

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

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**

1. van Staveren Marina	78	08-021	17:48.68	OW	29-6-25	Alkmaar (NED)	
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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**

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

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**

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

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**

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**

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**