

## 10 snelste zwemsters 10 jaar (stand juli 2019)

10 jaar, Dames

1-1-1980-1-7-2019

**25 vrije slag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>14.26</b>	<b>23-3-19</b>
Sabine van Hoeven	98	10-051	15.54	20-6-09
Meghan Ingram	98	10-051	16.02	20-6-09
Jolie Goedhart	95	10-051	16.26	23-1-05
Eva Kerdel	05	10-051	16.34	18-6-16
Madeline Shirley	98	10-051	16.45	20-6-09
Jasmijn Ruijgrok	94	10-051	18.25	25-1-04
Emily Beres	00	10-051	18.32	7-2-10
Lorena Mejias Martinez	99	10-051	18.51	13-12-09
Nikole Borsboom	04	10-051	18.83	27-6-15

**100 vrije slag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>1:07.43</b>	<b>1-6-19</b>
Meghan Ingram	98	10-051	1:15.29	22-2-09
Sera Emmers	05	10-051	1:15.86	20-2-16
Madeline Shirley	98	10-051	1:16.86	5-4-09
Selina Nie	99	10-051	1:18.41	14-3-10
Eva Kerdel	05	10-051	1:19.11	20-3-16
Georgia Taylor	99	10-051	1:19.15	14-3-10
Rachael Kretsch	96	10-051	1:19.16	9-6-07
Charlotte Drastich	02	10-051	1:20.04	7-4-13
Paige Lovelace	03	10-051	1:21.80	25-5-14

**400 vrije slag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>5:20.48</b>	<b>2-6-19</b>
Sera Emmers	05	10-051	5:54.43	12-6-16
Meghan Ingram	98	10-051	5:54.88	8-3-09
Madeline Shirley	98	10-051	6:10.69	8-3-09
Charlotte Drastich	02	10-051	6:12.78	9-6-13
Rachael Kretsch	96	10-051	6:14.48	10-6-07
Eva Kerdel	05	10-051	6:14.69	12-6-16
Paige Lovelace	03	10-051	6:29.03	18-5-14
Madeleine Bijnen	04	10-051	6:42.81	17-5-15
Emily Beres	00	10-051	6:48.03	16-10-10

**1500 vrije slag****50 rugslag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>36.01</b>	<b>14-4-19</b>
Eva Kerdel	05	10-051	39.09	10-4-16
Madeline Shirley	98	10-051	39.17	18-4-09
Meghan Ingram	98	10-051	39.54	21-6-09
Sera Emmers	05	10-051	40.00	12-6-16
Sabine van Hoeven	98	10-051	40.35	28-9-08
Selina Nie	99	10-051	41.34	17-4-10
Georgia Taylor	99	10-051	42.28	13-12-09
Rachael Kretsch	96	10-051	42.67	6-5-07
Charlotte Drastich	02	10-051	43.13	9-6-13

**50 vrije slag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>30.99</b>	<b>24-3-19</b>
Selina Nie	99	10-051	33.24	17-4-10
Sera Emmers	05	10-051	34.21	14-2-16
Meghan Ingram	98	10-051	34.23	21-6-09
Madeline Shirley	98	10-051	34.61	18-4-09
Georgia Taylor	99	10-051	34.90	31-1-10
Sabine van Hoeven	98	10-051	35.41	21-12-08
Rachael Kretsch	96	10-051	35.86	30-6-07
Eva Kerdel	05	10-051	36.48	10-4-16
Sara Gäbel	04	10-051	37.29	1-2-15

**200 vrije slag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>2:30.85</b>	<b>30-6-19</b>
Meghan Ingram	98	10-051	2:43.95	22-2-09
Sera Emmers	05	10-051	2:45.98	29-5-16
Grace Anderson	02	10-051	2:53.24	17-6-12
Madeline Shirley	98	10-051	2:58.41	8-3-09
Charlotte Drastich	02	10-051	3:01.39	9-12-12
Sabine van Hoeven	98	10-051	3:02.28	29-3-09
Rachael Kretsch	96	10-051	3:02.88	4-3-07
Alina Verga	06	10-051	3:03.45	7-5-17
Eva Kerdel	05	10-051	3:04.44	12-6-16

**800 vrije slag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>11:17.75</b>	<b>3-3-19</b>
Meghan Ingram	98	10-051	11:53.89	8-3-09
Madeline Shirley	98	10-051	12:23.37	8-3-09
Charlotte Drastich	02	10-051	12:58.44	24-3-13
Rachael Kretsch	96	10-051	13:57.60	24-2-07
Nuria Boersma	01	10-051	14:08.39	4-3-12
Noga Arad	99	10-051	14:34.72	28-2-10

**25 rugslag**

Eva Kerdel	05	10-051	18.49	18-6-16
Meghan Ingram	98	10-051	18.89	20-6-09
Madeline Shirley	98	10-051	19.03	20-6-09
Sabine van Hoeven	98	10-051	19.80	20-6-09
Laura van Hoeven	95	10-051	21.42	21-5-05
Ingeborg Efdée	97	10-051	23.32	21-6-08
<b>Estelle Wassenaar</b>	<b>08</b>	<b>10-051</b>	<b>23.51</b>	<b>27-1-19</b>
Alina Verga	06	10-051	23.56	9-10-16
Nikole Borsboom	04	10-051	24.09	27-6-15
Lorena Mejias Martinez	99	10-051	24.11	6-6-10

**100 rugslag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>1:15.82</b>	<b>2-6-19</b>
Sera Emmers	05	10-051	1:22.49	12-6-16
Eva Kerdel	05	10-051	1:25.96	24-4-16
Meghan Ingram	98	10-051	1:26.46	18-1-09
Madeline Shirley	98	10-051	1:27.76	18-1-09
Charlotte Drastich	02	10-051	1:27.99	9-6-13
Rachael Kretsch	96	10-051	1:28.98	10-6-07
Sabine van Hoeven	98	10-051	1:31.30	18-1-09
Paige Lovelace	03	10-051	1:32.93	22-6-14
Georgia Taylor	99	10-051	1:35.02	7-2-10

**200 rugslag**

Meghan Ingram	98	10-051	3:03.86	1-3-09
Sera Emmers	05	10-051	3:19.86	19-12-15
Rachael Kretsch	96	10-051	3:23.54	21-1-07
Jasmijn Ruijgrok	94	10-051	3:35.93	19-12-04
Alice Rosato	06	10-051	3:36.11	2-4-17
Laura van Hoeven	95	10-051	3:39.64	13-11-05
Lyr Bar Tal	06	10-051	4:42.51	2-4-17

**50 schoolslag**

Sera Emmers	05	10-051	43.73	17-1-16
<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>44.01</b>	<b>14-4-19</b>
Charlotte Drastich	02	10-051	44.36	2-6-13
Sabine van Hoeven	98	10-051	45.55	5-10-08
Selina Nie	99	10-051	46.51	17-4-10
Anne-Julia Karnbrock	04	10-051	47.36	6-6-15
Meghan Ingram	98	10-051	47.79	3-5-09
Laura van Hoeven	95	10-051	47.81	19-11-05
<b>Clara Kaarls</b>	<b>08</b>	<b>10-051</b>	<b>47.97</b>	<b>2-6-19</b>
Georgia Taylor	99	10-051	48.70	14-3-10

**200 schoolslag**

Sera Emmers	05	10-051	3:25.59	19-12-15
Jasmijn Ruijgrok	94	10-051	3:38.27	21-11-04
Laura van Hoeven	95	10-051	3:49.05	9-10-05
Leire Bustamante	06	10-051	4:00.80	18-9-16
Alina Verga	06	10-051	4:15.53	5-2-17
Alice Rosato	06	10-051	4:16.13	18-9-16
Lyr Bar Tal	06	10-051	4:32.85	5-2-17

**50 vlinderslag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>34.80</b>	<b>14-4-19</b>
Selina Nie	99	10-051	38.29	11-4-10
Sera Emmers	05	10-051	39.86	10-4-16
Georgia Taylor	99	10-051	39.89	7-3-10
Meghan Ingram	98	10-051	40.25	3-5-09
Madeline Shirley	98	10-051	40.30	3-5-09
Sabine van Hoeven	98	10-051	40.91	5-4-09
Rachael Kretsch	96	10-051	41.10	10-6-07
Charlotte Drastich	02	10-051	41.19	7-4-13
Jolie Goedhart	95	10-051	43.23	10-12-05

**100 wisselslag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>1:20.65</b>	<b>10-3-19</b>
Sera Emmers	05	10-051	1:26.72	24-1-16
Meghan Ingram	98	10-051	1:27.84	19-4-09
Selina Nie	99	10-051	1:27.98	18-4-10
Sabine van Hoeven	98	10-051	1:28.32	16-11-08
Madeline Shirley	98	10-051	1:29.87	19-4-09
Rachael Kretsch	96	10-051	1:30.98	30-6-07
Charlotte Drastich	02	10-051	1:31.69	27-1-13
Georgia Taylor	99	10-051	1:33.73	15-11-09
Grace Anderson	02	10-051	1:34.56	17-6-12

**25 schoolslag**

Sabine van Hoeven	98	10-051	21.09	18-1-09
Meghan Ingram	98	10-051	22.09	20-6-09
Laura van Hoeven	95	10-051	22.13	10-4-05
Jolie Goedhart	95	10-051	22.83	13-3-05
Madeline Shirley	98	10-051	23.04	20-6-09
Annabelle Siegert	07	10-051	23.14	7-1-18
Jasmijn Ruijgrok	94	10-051	23.35	14-3-04
Anne-Julia Karnbrock	04	10-051	23.54	23-11-14
Laura Cremer	95	10-051	24.28	10-4-05
<b>Estelle Wassenaar</b>	<b>08</b>	<b>10-051</b>	<b>24.32</b>	<b>27-1-19</b>

**100 schoolslag**

Sera Emmers	05	10-051	1:34.13	12-6-16
Charlotte Drastich	02	10-051	1:35.12	9-6-13
<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>1:35.58</b>	<b>2-6-19</b>
Sabine van Hoeven	98	10-051	1:36.71	5-10-08
Selina Nie	99	10-051	1:38.49	14-3-10
Iris de Jong	91	10-051	1:41.11	5-6-02
Rachael Kretsch	96	10-051	1:41.61	9-6-07
Jasmijn Ruijgrok	94	10-051	1:41.81	25-9-04
<b>Clara Kaarls</b>	<b>08</b>	<b>10-051</b>	<b>1:42.49</b>	<b>2-6-19</b>
Georgia Taylor	99	10-051	1:43.28	14-3-10

**25 vlinderslag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>15.16</b>	<b>24-3-19</b>
Madeline Shirley	98	10-051	17.80	20-6-09
Meghan Ingram	98	10-051	17.84	20-6-09
Jolie Goedhart	95	10-051	18.02	20-2-05
Sabine van Hoeven	98	10-051	19.42	20-6-09
<b>Juliëtte Priester</b>	<b>08</b>	<b>10-051</b>	<b>19.60</b>	<b>16-12-18</b>
Laura Cremer	95	10-051	19.69	20-2-05
Jasmijn Ruijgrok	94	10-051	20.19	18-1-04
Marit Knevel	05	10-051	21.19	10-4-16
Leire Bustamante	06	10-051	21.40	6-11-16

**100 vlinderslag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>1:19.08</b>	<b>1-6-19</b>
Selina Nie	99	10-051	1:30.32	12-6-10
Alina Verga	06	10-051	1:39.32	10-6-17
Grace Anderson	02	10-051	1:39.46	17-6-12
Sabine van Hoeven	98	10-051	1:40.13	7-6-09
Sera Emmers	05	10-051	1:40.94	11-6-16
Charlotte Drastich	02	10-051	1:41.46	9-12-12
Nuria Boersma	01	10-051	1:43.97	2-6-12
Noga Arad	99	10-051	1:45.47	12-6-10
Eva Kerdel	05	10-051	1:47.73	13-3-16

**200 wisselslag**

<b>Lauren Cochran</b>	<b>08</b>	<b>10-051</b>	<b>2:49.76</b>	<b>1-6-19</b>
Sera Emmers	05	10-051	2:58.69	24-4-16
Charlotte Drastich	02	10-051	3:16.82	28-4-13
Meghan Ingram	98	10-051	3:17.86	12-10-08
Iris de Jong	91	10-051	3:18.57	5-6-02
Madeline Shirley	98	10-051	3:19.69	12-10-08
Rachael Kretsch	96	10-051	3:20.29	10-2-07
Grace Anderson	02	10-051	3:21.07	17-6-12
Eva Kerdel	05	10-051	3:22.10	11-6-16
Madeleine Bijnen	04	10-051	3:25.58	31-5-15