

30 - 34 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. Groen Anne	95	08-021	30.72	50m	22-6-25	Bückeberg (GER)	457
2. van Staveren Marina	78	08-021	31.02	50m	18-3-12	Amersfoort (NED)	444
3. Stins Mariska	84	08-021	32.66	50m	19-4-15	Alkmaar (NED)	380

**100 vrije slag**

1. van Staveren Marina	78	08-021	1:07.70	50m	14-4-12	Kampen (NED)	445
2. Groen Anne	95	08-021	1:08.14	50m	22-6-25	Bückeberg (GER)	437
3. Heus Pauline	78	08-021	1:17.64	50m	16-4-11	Kampen (NED)	295

**200 vrije slag**

1. van Staveren Marina	78	08-021	2:45.64	50m	18-3-12	Amersfoort (NED)	317
2. Jongema Helena	80	08-021	3:04.48	50m	3-6-11	Apeldoorn (NED)	229

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

1. van Staveren Marina	78	08-021	5:44.09	50m	18-3-12	Amersfoort (NED)	324
2. Jongema Helena	80	08-021	6:28.39	50m	3-6-11	Apeldoorn (NED)	225

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

1. Jongema Helena	80	08-021	13:10.26	50m	3-6-11	Apeldoorn (NED)	230
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**1000 vrije slag****1250 vrije slag**

**1500 vrije slag**

1. Jongema Helena	80	08-021	24:45.29	50m	3-6-11	Apeldoorn (NED)	241
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**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. Groen Anne	95	08-021	36.95	50m	21-6-25	Bückeberg (GER)	392
2. van Staveren Marina	78	08-021	37.55	50m	16-4-11	Kampen (NED)	374
3. Stins Mariska	84	08-021	38.95	50m	22-3-15	Amersfoort (NED)	335
4. Jongema Helena	80	08-021	39.71	50m	27-3-10	Amersfoort (NED)	316

**100 rugslag**

1. Groen Anne	95	08-021	1:19.94	50m	13-6-26	Bückeberg (GER)	383
2. van Staveren Marina	78	08-021	1:26.27	50m	13-3-11	Amersfoort (NED)	305
3. Jongema Helena	80	08-021	1:26.62	50m	13-3-11	Amersfoort (NED)	301

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

1. van Staveren Marina	78	08-021	43.26	50m	14-4-12	Kampen (NED)	313
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50 schoolslag (sinds 2)

2. Groen Anne	95	08-021	43.45	50m	22-6-25	Bückeberg (GER)	309
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**100 schoolslag**

1. Groen Anne	95	08-021	1:33.59	50m	21-6-25	Bückeberg (GER)	321
2. Heus Pauline	78	08-021	1:37.86	50m	18-3-12	Amersfoort (NED)	281

**200 schoolslag**

1. Heus Pauline	78	08-021	3:29.66	50m	14-4-12	Kampen (NED)	292
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**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. Stins Mariska	84	08-021	36.47	50m	22-3-15	Amersfoort (NED)	300
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**100 vlinderslag**

1. van Staveren Marina	78	08-021	1:21.95	50m	14-4-12	Kampen (NED)	310
2. Stins Mariska	84	08-021	1:26.76	50m	19-4-15	Alkmaar (NED)	261

**200 vlinderslag**

1. Stins Mariska	84	08-021	3:21.32	50m	6-4-14	Amersfoort (NED)	221
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**1000 vlinderslag****75 wisselslag****100 wisselslag****150 wisselslag****200 wisselslag**

1. van Staveren Marina	78	08-021	2:59.65	50m	13-3-11	Amersfoort (NED)	345
2. Stins Mariska	84	08-021	3:07.63	50m	19-4-15	Alkmaar (NED)	303
3. Heus Pauline	78	08-021	3:16.82	50m	18-3-12	Amersfoort (NED)	263

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