk (NED)	194
4. van der Gracht Anouk	89	08-021	46.03	25m	8-5-25	Heemskerk (NED)	173

100 rugslag

1. van Staveren Marina	78	08-021	1:22.38	25m	26-5-13	Grootebroek (NED)	298
2. Heus Pauline	78	08-021	1:31.35	25m	12-12-13	Heemskerk (NED)	218
3. ten Cate Joyce	80	08-021	1:33.75	25m	10-12-15	Heemskerk (NED)	202
4. van der Gracht Anouk	89	08-021	1:39.17	25m	21-5-26	Heemskerk (NED)	170

200 rugslag

1. van Staveren Marina	78	08-021	3:04.40	50m	24-3-13	Amersfoort (NED)	304
2. ten Cate Joyce	80	08-021	3:24.03	25m	17-1-16	Purmerend (NED)	199

500 rugslag**25 schoolslag**

1. Geluk Mabelle	73	08-021	26.65	25m	20-11-11	Almere-Stad (NED)	124
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50 schoolslag

1. van Staveren Marina	78	08-021	43.07	25m	12-1-13	Zwolle (NED)	294
2. Heus Pauline	78	08-021	44.00	25m	12-1-14	Alkmaar (NED)	275
3. ten Cate Joyce	80	08-021	49.95	25m	24-1-19	Heemskerk (NED)	188
4. van der Gracht Anouk	89	08-021	51.64	25m	5-6-25	Heemskerk (NED)	170

100 schoolslag

1. van Staveren Marina	78	08-021	1:33.28	25m	31-10-13	Heemskerk (NED)	298
2. Heus Pauline	78	08-021	1:36.97	25m	31-10-13	Heemskerk (NED)	265
3. ten Cate Joyce	80	08-021	1:46.18	25m	19-9-19	Heemskerk (NED)	202
4. Geluk Mabelle	73	08-021	2:09.64	25m	20-11-11	Almere-Stad (NED)	111

200 schoolslag

1. Heus Pauline	78	08-021	3:23.93	25m	5-10-13	Zwolle (NED)	287
2. van Staveren Marina	78	08-021	3:27.23	25m	17-10-15	Emmeloord (NED)	273

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

1. Heus Pauline	78	08-021	19:15.32	OW	21-7-13	Amsterdam (NED)
2. Geluk Mabelle	73	08-021	24:19.16	OW	11-9-11	Vught (NED)

1250 schoolslag**1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag**

4000 schoolslag**5000 schoolslag****25 vlinderslag**

1. van Staveren Marina	78	08-021	15.23	25m	16-2-13	Heerenveen (NED)	396
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50 vlinderslag

1. van Staveren Marina	78	08-021	33.33	25m	12-12-13	Heemskerk (NED)	391
2. Heus Pauline	78	08-021	41.81	25m	12-12-13	Heemskerk (NED)	198
3. ten Cate Joyce	80	08-021	43.90	25m	10-12-15	Heemskerk (NED)	171

100 vlinderslag

1. van Staveren Marina	78	08-021	1:20.77	25m	12-1-14	Alkmaar (NED)	309
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200 vlinderslag**1000 vlinderslag****75 wisselslag****100 wisselslag**

1. van Staveren Marina	78	08-021	1:20.37	25m	21-2-15	Heerenveen (NED)	347
2. Heus Pauline	78	08-021	1:27.33	25m	15-2-14	Heerenveen (NED)	270
3. ten Cate Joyce	80	08-021	1:31.99	25m	11-4-19	Heemskerk (NED)	231

150 wisselslag**200 wisselslag**

1. Heus Pauline	78	08-021	3:11.95	25m	12-1-14	Alkmaar (NED)	255
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300 wisselslag**400 wisselslag**