

## 10 snelste zwemsters all in (stand juni 2020)

6 jaar en ouder, Dames  
Alleen vereniging: 10-051

1-9-2000-1-1-2025

**25 vrije slag**

Sandra Remmerswaal	82	10-051	13.42	25-1-04
Silje Welsh	92	10-051	13.95	21-6-08
Karin Simons	89	10-051	14.10	21-6-08
Petra Vermeulen	90	10-051	14.23	20-6-09
Lauren Cochran	08	10-051	14.26	23-3-19
Jasmijn Ruijgrok	94	10-051	14.29	21-6-08
Fabienne de Ruijter	89	10-051	14.43	25-1-04
Helen Nie	96	10-051	14.43	20-6-09
Tamara Hoogenboom	90	10-051	14.59	21-6-08
Marina Welsh	95	10-051	14.93	21-6-08

**100 vrije slag**

Megan Wainwright	95	10-051	1:00.40	8-3-13
Hannah Mckenzie	96	10-051	1:01.80	9-10-11
Silje Welsh	92	10-051	1:02.51	16-5-09
Jasmijn Ruijgrok	94	10-051	1:03.23	15-10-17
Julia Santiago	97	10-051	1:03.31	8-3-13
Cathelijin Bogers	01	10-051	1:03.58	18-3-18
Grace Anderson	02	10-051	1:03.76	11-3-16
Karin Simons	89	10-051	1:04.06	21-1-17
Kassidy Dawn	99	10-051	1:04.59	13-3-15
Jasmine el Taraboulsi	01	10-051	1:04.62	17-11-18

**400 vrije slag**

Jasmijn Ruijgrok	94	10-051	4:43.25	2-10-16
Tamara Hoogenboom	90	10-051	4:50.11	12-5-07
Hannah Mckenzie	96	10-051	4:50.23	30-10-11
Silje Welsh	92	10-051	5:00.41	12-10-08
Nuria Boersma	01	10-051	5:02.37	7-2-16
Karin Simons	89	10-051	5:02.49	20-1-17
Grace Anderson	02	10-051	5:03.36	11-10-15
Cathelijin Bogers	01	10-051	5:08.84	2-10-16
Reese Lauletta	03	10-051	5:12.33	5-11-17
Charlotte Drastich	02	10-051	5:13.45	5-2-17

**1500 vrije slag**

Jasmijn Ruijgrok	94	10-051	18:43.79	26-2-17
Tamara Hoogenboom	90	10-051	20:02.35	7-12-08
Ashley Kretsch	92	10-051	21:22.67	29-11-08
Maya Ball	02	10-051	21:24.97	3-3-19
Emily Beres	00	10-051	21:56.67	10-5-14
Michelle Bellekom	96	10-051	22:29.10	3-11-12
Amanda Hoogenboom	92	10-051	22:33.79	28-4-13
Rachael Kretsch	96	10-051	22:38.32	12-12-10
Nuria Boersma	01	10-051	23:26.43	10-5-14
Sandra Remmerswaal	82	10-051	23:43.49	18-3-01

**50 rugslag**

Hannah Mckenzie	96	10-051	32.76	30-10-11
Jasmijn Ruijgrok	94	10-051	33.09	12-11-17
Michelle Bellekom	96	10-051	33.22	6-10-13
Jasmine el Taraboulsi	01	10-051	33.58	21-10-18
Charlotte Drastich	02	10-051	33.88	29-11-15
Sandra Remmerswaal	82	10-051	33.96	26-3-06
Megan Wainwright	95	10-051	34.26	13-12-09
Cathelijin Bogers	01	10-051	34.35	6-11-16
Karin Simons	89	10-051	34.58	29-5-05
Petra Vermeulen	90	10-051	34.68	1-10-17

**50 vrije slag**

Hannah Mckenzie	96	10-051	28.15	9-10-11
Megan Wainwright	95	10-051	28.57	17-4-10
Jasmijn Ruijgrok	94	10-051	28.69	12-3-17
Cathelijin Bogers	01	10-051	29.03	8-4-18
Michelle Bellekom	96	10-051	29.21	29-11-15
Jasmine el Taraboulsi	01	10-051	29.24	13-3-15
Silje Welsh	92	10-051	29.25	29-6-08
Kassidy Dawn	99	10-051	29.25	10-3-16
Karin Simons	89	10-051	29.33	22-5-05
Helen Nie	96	10-051	29.44	7-3-13

**200 vrije slag**

Megan Wainwright	95	10-051	2:12.98	7-3-13
Hannah Mckenzie	96	10-051	2:13.09	2-10-11
Jasmijn Ruijgrok	94	10-051	2:14.52	12-11-17
Karin Simons	89	10-051	2:18.74	28-6-15
Grace Anderson	02	10-051	2:18.81	6-12-15
Tamara Hoogenboom	90	10-051	2:19.31	10-3-07
Reese Lauletta	03	10-051	2:20.80	8-3-18
Silje Welsh	92	10-051	2:20.84	11-1-09
Megan Albon	98	10-051	2:22.32	6-3-14
Jasmine el Taraboulsi	01	10-051	2:23.22	13-3-15

**800 vrije slag**

Jasmijn Ruijgrok	94	10-051	9:54.58	26-2-17
Silje Welsh	92	10-051	10:23.04	2-11-08
Tamara Hoogenboom	90	10-051	10:24.93	4-11-07
Karin Simons	89	10-051	10:51.44	5-2-06
Grace Anderson	02	10-051	11:04.58	19-10-14
Jasmine el Taraboulsi	01	10-051	11:07.97	13-10-18
Michelle Bellekom	96	10-051	11:09.59	24-3-13
Petra Vermeulen	90	10-051	11:09.95	22-10-06
Ashley Kretsch	92	10-051	11:15.76	29-11-08
Ivon Hensen	91	10-051	11:16.69	5-2-06

**25 rugslag**

Karin Simons	89	10-051	16.64	21-6-08
Melissa Sinanovic	94	10-051	16.73	20-6-09
Petra Vermeulen	90	10-051	16.76	20-6-09
Sandra Remmerswaal	82	10-051	17.02	21-6-08
Roos Geut	93	10-051	17.29	21-6-08
Tamara Hoogenboom	90	10-051	17.48	21-6-08
Fabienne de Ruijter	89	10-051	17.79	21-6-08
Helen Nie	96	10-051	18.01	21-6-08
Jasmijn Ruijgrok	94	10-051	18.02	21-6-08
Sabrina Everard	94	10-051	18.26	21-6-08

**100 rugslag**

Hannah Mckenzie	96	10-051	1:08.59	9-10-11
Michelle Bellekom	96	10-051	1:10.89	19-12-14
Marina Welsh	95	10-051	1:12.29	8-3-13
Jasmine el Taraboulsi	01	10-051	1:12.81	7-10-18
Jasmijn Ruijgrok	94	10-051	1:12.82	12-3-17
Cathelijin Bogers	01	10-051	1:13.51	2-10-16
Charlotte Drastich	02	10-051	1:13.69	10-3-17
Nuria Boersma	01	10-051	1:14.93	12-3-17
Karin Simons	89	10-051	1:14.98	7-3-10
Madeline Shirley	98	10-051	1:15.52	21-5-11

## 10 snelste zwemsters all in (stand juni 2020)

**200 rugslag**

Hannah Mckenzie	96	10-051	2:25.96	12-11-11
Michelle Bellekom	96	10-051	2:33.10	9-3-14
Marina Welsh	95	10-051	2:35.11	15-12-13
Jasmijn Ruijgrok	94	10-051	2:37.38	15-10-17
Megan Wainwright	95	10-051	2:38.12	20-1-13
Cathelijin Bogers	01	10-051	2:39.40	12-3-17
Jasmine el Taraboulsi	01	10-051	2:40.70	24-3-19
Tamara Hoogenboom	90	10-051	2:43.04	18-5-08
Charlotte Drastich	02	10-051	2:43.18	9-1-16
Karin Simons	89	10-051	2:43.56	16-11-08

**50 schoolslag**

Kassidy Dawn	99	10-051	35.12	4-4-15
Nuria Boersma	01	10-051	36.09	9-4-17
Lara Plazier	00	10-051	36.45	29-11-15
Helen Nie	96	10-051	37.38	6-11-11
Ada Eker	05	10-051	37.46	13-4-19
Jasmijn Ruijgrok	94	10-051	37.71	13-11-16
Petra Vermeulen	90	10-051	37.74	6-5-07
Grace Anderson	02	10-051	37.80	29-11-15
Charlotte Drastich	02	10-051	37.80	29-11-15
Jasmine el Taraboulsi	01	10-051	37.91	29-11-15

**200 schoolslag**

Nuria Boersma	01	10-051	2:52.00	12-3-17
Iris de Jong	91	10-051	2:58.09	19-5-07
Charlotte Drastich	02	10-051	2:58.30	10-1-16
Jasmine el Taraboulsi	01	10-051	2:58.32	12-3-17
Ada Eker	05	10-051	2:58.66	24-3-19
Jasmijn Ruijgrok	94	10-051	2:59.01	4-2-18
Grace Anderson	02	10-051	2:59.25	10-1-16
Karin Simons	89	10-051	2:59.36	18-1-15
Lara Plazier	00	10-051	2:59.55	14-1-17
Petra Vermeulen	90	10-051	2:59.66	19-5-07

**50 vlinderslag**

Sandra Remmerswaal	82	10-051	30.50	16-11-03
Megan Wainwright	95	10-051	30.67	18-4-10
Jasmine el Taraboulsi	01	10-051	31.67	21-10-18
Jasmijn Ruijgrok	94	10-051	31.91	12-3-17
Karin Simons	89	10-051	32.08	22-1-17
Petra Vermeulen	90	10-051	32.15	10-4-16
Silje Welsh	92	10-051	32.34	16-5-09
Michelle Bellekom	96	10-051	32.54	19-4-15
Charlotte Drastich	02	10-051	32.68	29-11-15
Helen Nie	96	10-051	33.06	6-11-11

**200 vlinderslag**

Jasmijn Ruijgrok	94	10-051	2:29.33	12-3-17
Karin Simons	89	10-051	2:43.68	20-1-17
Tamara Hoogenboom	90	10-051	2:45.19	23-5-09
Grace Anderson	02	10-051	2:51.93	20-3-16
Silje Welsh	92	10-051	2:56.11	17-2-07
Petra Vermeulen	90	10-051	2:58.93	18-3-18
Reese Lauletta	03	10-051	3:00.57	25-3-18
Felicia Bosse	05	10-051	3:02.01	25-3-18
Ivon Hensen	91	10-051	3:07.44	11-3-06
Jasmine el Taraboulsi	01	10-051	3:09.38	20-3-16

**25 schoolslag**

Petra Vermeulen	90	10-051	17.11	20-6-09
Jasmijn Ruijgrok	94	10-051	18.02	21-6-08
Helen Nie	96	10-051	18.30	20-6-09
Karin Simons	89	10-051	18.36	21-6-08
Tamara Hoogenboom	90	10-051	18.54	21-6-08
Silje Welsh	92	10-051	18.74	21-6-08
Sandra Remmerswaal	82	10-051	19.35	21-6-08
Fabienne de Ruijter	89	10-051	19.51	21-6-08
Michelle Blanca	95	10-051	19.60	21-6-08
Marina Welsh	95	10-051	19.82	20-6-09

**100 schoolslag**

Kassidy Dawn	99	10-051	1:15.99	9-3-17
Nuria Boersma	01	10-051	1:18.84	20-3-16
Lara Plazier	00	10-051	1:20.26	9-3-17
Ada Eker	05	10-051	1:20.27	7-3-19
Jasmijn Ruijgrok	94	10-051	1:21.68	29-5-16
Jasmine el Taraboulsi	01	10-051	1:21.80	10-3-16
Petra Vermeulen	90	10-051	1:22.28	24-5-09
Charlotte Drastich	02	10-051	1:22.45	8-3-18
Helen Nie	96	10-051	1:22.50	7-3-13
Iris de Jong	91	10-051	1:23.89	12-5-07

**25 vlinderslag**

Silje Welsh	92	10-051	14.89	21-6-08
Karin Simons	89	10-051	14.93	21-6-08
Petra Vermeulen	90	10-051	15.11	20-6-09
Lauren Cochran	08	10-051	15.16	24-3-19
Jasmijn Ruijgrok	94	10-051	15.39	21-6-08
Helen Nie	96	10-051	15.42	21-6-08
Tamara Hoogenboom	90	10-051	15.44	20-6-09
Jolie Goedhart	95	10-051	16.44	21-6-08
Fabienne de Ruijter	89	10-051	16.44	21-6-08
Melissa Sinanovic	94	10-051	16.54	20-6-09

**100 vlinderslag**

Megan Wainwright	95	10-051	1:06.97	7-3-13
Jasmijn Ruijgrok	94	10-051	1:08.98	14-5-17
Silje Welsh	92	10-051	1:10.03	16-5-09
Karin Simons	89	10-051	1:10.73	6-6-15
Jasmine el Taraboulsi	01	10-051	1:11.94	9-3-17
Tamara Hoogenboom	90	10-051	1:14.52	13-5-07
Michelle Bellekom	96	10-051	1:14.89	11-1-15
Hannah Mckenzie	96	10-051	1:15.00	12-11-11
Julia Santiago	97	10-051	1:15.27	7-3-13
Myada El Barkouki	97	10-051	1:15.55	13-1-13

**100 wisselslag**

Jasmijn Ruijgrok	94	10-051	1:11.61	2-10-16
Karin Simons	89	10-051	1:11.92	27-6-15
Jasmine el Taraboulsi	01	10-051	1:12.85	1-12-18
Michelle Bellekom	96	10-051	1:13.02	18-12-15
Megan Wainwright	95	10-051	1:13.27	10-3-13
Petra Vermeulen	90	10-051	1:13.90	6-6-09
Silje Welsh	92	10-051	1:14.70	15-3-09
Helen Nie	96	10-051	1:15.35	6-11-11
Tamara Hoogenboom	90	10-051	1:15.37	6-5-07
<b>Maya Ball</b>	<b>02</b>	<b>10-051</b>	<b>1:15.83</b>	<b>6-10-19</b>

**200 wisselslag**

Jasmijn Ruijgrok	94	10-051	2:29.78	12-3-17
Jasmine el Taraboulsi	01	10-051	2:35.86	10-3-17
Megan Wainwright	95	10-051	2:36.79	10-3-11
Karin Simons	89	10-051	2:37.19	27-6-15
Grace Anderson	02	10-051	2:37.67	31-1-16
Charlotte Drastich	02	10-051	2:37.88	9-3-18
Michelle Bellekom	96	10-051	2:38.55	19-1-14
Tamara Hoogenboom	90	10-051	2:39.18	6-4-08
Nuria Boersma	01	10-051	2:40.56	12-2-17
Reese Lauletta	03	10-051	2:40.83	9-3-18

**400 wisselslag**

Tamara Hoogenboom	90	10-051	5:34.02	9-2-08
Karin Simons	89	10-051	5:37.95	22-1-17
Jasmijn Ruijgrok	94	10-051	5:44.70	20-1-19
Grace Anderson	02	10-051	5:51.67	21-3-15
Moira Loechteken	00	10-051	5:54.24	20-1-19
Michelle Bellekom	96	10-051	5:55.94	17-3-13
Nuria Boersma	01	10-051	5:57.76	9-10-16
Reese Lauletta	03	10-051	5:58.22	21-1-18
Charlotte Drastich	02	10-051	5:58.34	30-5-15
Silje Welsh	92	10-051	6:01.25	10-2-07