

## 10 snelste zwemsters 19 jaar eo (stand juli 2019)

19 jaar en ouder, Dames

1-1-1980-1-7-2019

**25 vrije slag**

Sandra Remmerswaal	82	10-051	13.42	25-1-04
Karin Simons	89	10-051	14.71	20-6-09
Inge Conradi	83	10-051	15.99	25-1-04

**50 vrije slag**

Jasmijn Ruijgrok	94	10-051	28.69	12-3-17
Michelle Bellekom	96	10-051	29.21	29-11-15
Karin Simons	89	10-051	29.41	6-6-15
Sandra Remmerswaal	82	10-051	29.65	13-4-03
Petra Vermeulen	90	10-051	29.92	9-4-17
Tamara Hoogenboom	90	10-051	31.02	30-3-14
Silvia Remmerswaal	86	10-051	33.22	20-2-05
Amanda Hoogenboom	92	10-051	33.35	27-10-13
Mariska Broekhuis	87	10-051	34.44	20-1-13
Inge Conradi	83	10-051	34.48	20-3-05

**100 vrije slag**

Jasmijn Ruijgrok	94	10-051	1:03.23	15-10-17
Karin Simons	89	10-051	1:04.06	21-1-17
Michelle Bellekom	96	10-051	1:04.66	9-1-16
Yvonne Slagmaat	99	10-051	1:05.30	30-11-90
Sandra Remmerswaal	82	10-051	1:06.03	20-5-04
Petra Vermeulen	90	10-051	1:07.16	8-7-17
Tamara Hoogenboom	90	10-051	1:07.92	15-11-09
Silvia Remmerswaal	86	10-051	1:11.11	8-10-06
Mariska Broekhuis	87	10-051	1:12.32	20-1-13
Amanda Hoogenboom	92	10-051	1:13.41	27-10-13

**200 vrije slag**

Jasmijn Ruijgrok	94	10-051	2:14.52	12-11-17
Karin Simons	89	10-051	2:18.74	28-6-15
Tamara Hoogenboom	90	10-051	2:22.84	15-11-09
Michelle Bellekom	96	10-051	2:25.82	15-11-15
Yvonne Slagmaat	99	10-051	2:29.50	17-1-93
Sandra Remmerswaal	82	10-051	2:34.47	28-11-04
Amanda Hoogenboom	92	10-051	2:38.46	10-11-13
Petra Vermeulen	90	10-051	2:38.78	14-11-10
Silvia Remmerswaal	86	10-051	2:43.81	20-3-05
Ingeborg Efdée	97	10-051	2:48.85	13-11-16

**400 vrije slag**

Jasmijn Ruijgrok	94	10-051	4:43.25	2-10-16
Karin Simons	89	10-051	5:02.49	20-1-17
Tamara Hoogenboom	90	10-051	5:13.94	1-11-09
Michelle Bellekom	96	10-051	5:17.42	4-10-15
Amanda Hoogenboom	92	10-051	5:35.69	6-10-13
Silvia Remmerswaal	86	10-051	5:46.56	20-3-05
Petra Vermeulen	90	10-051	5:50.11	7-2-16
Ingeborg Efdée	97	10-051	5:52.56	2-10-16
Inge Conradi	83	10-051	6:06.14	3-4-05
Maaïke van Zwicht	84	10-051	6:06.87	18-2-06

**800 vrije slag**

Jasmijn Ruijgrok	94	10-051	9:54.58	26-2-17
Tamara Hoogenboom	90	10-051	10:45.02	1-11-09
Karin Simons	89	10-051	11:02.53	10-5-09
Amanda Hoogenboom	92	10-051	11:39.27	20-10-13
Karen Smith	99	10-051	12:29.10	3-12-94
Inge Conradi	83	10-051	12:58.52	5-2-06

**1500 vrije slag**

Jasmijn Ruijgrok	94	10-051	18:43.79	26-2-17
Tamara Hoogenboom	90	10-051	20:23.85	6-12-09
Amanda Hoogenboom	92	10-051	22:33.79	28-4-13
Sandra Remmerswaal	82	10-051	23:43.49	18-3-01

**25 rugslag**

Sandra Remmerswaal	82	10-051	17.02	21-6-08
Karin Simons	89	10-051	17.02	20-6-09

**50 rugslag**

Jasmijn Ruijgrok	94	10-051	33.09	12-11-17
Michelle Bellekom	96	10-051	33.23	10-4-16
Sandra Remmerswaal	82	10-051	33.96	26-3-06
Petra Vermeulen	90	10-051	34.68	1-10-17
Karin Simons	89	10-051	35.13	28-9-08
Tamara Hoogenboom	90	10-051	35.99	6-10-13
Joanna Konings	86	10-051	38.77	24-9-05
Maaïke van Zwicht	84	10-051	39.02	8-10-06
Amanda Hoogenboom	92	10-051	39.60	6-4-14
Silvia Remmerswaal	86	10-051	39.62	13-3-05

**100 rugslag**

Michelle Bellekom	96	10-051	1:12.06	10-1-16
Jasmijn Ruijgrok	94	10-051	1:12.82	12-3-17
Karin Simons	89	10-051	1:14.98	7-3-10
Tamara Hoogenboom	90	10-051	1:15.63	14-3-10
Sandra Remmerswaal	82	10-051	1:16.89	14-3-04
Brigitta Kramer	99	10-051	1:16.90	15-11-86
Petra Vermeulen	90	10-051	1:18.00	14-3-10
Maaïke van Zwicht	84	10-051	1:23.78	20-5-06
Silvia Remmerswaal	86	10-051	1:23.85	13-3-05
Amanda Hoogenboom	92	10-051	1:24.33	3-3-13

**200 rugslag**

Jasmijn Ruijgrok	94	10-051	2:37.38	15-10-17
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
Joanna Smith	99	10-051	2:44.70	15-2-98
Petra Vermeulen	90	10-051	2:50.79	17-1-16
Sandra Remmerswaal	82	10-051	2:57.50	9-11-03
Amanda Hoogenboom	92	10-051	3:00.81	19-1-14
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
Sandra Remmerswaal	82	10-051	19.35	21-6-08

**50 schoolslag**

Kirsten Peijpers	99	10-051	36.20	27-11-88
Jasmijn Ruijgrok	94	10-051	37.71	13-11-16
Petra Vermeulen	90	10-051	37.92	10-4-16
Annelieke van Nieuwenhoven	99	10-051	38.10	8-2-87
Mariska Broekhuis	87	10-051	38.54	30-9-12
Sandra Remmerswaal	82	10-051	38.97	6-4-03
Karin Simons	89	10-051	39.55	14-1-18
Michelle Bellekom	96	10-051	40.03	10-4-16
Tamara Hoogenboom	90	10-051	41.09	19-2-12
Inge Conradi	83	10-051	42.35	2-2-03

**200 schoolslag**

Jasmijn Ruijgrok	94	10-051	2:59.01	4-2-18
Karin Simons	89	10-051	2:59.36	18-1-15
Annelieke van Nieuwenhoven	99	10-051	3:03.00	8-10-89
Tamara Hoogenboom	90	10-051	3:07.58	22-1-12
Petra Vermeulen	90	10-051	3:10.31	22-1-12
Mariska Broekhuis	87	10-051	3:10.80	20-1-13
Michelle Bellekom	96	10-051	3:12.07	12-2-17
Sandra Remmerswaal	82	10-051	3:16.96	18-1-04
Amanda Hoogenboom	92	10-051	3:27.22	13-1-13
Inge Conradi	83	10-051	3:29.98	27-2-05

**50 vlinderslag**

Sandra Remmerswaal	82	10-051	30.50	16-11-03
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
Michelle Bellekom	96	10-051	32.66	22-1-17
Tamara Hoogenboom	90	10-051	34.72	17-4-11
Silvia Remmerswaal	86	10-051	36.45	20-2-05
Maaïke van Zwicht	84	10-051	36.55	8-10-06
Sabrina Everard	94	10-051	37.38	10-11-13
Amanda Hoogenboom	92	10-051	38.74	1-12-13

**100 wisselslag**

Jasmijn Ruijgrok	94	10-051	1:11.61	2-10-16
Karin Simons	89	10-051	1:11.92	27-6-15
Michelle Bellekom	96	10-051	1:13.02	18-12-15
Petra Vermeulen	90	10-051	1:13.90	6-6-09
Kirsten Peijpers	99	10-051	1:14.00	17-4-88
Sandra Remmerswaal	82	10-051	1:15.96	21-9-03
Tamara Hoogenboom	90	10-051	1:16.94	2-10-11
Mariska Broekhuis	87	10-051	1:19.93	30-9-12
Sabrina Everard	94	10-051	1:20.23	6-10-13
Maaïke van Zwicht	84	10-051	1:24.25	8-10-06

**100 schoolslag**

Jasmijn Ruijgrok	94	10-051	1:21.68	29-5-16
Kirsten Peijpers	99	10-051	1:23.20	21-11-86
Annelieke van Nieuwenhoven	99	10-051	1:23.50	19-3-88
Karin Simons	89	10-051	1:24.93	2-10-16
Petra Vermeulen	90	10-051	1:25.52	4-10-15
Mariska Broekhuis	87	10-051	1:25.56	30-9-12
Tamara Hoogenboom	90	10-051	1:26.66	7-3-10
Michelle Bellekom	96	10-051	1:27.39	4-10-15
Sandra Remmerswaal	82	10-051	1:29.75	27-9-03
Sabrina Everard	94	10-051	1:34.40	6-10-13

**25 vlinderslag**

Karin Simons	89	10-051	15.39	20-6-09
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**100 vlinderslag**

Jasmijn Ruijgrok	94	10-051	1:08.98	14-5-17
Karin Simons	89	10-051	1:10.73	6-6-15
Yvonne van Breukelen	99	10-051	1:12.60	26-4-87
Tamara Hoogenboom	90	10-051	1:16.29	14-3-10
Petra Vermeulen	90	10-051	1:16.31	25-5-16
Michelle Bellekom	96	10-051	1:18.88	18-12-15
Sabrina Everard	94	10-051	1:20.46	10-11-13
Sandra Remmerswaal	82	10-051	1:22.08	21-11-04
Silvia Remmerswaal	86	10-051	1:25.55	23-9-06
Maaïke van Zwicht	84	10-051	1:26.78	18-2-06

**200 wisselslag**

Jasmijn Ruijgrok	94	10-051	2:29.78	12-3-17
Karin Simons	89	10-051	2:37.19	27-6-15
Michelle Bellekom	96	10-051	2:40.12	15-11-15
Petra Vermeulen	90	10-051	2:40.84	20-3-16
Kirsten Peijpers	99	10-051	2:42.30	19-2-89
Tamara Hoogenboom	90	10-051	2:44.29	9-1-10
Sandra Remmerswaal	82	10-051	2:49.88	9-4-06
Amanda Hoogenboom	92	10-051	3:02.77	30-3-14
Silvia Remmerswaal	86	10-051	3:05.87	11-9-05
Joanna Konings	86	10-051	3:09.50	11-9-05