

45 - 49 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****50 vrije slag**

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|-------------------|----|--------|-------|-----|---------|-----------------|-----|
| 1. ten Cate Joyce | 80 | 08-021 | 36.76 | 25m | 18-9-25 | Heemskerk (NED) | 242 |
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100 vrije slag

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| 1. ten Cate Joyce | 80 | 08-021 | 1:25.26 | 25m | 19-2-26 | Heemskerk (NED) | 204 |
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200 vrije slag**250 vrije slag****300 vrije slag****400 vrije slag****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****50 rugslag**

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|-------------------|----|--------|-------|-----|---------|-----------------|-----|
| 1. ten Cate Joyce | 80 | 08-021 | 43.54 | 25m | 26-3-26 | Heemskerk (NED) | 204 |
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100 rugslag

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| 1. ten Cate Joyce | 80 | 08-021 | 1:35.41 | 25m | 21-5-26 | Heemskerk (NED) | 191 |
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200 rugslag**500 rugslag****25 schoolslag****50 schoolslag**

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|-------------------|----|--------|-------|-----|---------|-----------------|-----|
| 1. ten Cate Joyce | 80 | 08-021 | 49.63 | 25m | 19-2-26 | Heemskerk (NED) | 192 |
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100 schoolslag

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|-------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. ten Cate Joyce | 80 | 08-021 | 1:47.98 | 25m | 18-9-25 | Heemskerk (NED) | 192 |
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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****50 vlinderslag**

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| 1. ten Cate Joyce | 80 | 08-021 | 46.74 | 25m | 11-12-25 | Heemskerk (NED) | 141 |
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100 vlinderslag**200 vlinderslag****1000 vlinderslag****75 wisselslag****100 wisselslag**

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|-------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. ten Cate Joyce | 80 | 08-021 | 1:35.20 | 25m | 26-3-26 | Heemskerk (NED) | 209 |
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150 wisselslag**200 wisselslag****300 wisselslag****400 wisselslag**