

18 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. Kingma Danae	00	08-021	28.94	50m	17-6-18	Buckeburg (GER)	547
2. Smit Sanne	01	08-021	29.21	50m	30-3-19	Amersfoort (NED)	532
3. Wentink Yara	04	08-021	29.86	50m	19-6-22	Bückeburg (GER)	498
4. Groen Anne	95	08-021	29.94	50m	25-5-13	Beverwijk (NED)	494
5. Kleijne Daisy	89	08-021	30.65	50m	19-5-07	Beverwijk (NED)	460
6. Vink Lidewij	90	08-021	31.06	50m	24-5-08	Beverwijk (NED)	442
7. de Roode Xara	08	08-021	31.36	50m	14-6-26	Bückeburg (GER)	429
8. de Haan Shira	00	08-021	31.57	50m	18-2-18	Alkmaar (NED)	421
9. Crok Annemarie	89	08-021	31.84	50m	22-4-07	Antwerpen (BEL)	410
10. Essers Sanne	91	08-021	31.89	50m	7-6-09	Beverwijk (NED)	408
11. Stins Mariska	84	08-021	32.66	50m	2-6-02	Beverwijk	380
12. van der Gracht Anouk	89	08-021	33.11	50m	22-4-07	Antwerpen (BEL)	365
13. Siemerink Laura	04	08-021	33.19	50m	19-6-22	Bückeburg (GER)	362
14. de Wildt Maud	05	08-021	33.70	50m	18-11-23	Beverwijk (NED)	346
15. Niesten Iris	92	08-021	34.18	50m	13-6-10	Beverwijk (NED)	332
16. Bos Marieke	06	08-021	35.29	50m	9-6-24	Bückeburg (GER)	301
17. de Groot Sjors	08	08-021	40.79	50m	14-6-26	Bückeburg (GER)	195

100 vrije slag

1. Kingma Danae	00	08-021	1:02.81	50m	17-6-18	Buckeburg (GER)	558
2. Smit Sanne	01	08-021	1:03.65	50m	30-3-19	Amersfoort (NED)	536
3. Groen Anne	95	08-021	1:06.76	50m	26-5-13	Beverwijk (NED)	464
4. Gijzen-van der Kroft Nicole	84	08-021	1:07.74	50m	26-5-02	Beverwijk (NED)	444
5. Hoek Daniëlle	88	08-021	1:07.98	50m	21-5-06	Beverwijk (NED)	440
6. Wentink Yara	04	08-021	1:08.28	50m	19-6-22	Bückeburg (GER)	434
7. de Roode Xara	08	08-021	1:08.33	50m	17-5-26	Alkmaar (NED)	433
8. Crok Annemarie	89	08-021	1:08.51	50m	6-5-07	Eindhoven (NED)	429
9. Kleijne Daisy	89	08-021	1:08.60	50m	6-5-07	Eindhoven (NED)	428
10. Palmboom Nicole	91	08-021	1:08.77	50m	29-3-09	Alkmaar (NED)	425
11. Essers Sanne	91	08-021	1:09.19	50m	29-3-09	Alkmaar (NED)	417
12. de Wildt Maud	05	08-021	1:09.68	50m	11-6-23	Bückeburg (GER)	408
13. van der Gracht Anouk	89	08-021	1:10.51	50m	21-4-07	Antwerpen (BEL)	394
14. Vink Lidewij	90	08-021	1:10.89	50m	30-3-08	Alkmaar (NED)	388
15. de Groot Gitta	60	08-021	1:11.80	50m	11-6-78	Beverwijk (NED)	373
16. Stins Mariska	84	08-021	1:11.90	50m	2-6-02	Beverwijk	371
17. Niesten Iris	92	08-021	1:13.76	50m	13-6-10	Beverwijk (NED)	344

100 vrije slag (sinds 18)

18. Stam Vanessa	80	08-021	1:14.27	50m	25-10-98	Beverwijk (NED)	337
19. van Assema Eline	05	08-021	1:14.35	50m	11-6-23	Bückeburg (GER)	336
20. Heus Pauline	78	08-021	1:14.70	50m	2-6-96	Beverwijk (NED)	331
21. van Duin Margret	60	08-021	1:15.60	50m	11-6-78	Beverwijk (NED)	320
22. van Rookhuizen Sieta	79	08-021	1:16.50	50m	8-6-97	Beverwijk (NED)	308
23. Bos Marieke	06	08-021	1:21.17	50m	9-6-24	Bückeburg (GER)	258
24. Groot Tineke	60	08-021	1:21.50	50m	11-6-78	Beverwijk (NED)	255
25. Butter Anouk	82	08-021	1:21.75	50m	7-5-00	Beverwijk (NED)	253

200 vrije slag

1. Smit Sanne	01	08-021	2:27.05	50m	10-3-19	Amsterdam (NED)	453
2. Hoek Daniëlle	88	08-021	2:30.73	50m	14-5-06	Beverwijk (NED)	421
3. Wentink Yara	04	08-021	2:31.61	50m	18-6-22	Bückeburg (GER)	413
4. de Roode Xara	08	08-021	2:35.96	50m	30-5-26	Alkmaar (NED)	380
5. Meijer Sylvia	81	08-021	2:36.47	50m	30-5-99	Beverwijk (NED)	376
6. Gijzen-van der Kroft Nicole	84	08-021	2:36.96	50m	18-5-02	Nordhorn (GER)	372
7. de Wildt Maud	05	08-021	2:39.53	50m	10-6-23	Bückeburg (GER)	355
8. Stins Mariska	84	08-021	2:46.07	50m	18-5-02	Nordhorn (GER)	314
9. Butter Anouk	82	08-021	2:50.34	50m	7-5-00	Beverwijk (NED)	291
10. Bos Marieke	06	08-021	3:01.78	50m	8-6-24	Bückeburg (GER)	240
11. Molenaar Eline	82	08-021	3:05.97	50m	7-5-00	Beverwijk (NED)	224
12. de Groot Sjors	08	08-021	3:33.85	50m	13-6-26	Bückeburg (GER)	147

250 vrije slag**300 vrije slag**

1. Smit Sanne	01	08-021	3:44.38	50m	10-3-19	Amsterdam (NED)	472
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400 vrije slag

1. Smit Sanne	01	08-021	5:03.32	50m	10-3-19	Amsterdam (NED)	473
2. Vink Lidewij	90	08-021	5:08.50	50m	17-5-08	Beverwijk (NED)	450

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**

1. Kleijne Daisy	89	08-021	35.00	50m	20-5-07	Beverwijk (NED)	462
2. Groen Anne	95	08-021	36.08	50m	26-5-13	Beverwijk (NED)	421
3. Gijzen-van der Kroft Nicole	84	08-021	37.68	50m	26-5-02	Beverwijk (NED)	370
4. Crok Annemarie	89	08-021	38.25	50m	22-4-07	Antwerpen (BEL)	354
5. de Haan Shira	00	08-021	38.40	50m	8-12-18	Beverwijk (NED)	349
6. Siemerink Laura	04	08-021	38.63	50m	18-6-22	Bückeburg (GER)	343
7. van Assema Eline	05	08-021	38.66	50m	10-6-23	Bückeburg (GER)	342
8. van der Gracht Anouk	89	08-021	39.68	50m	22-4-07	Antwerpen (BEL)	317
9. de Wildt Maud	05	08-021	39.95	50m	10-6-23	Bückeburg (GER)	310
10. de Groot Sjors	08	08-021	49.13	50m	13-6-26	Bückeburg (GER)	167

100 rugslag

1. Kingma Danae	00	08-021	1:12.63	50m	17-6-18	Buckeburg (GER)	511
2. Meijer Sylvia	81	08-021	1:17.68	50m	2-5-99	Beverwijk (NED)	418
3. Kleijne Daisy	89	08-021	1:18.79	50m	6-5-07	Eindhoven (NED)	400
4. van Assema Eline	05	08-021	1:19.94	50m	10-6-23	Bückeburg (GER)	383
5. Stins Mariska	84	08-021	1:20.10	50m	1-6-02	Beverwijk	381
6. de Roode Xara	08	08-021	1:20.36	50m	13-6-26	Bückeburg (GER)	377
7. van der Gracht Anouk	89	08-021	1:22.60	50m	2-6-07	Beverwijk (NED)	348
8. Vink Lidewij	90	08-021	1:22.82	50m	17-5-08	Beverwijk (NED)	345
9. Crok Annemarie	89	08-021	1:22.96	50m	6-5-07	Eindhoven (NED)	343
10. Essers Sanne	91	08-021	1:24.40	50m	6-6-09	Beverwijk (NED)	326
11. Heus Pauline	78	08-021	1:24.70	50m	1-6-96	Beverwijk (NED)	322
12. de Wildt Maud	05	08-021	1:26.74	50m	10-6-23	Bückeburg (GER)	300
13. ten Cate Joyce	80	08-021	1:32.32	50m	25-10-98	Beverwijk (NED)	249
14. Butter Anouk	82	08-021	1:36.80	50m	7-5-00	Beverwijk (NED)	216
15. Molenaar Eline	82	08-021	1:40.14	50m	7-5-00	Beverwijk (NED)	195
16. Beentjes Nicolet	80	08-021	1:45.75	50m	25-10-98	Beverwijk (NED)	165

200 rugslag

1. Groen Anne	95	08-021	2:43.66	50m	12-5-13	Beverwijk (NED)	435
2. Meijer Sylvia	81	08-021	2:45.96	50m	30-5-99	Beverwijk (NED)	417
3. Crok Annemarie	89	08-021	2:52.60	50m	21-4-07	Antwerpen (BEL)	371
4. van der Gracht Anouk	89	08-021	2:57.28	50m	21-4-07	Antwerpen (BEL)	342

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

1. de Haan Shira	00	08-021	39.66	50m	17-6-18	Buckeburg (GER)	407
2. Smit Sanne	01	08-021	40.14	50m	30-3-19	Amersfoort (NED)	392
3. Palmboom Nicole	91	08-021	40.79	50m	17-5-09	Alkmaar (NED)	374
4. van der Gracht Anouk	89	08-021	42.01	50m	22-4-07	Antwerpen (BEL)	342
5. Crok Annemarie	89	08-021	44.39	50m	22-4-07	Antwerpen (BEL)	290
6. Siemerink Laura	04	08-021	44.62	50m	19-6-22	Bückeburg (GER)	286
7. de Wildt Maud	05	08-021	46.40	50m	18-11-23	Beverwijk (NED)	254
8. van Assema Eline	05	08-021	48.15	50m	11-6-23	Bückeburg (GER)	227
9. Bos Marieke	06	08-021	49.56	50m	9-6-24	Bückeburg (GER)	208
10. de Roode Xara	08	08-021	52.29	50m	14-6-26	Bückeburg (GER)	177

100 schoolslag

1. Kingma Danae	00	08-021	1:22.21	50m	17-6-18	Buckeburg (GER)	474
2. de Haan Shira	00	08-021	1:26.08	50m	16-6-18	Buckeburg (GER)	413
3. Stam Vanessa	80	08-021	1:31.44	50m	25-10-98	Beverwijk (NED)	344
4. van der Gracht Anouk	89	08-021	1:31.69	50m	6-5-07	Eindhoven (NED)	342
5. Heus Pauline	78	08-021	1:32.20	50m	2-6-96	Beverwijk (NED)	336
6. van Rookhuizen Sieta	79	08-021	1:32.30	50m	8-6-97	Beverwijk (NED)	335
7. Gijzen-van der Kroft Nicole	84	08-021	1:33.06	50m	18-5-02	Nordhorn (GER)	327
8. Koper Fiona	01	08-021	1:34.50	50m	11-5-19	Alkmaar (NED)	312
9. de Wildt Maud	05	08-021	1:34.82	50m	10-6-23	Bückeburg (GER)	309
10. Niesten Iris	92	08-021	1:35.33	50m	13-6-10	Beverwijk (NED)	304
11. Stins Mariska	84	08-021	1:37.47	50m	2-6-02	Beverwijk	284
12. van Assema Eline	05	08-021	1:38.04	50m	10-6-23	Bückeburg (GER)	279
13. Beentjes Nicolet	80	08-021	1:39.90	50m	25-10-98	Beverwijk (NED)	264
14. Bos Marieke	06	08-021	1:46.51	50m	8-6-24	Bückeburg (GER)	218
15. ten Cate Joyce	80	08-021	1:50.19	50m	25-10-98	Beverwijk (NED)	197

200 schoolslag

1. de Haan Shira	00	08-021	3:04.43	50m	17-6-18	Buckeburg (GER)	429
2. Gijzen-van der Kroft Nicole	84	08-021	3:17.41	50m	18-5-02	Nordhorn (GER)	349
3. Nijholt Carin	60	08-021	3:23.80	50m	11-6-78	Beverwijk (NED)	318
4. Stins Mariska	84	08-021	3:29.96	50m	21-4-02	Beverwijk (NED)	290
5. Essers Sanne	91	08-021	3:37.22	50m	29-3-09	Alkmaar (NED)	262
6. Bos Marieke	06	08-021	3:48.22	50m	9-6-24	Bückeburg (GER)	226

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	30.04	50m	16-6-22	Amersfoort (NED)	537
2. Smit Sanne	01	08-021	32.98	50m	26-5-19	Amersfoort (NED)	406
3. de Haan Shira	00	08-021	33.86	50m	8-12-18	Beverwijk (NED)	375
4. Vink Lidewij	90	08-021	33.92	50m	17-5-08	Beverwijk (NED)	373
5. van der Gracht Anouk	89	08-021	34.05	50m	12-5-07	Beverwijk (NED)	369
6. Koper Fiona	01	08-021	34.12	50m	11-5-19	Alkmaar (NED)	367
7. Siemerink Laura	04	08-021	34.74	50m	18-6-22	Bückeburg (GER)	347
8. Gijzen-van der Kroft Nicole	84	08-021	34.89	50m	20-10-02	Beverwijk (NED)	343
9. Crok Annemarie	89	08-021	35.51	50m	21-4-07	Antwerpen (BEL)	325
10. Stins Mariska	84	08-021	36.07	50m	20-10-02	Beverwijk (NED)	310
11. Stam Vanessa	80	08-021	36.32	50m	25-10-98	Beverwijk (NED)	304
12. van Assema Eline	05	08-021	37.32	50m	10-6-23	Bückeburg (GER)	280
13. Meijer Sylvia	81	08-021	37.79	50m	31-10-99	Beverwijk (NED)	270
14. van Rookhuizen Sieta	79	08-021	38.90	50m	9-11-97	Beverwijk (NED)	247
15. de Wildt Maud	05	08-021	41.31	50m	18-11-23	Beverwijk (NED)	206

100 vlinderslag

1. Wentink Yara	04	08-021	1:09.85	50m	19-6-22	Bückeberg (GER)	501
2. Kingma Danae	00	08-021	1:12.66	50m	16-6-18	Buckeberg (GER)	445
3. Smit Sanne	01	08-021	1:13.86	50m	10-3-19	Amsterdam (NED)	423
4. van der Gracht Anouk	89	08-021	1:19.43	50m	2-6-07	Beverwijk (NED)	340
5. Palmboom Nicole	91	08-021	1:19.50	50m	17-5-09	Alkmaar (NED)	339
6. Gijzen-van der Kroft Nicole	84	08-021	1:22.26	50m	18-5-02	Nordhorn (GER)	306
7. Crok Annemarie	89	08-021	1:22.91	50m	22-4-07	Antwerpen (BEL)	299
8. Essers Sanne	91	08-021	1:24.22	50m	6-6-09	Beverwijk (NED)	285
9. de Haan Shira	00	08-021	1:25.44	50m	16-6-18	Buckeberg (GER)	273
10. de Roode Xara	08	08-021	1:26.13	50m	13-6-26	Bückeberg (GER)	267
11. Stins Mariska	84	08-021	1:29.36	50m	18-5-02	Nordhorn (GER)	239
12. Siemerink Laura	04	08-021	1:33.46	50m	18-6-22	Bückeberg (GER)	209
13. Heus Pauline	78	08-021	1:34.80	50m	1-6-96	Beverwijk (NED)	200
14. de Groot Sjors	08	08-021	1:59.38	50m	13-6-26	Bückeberg (GER)	100

200 vlinderslag

1. Vink Lidewij	90	08-021	2:57.39	50m	25-5-08	Beverwijk (NED)	323
2. Stins Mariska	84	08-021	3:19.27	50m	21-4-02	Beverwijk (NED)	228

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

1. Kingma Danae	00	08-021	2:41.81	50m	16-6-18	Buckeberg (GER)	473
2. Wentink Yara	04	08-021	2:46.57	50m	18-6-22	Bückeberg (GER)	434
3. de Haan Shira	00	08-021	2:55.16	50m	16-6-18	Buckeberg (GER)	373
4. Gijzen-van der Kroft Nicole	84	08-021	2:56.34	50m	20-10-02	Beverwijk (NED)	365
5. Meijer Sylvia	81	08-021	2:56.40	50m	2-5-99	Beverwijk (NED)	365
6. Stins Mariska	84	08-021	2:58.92	50m	20-10-02	Beverwijk (NED)	350
7. van Rookhuizen Sieta	79	08-021	3:01.10	50m	9-11-97	Beverwijk (NED)	337
8. de Roode Xara	08	08-021	3:09.52	50m	13-6-26	Bückeberg (GER)	294
9. Siemerink Laura	04	08-021	3:12.06	50m	18-6-22	Bückeberg (GER)	283
10. Butter Anouk	82	08-021	3:17.24	50m	7-5-00	Beverwijk (NED)	261
11. Molenaar Eline	82	08-021	3:22.86	50m	7-5-00	Beverwijk (NED)	240
12. de Groot Sjors	08	08-021	3:59.73	50m	13-6-26	Bückeberg (GER)	145

300 wisselslag**400 wisselslag**