

19 jaar, Dames

1-1-1980-30-8-2023

Alleen vereniging: 10-051

**25 vrije slag**

|              |    |        |       |         |
|--------------|----|--------|-------|---------|
| Karin Simons | 89 | 10-051 | 14.71 | 20-6-09 |
|--------------|----|--------|-------|---------|

**50 vrije slag**

|                    |    |        |       |          |
|--------------------|----|--------|-------|----------|
| Michelle Bellekom  | 96 | 10-051 | 29.21 | 29-11-15 |
| Cathelijn Bogers   | 01 | 10-051 | 29.32 | 4-10-20  |
| Karin Simons       | 89 | 10-051 | 30.35 | 18-4-09  |
| Petra Vermeulen    | 90 | 10-051 | 30.39 | 6-6-09   |
| Nuria Boersma      | 01 | 10-051 | 30.69 | 4-10-20  |
| Tamara Hoogenboom  | 90 | 10-051 | 32.57 | 15-11-09 |
| Silvia Remmerswaal | 86 | 10-051 | 33.22 | 20-2-05  |
| Amanda Hoogenboom  | 92 | 10-051 | 34.06 | 1-4-12   |
| Ingeborg Efdée     | 97 | 10-051 | 35.66 | 6-11-16  |
| Inge Conradi       | 83 | 10-051 | 38.21 | 15-12-02 |

**100 vrije slag**

|                    |    |        |         |          |
|--------------------|----|--------|---------|----------|
| Michelle Bellekom  | 96 | 10-051 | 1:04.66 | 9-1-16   |
| Karin Simons       | 89 | 10-051 | 1:06.56 | 7-6-09   |
| Tamara Hoogenboom  | 90 | 10-051 | 1:07.92 | 15-11-09 |
| Petra Vermeulen    | 90 | 10-051 | 1:11.02 | 4-10-09  |
| Ingeborg Efdée     | 97 | 10-051 | 1:15.05 | 6-11-16  |
| Silvia Remmerswaal | 86 | 10-051 | 1:15.07 | 16-1-05  |
| Amanda Hoogenboom  | 92 | 10-051 | 1:16.28 | 28-1-12  |
| Inge Conradi       | 83 | 10-051 | 1:22.19 | 15-12-02 |

**200 vrije slag**

|                    |    |        |         |          |
|--------------------|----|--------|---------|----------|
| Tamara Hoogenboom  | 90 | 10-051 | 2:22.84 | 15-11-09 |
| Karin Simons       | 89 | 10-051 | 2:24.20 | 16-11-08 |
| Michelle Bellekom  | 96 | 10-051 | 2:25.82 | 15-11-15 |
| Silvia Remmerswaal | 86 | 10-051 | 2:43.81 | 20-3-05  |
| Amanda Hoogenboom  | 92 | 10-051 | 2:47.39 | 15-1-12  |
| Ingeborg Efdée     | 97 | 10-051 | 2:48.85 | 13-11-16 |

**400 vrije slag**

|                    |    |        |         |          |
|--------------------|----|--------|---------|----------|
| Karin Simons       | 89 | 10-051 | 5:13.56 | 12-10-08 |
| Tamara Hoogenboom  | 90 | 10-051 | 5:13.94 | 1-11-09  |
| Michelle Bellekom  | 96 | 10-051 | 5:17.42 | 4-10-15  |
| Silvia Remmerswaal | 86 | 10-051 | 5:46.56 | 20-3-05  |
| Amanda Hoogenboom  | 92 | 10-051 | 5:51.84 | 14-1-12  |
| Ingeborg Efdée     | 97 | 10-051 | 5:52.56 | 2-10-16  |

**800 vrije slag**

|                   |    |        |          |         |
|-------------------|----|--------|----------|---------|
| Tamara Hoogenboom | 90 | 10-051 | 10:45.02 | 1-11-09 |
| Karin Simons      | 89 | 10-051 | 11:23.59 | 8-3-09  |
| Amanda Hoogenboom | 92 | 10-051 | 12:15.13 | 4-3-12  |

**1500 vrije slag**

|                    |    |        |          |          |
|--------------------|----|--------|----------|----------|
| Tamara Hoogenboom  | 90 | 10-051 | 20:23.85 | 6-12-09  |
| Amanda Hoogenboom  | 92 | 10-051 | 23:39.51 | 27-11-11 |
| Sandra Remmerswaal | 82 | 10-051 | 23:43.49 | 18-3-01  |

**25 rugslag**

|              |    |        |       |         |
|--------------|----|--------|-------|---------|
| Karin Simons | 89 | 10-051 | 17.02 | 20-6-09 |
|--------------|----|--------|-------|---------|

**50 rugslag**

|                    |    |        |       |         |
|--------------------|----|--------|-------|---------|
| Michelle Bellekom  | 96 | 10-051 | 33.23 | 10-4-16 |
| Cathelijn Bogers   | 01 | 10-051 | 34.07 | 4-10-20 |
| Karin Simons       | 89 | 10-051 | 35.13 | 28-9-08 |
| Tamara Hoogenboom  | 90 | 10-051 | 37.10 | 7-3-10  |
| Petra Vermeulen    | 90 | 10-051 | 37.25 | 17-4-10 |
| Nuria Boersma      | 01 | 10-051 | 37.57 | 4-10-20 |
| Joanna Konings     | 86 | 10-051 | 38.77 | 24-9-05 |
| Silvia Remmerswaal | 86 | 10-051 | 39.62 | 13-3-05 |
| Amanda Hoogenboom  | 92 | 10-051 | 40.58 | 25-9-11 |

**100 rugslag**

|                    |    |        |         |         |
|--------------------|----|--------|---------|---------|
| Michelle Bellekom  | 96 | 10-051 | 1:12.06 | 10-1-16 |
| Tamara Hoogenboom  | 90 | 10-051 | 1:15.63 | 14-3-10 |
| Petra Vermeulen    | 90 | 10-051 | 1:18.00 | 14-3-10 |
| Karin Simons       | 89 | 10-051 | 1:18.70 | 15-3-09 |
| Silvia Remmerswaal | 86 | 10-051 | 1:23.85 | 13-3-05 |
| Amanda Hoogenboom  | 92 | 10-051 | 1:26.87 | 11-3-12 |
| Joanna Konings     | 86 | 10-051 | 1:32.46 | 11-9-05 |
| Inge Conradi       | 83 | 10-051 | 1:42.70 | 15-9-02 |

**200 rugslag**

|                    |    |        |         |          |
|--------------------|----|--------|---------|----------|
| Michelle Bellekom  | 96 | 10-051 | 2:39.49 | 17-1-16  |
| Karin Simons       | 89 | 10-051 | 2:43.56 | 16-11-08 |
| Tamara Hoogenboom  | 90 | 10-051 | 2:43.76 | 15-11-09 |
| Amanda Hoogenboom  | 92 | 10-051 | 3:02.48 | 17-3-12  |
| Joanna Konings     | 86 | 10-051 | 3:08.34 | 11-9-05  |
| Silvia Remmerswaal | 86 | 10-051 | 3:11.44 | 11-9-05  |

**25 schoolslag**

|              |    |        |       |         |
|--------------|----|--------|-------|---------|
| Karin Simons | 89 | 10-051 | 18.64 | 20-6-09 |
|--------------|----|--------|-------|---------|

**50 schoolslag**

|                    |    |        |       |          |
|--------------------|----|--------|-------|----------|
| Petra Vermeulen    | 90 | 10-051 | 39.78 | 17-4-10  |
| Michelle Bellekom  | 96 | 10-051 | 40.03 | 10-4-16  |
| Karin Simons       | 89 | 10-051 | 40.88 | 18-4-09  |
| Nuria Boersma      | 01 | 10-051 | 41.06 | 4-10-20  |
| Tamara Hoogenboom  | 90 | 10-051 | 41.49 | 7-3-10   |
| Silvia Remmerswaal | 86 | 10-051 | 43.23 | 12-6-05  |
| Sabrina Everard    | 94 | 10-051 | 44.16 | 6-10-13  |
| Inge Conradi       | 83 | 10-051 | 45.83 | 6-10-02  |
| Ingeborg Efdée     | 97 | 10-051 | 46.17 | 13-11-16 |
| Amanda Hoogenboom  | 92 | 10-051 | 46.51 | 28-1-12  |

**100 schoolslag**

|                    |    |        |         |         |
|--------------------|----|--------|---------|---------|
| Petra Vermeulen    | 90 | 10-051 | 1:26.36 | 7-3-10  |
| Tamara Hoogenboom  | 90 | 10-051 | 1:26.66 | 7-3-10  |
| Michelle Bellekom  | 96 | 10-051 | 1:27.39 | 4-10-15 |
| Nuria Boersma      | 01 | 10-051 | 1:27.83 | 4-10-20 |
| Karin Simons       | 89 | 10-051 | 1:28.64 | 5-10-08 |
| Sabrina Everard    | 94 | 10-051 | 1:34.40 | 6-10-13 |
| Amanda Hoogenboom  | 92 | 10-051 | 1:39.15 | 17-6-12 |
| Inge Conradi       | 83 | 10-051 | 1:40.10 | 15-9-02 |
| Silvia Remmerswaal | 86 | 10-051 | 1:41.00 | 16-1-05 |

**200 schoolslag**

|                    |    |        |         |         |
|--------------------|----|--------|---------|---------|
| Michelle Bellekom  | 96 | 10-051 | 3:18.49 | 17-1-16 |
| Petra Vermeulen    | 90 | 10-051 | 3:19.91 | 17-1-10 |
| Amanda Hoogenboom  | 92 | 10-051 | 3:32.22 | 22-1-12 |
| Silvia Remmerswaal | 86 | 10-051 | 3:35.65 | 16-1-05 |

**50 vlinderslag**

|                    |    |        |       |          |
|--------------------|----|--------|-------|----------|
| Karin Simons       | 89 | 10-051 | 33.13 | 3-5-09   |
| Michelle Bellekom  | 96 | 10-051 | 33.58 | 10-4-16  |
| Tamara Hoogenboom  | 90 | 10-051 | 35.35 | 14-3-10  |
| Silvia Remmerswaal | 86 | 10-051 | 36.45 | 20-2-05  |
| Sabrina Everard    | 94 | 10-051 | 37.38 | 10-11-13 |
| Amanda Hoogenboom  | 92 | 10-051 | 40.14 | 15-4-12  |
| Joanna Konings     | 86 | 10-051 | 40.25 | 24-9-05  |
| Ingeborg Efdée     | 97 | 10-051 | 45.96 | 6-11-16  |

**200 vlinderslag**

|                    |    |        |         |         |
|--------------------|----|--------|---------|---------|
| Tamara Hoogenboom  | 90 | 10-051 | 3:07.96 | 20-3-10 |
| Sabrina Everard    | 94 | 10-051 | 3:14.87 | 9-3-14  |
| Amanda Hoogenboom  | 92 | 10-051 | 3:19.13 | 12-2-12 |
| Silvia Remmerswaal | 86 | 10-051 | 3:35.62 | 13-2-05 |

**200 wisselslag**

|                    |    |        |         |          |
|--------------------|----|--------|---------|----------|
| Michelle Bellekom  | 96 | 10-051 | 2:40.12 | 15-11-15 |
| Karin Simons       | 89 | 10-051 | 2:40.19 | 5-4-09   |
| Tamara Hoogenboom  | 90 | 10-051 | 2:44.29 | 9-1-10   |
| Amanda Hoogenboom  | 92 | 10-051 | 3:05.73 | 1-4-12   |
| Silvia Remmerswaal | 86 | 10-051 | 3:05.87 | 11-9-05  |
| Joanna Konings     | 86 | 10-051 | 3:09.50 | 11-9-05  |
| Ingeborg Efdée     | 97 | 10-051 | 3:14.15 | 6-11-16  |

**25 vlinderslag**

|              |    |        |       |         |
|--------------|----|--------|-------|---------|
| Karin Simons | 89 | 10-051 | 15.39 | 20-6-09 |
|--------------|----|--------|-------|---------|

**100 vlinderslag**

|                    |    |        |         |          |
|--------------------|----|--------|---------|----------|
| Karin Simons       | 89 | 10-051 | 1:15.58 | 28-9-08  |
| Tamara Hoogenboom  | 90 | 10-051 | 1:16.29 | 14-3-10  |
| Michelle Bellekom  | 96 | 10-051 | 1:18.88 | 18-12-15 |
| Sabrina Everard    | 94 | 10-051 | 1:20.46 | 10-11-13 |
| Joanna Konings     | 86 | 10-051 | 1:29.04 | 24-9-05  |
| Silvia Remmerswaal | 86 | 10-051 | 1:29.41 | 13-3-05  |
| Amanda Hoogenboom  | 92 | 10-051 | 1:30.71 | 11-3-12  |

**100 wisselslag**

|                    |    |        |         |          |
|--------------------|----|--------|---------|----------|
| Michelle Bellekom  | 96 | 10-051 | 1:13.02 | 18-12-15 |
| Petra Vermeulen    | 90 | 10-051 | 1:13.90 | 6-6-09   |
| Karin Simons       | 89 | 10-051 | 1:15.61 | 21-9-08  |
| Tamara Hoogenboom  | 90 | 10-051 | 1:17.04 | 20-9-09  |
| Sabrina Everard    | 94 | 10-051 | 1:20.23 | 6-10-13  |
| Joanna Konings     | 86 | 10-051 | 1:25.01 | 18-9-05  |
| Ingeborg Efdée     | 97 | 10-051 | 1:27.26 | 2-10-16  |
| Amanda Hoogenboom  | 92 | 10-051 | 1:29.30 | 6-11-11  |
| Silvia Remmerswaal | 86 | 10-051 | 1:29.48 | 18-12-05 |
| Inge Conradi       | 83 | 10-051 | 1:39.32 | 6-10-02  |

**400 wisselslag**

|                   |    |        |         |        |
|-------------------|----|--------|---------|--------|
| Tamara Hoogenboom | 90 | 10-051 | 5:57.92 | 7-2-10 |
|-------------------|----|--------|---------|--------|