

15 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2017

25 vrije slag**50 vrije slag**

1. Kingma Danae	00	08-021	27.48	50m	13-6-15	Eindhoven (NED)	643
2. Schelvis Femke	84	08-021	28.97	50m	5-6-99	Beverwijk (NED)	549
3. Smit Sanne	01	08-021	29.10	50m	30-4-16	Alkmaar (NED)	542
4. de Groot Daniëlle	93	08-021	29.32	50m	24-5-08	Beverwijk (NED)	530
5. Palmboom Nicole	91	08-021	30.18	50m	20-5-06	Beverwijk (NED)	486
6. Vink Marjolein	93	08-021	31.12	50m	24-5-08	Beverwijk (NED)	443
7. van der Kroft Nicole	84	08-021	31.15	50m	5-6-99	Beverwijk (NED)	442
8. Vink Lidewij	90	08-021	31.35	50m	27-2-05	Amsterdam (NED)	433
9. Kleijne Daisy	89	08-021	31.42	50m	15-5-04	Beverwijk (NED)	430
10. Buur Naomi	01	08-021	31.43	50m	28-5-16	Alkmaar (NED)	430
11. Essers Sanne	91	08-021	31.97	50m	20-5-06	Beverwijk (NED)	408
12. Groen Anne	95	08-021	32.30	50m	13-6-10	Beverwijk (NED)	396
13. de Haan Shira	00	08-021	32.44	50m	5-12-15	Beverwijk (NED)	391
14. van Langelaar Tessa	97	08-021	32.54	50m	19-5-12	Beverwijk (NED)	387
15. Mallon Danique	94	08-021	32.56	50m	7-6-09	Beverwijk (NED)	387
16. Koper Fiona	01	08-021	32.78	50m	3-12-16	Beverwijk (NED)	379
17. Stins Mariska	84	08-021	33.28	50m	5-6-99	Beverwijk (NED)	362
18. Vredenburg Roos	95	08-021	33.45	50m	13-6-10	Beverwijk (NED)	357
19. Hofland Yasmin	01	08-021	34.02	50m	28-5-16	Alkmaar (NED)	339
20. de Wolff Isabel	01	08-021	34.07	50m	28-5-16	Alkmaar (NED)	337
21. Niesten Iris	92	08-021	34.37	50m	3-6-07	Beverwijk (NED)	329
22. Petit Kirsten	00	08-021	34.93	50m	5-12-15	Beverwijk (NED)	313
23. Boekling Annette	85	08-021	35.21	50m	4-6-00	Beverwijk (NED)	306
24. Buur Cindy	99	08-021	36.30	50m	22-6-14	Beverwijk (NED)	279

100 vrije slag

1. Kingma Danae	00	08-021	59.79	50m	26-6-15	Alkmaar (NED)	660
2. Schelvis Femke	84	08-021	1:02.80	50m	6-6-99	Beverwijk (NED)	570
3. de Groot Daniëlle	93	08-021	1:03.06	50m	7-6-08	Eindhoven (NED)	562
4. Smit Sanne	01	08-021	1:03.79	50m	30-4-16	Alkmaar (NED)	543
5. Buur Naomi	01	08-021	1:07.60	50m	13-3-16	Alkmaar (NED)	457
6. Stam Sabrina	82	08-021	1:07.90	50m	9-11-97	Beverwijk (NED)	450
7. Palmboom Nicole	91	08-021	1:08.19	50m	20-5-06	Beverwijk (NED)	445
8. Essers Sanne	91	08-021	1:08.33	50m	28-5-06	Beverwijk (NED)	442
9. Schelvis Roos	86	08-021	1:08.53	50m	21-10-01	Beverwijk (NED)	438
10. Kleijne Daisy	89	08-021	1:09.64	50m	16-5-04	Beverwijk (NED)	418
11. Verbree Bets	63	08-021	1:09.80	50m	11-6-78	Beverwijk (NED)	415
12. Vink Lidewij	90	08-021	1:10.03	50m	27-2-05	Amsterdam (NED)	411
13. Crok Linda	94	08-021	1:10.09	50m	24-5-09	Beverwijk (NED)	410
14. Vink Marjolein	93	08-021	1:10.26	50m	25-5-08	Beverwijk (NED)	407
15. Hoek Daniëlle	88	08-021	1:10.44	50m	25-5-03	Beverwijk (NED)	403
16. van der Kroft Nicole	84	08-021	1:10.56	50m	6-6-99	Beverwijk (NED)	401
16. de Boer Irene	84	08-021	1:10.56	50m	31-10-99	Beverwijk (NED)	401
18. Koopman Anitra	89	08-021	1:10.57	50m	16-5-04	Beverwijk (NED)	401
19. Mallon Danique	94	08-021	1:11.46	50m	7-6-09	Beverwijk (NED)	386
20. Zonneveld Chantal	84	08-021	1:11.96	50m	31-10-99	Beverwijk (NED)	378
21. van de Poll Marianne	89	08-021	1:12.04	50m	25-4-04	Beverwijk (NED)	377
22. Groen Anne	95	08-021	1:12.05	50m	13-6-10	Beverwijk (NED)	377
23. Vredenburg Roos	95	08-021	1:12.06	50m	13-6-10	Beverwijk (NED)	377
24. de Boer Angela	80	08-021	1:13.30	50m	11-6-95	Beverwijk (NED)	358
25. Stins Mariska	84	08-021	1:13.35	50m	6-6-99	Beverwijk (NED)	357

200 vrije slag

1. Kingma Danae	00	08-021	2:15.97	50m	13-6-15	Eindhoven (NED)	573
2. Schelvis Femke	84	08-021	2:18.72	50m	30-5-99	Beverwijk (NED)	540
3. de Groot Daniëlle	93	08-021	2:18.80	50m	6-6-08	Eindhoven (NED)	539
4. Smit Sanne	01	08-021	2:22.12	50m	29-5-16	Alkmaar (NED)	502
5. Vink Lidewij	90	08-021	2:24.59	50m	27-2-05	Amsterdam (NED)	477
6. Kleijne Daisy	89	08-021	2:31.82	50m	9-5-04	Beverwijk (NED)	412
7. Palmboom Nicole	91	08-021	2:32.98	50m	14-5-06	Beverwijk (NED)	402
8. Buur Naomi	01	08-021	2:33.21	50m	29-5-16	Alkmaar (NED)	400
9. Koopman Anitra	89	08-021	2:33.70	50m	9-5-04	Beverwijk (NED)	397
10. Vink Marjolein	93	08-021	2:35.04	50m	13-4-08	Antwerpen (BEL)	386
11. Hoek Daniëlle	88	08-021	2:37.79	50m	18-5-03	Beverwijk (NED)	367
12. de Boer Irene	84	08-021	2:38.28	50m	30-5-99	Beverwijk (NED)	363
13. Mallon Danique	94	08-021	2:40.42	50m	29-3-09	Alkmaar (NED)	349
14. Stins Mariska	84	08-021	2:47.04	50m	30-5-99	Beverwijk (NED)	309
15. Boekling Annette	85	08-021	2:54.34	50m	7-5-00	Beverwijk (NED)	272

250 vrije slag**300 vrije slag**

1. de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	413
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400 vrije slag

1. Schelvis Femke	84	08-021	4:56.03	50m	29-5-99	Beverwijk (NED)	522
2. de Groot Daniëlle	93	08-021	5:08.33	50m	17-5-08	Beverwijk (NED)	462
3. Vink Lidewij	90	08-021	5:10.36	50m	21-5-05	Beverwijk (NED)	453
4. Mallon Danique	94	08-021	5:35.85	50m	29-3-09	Alkmaar (NED)	357

500 vrije slag**800 vrije slag****1000 vrije slag****1250 vrije slag****1500 vrije slag****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. Kingma Danae	00	08-021	33.42	50m	31-5-15	Alkmaar (NED)	530
2. Schelvis Femke	84	08-021	35.10	50m	6-6-99	Beverwijk (NED)	458
3. Kleijne Daisy	89	08-021	35.19	50m	16-5-04	Beverwijk (NED)	454
4. Koper Fiona	01	08-021	35.48	50m	28-5-16	Alkmaar (NED)	443
5. Palmboom Nicole	91	08-021	36.54	50m	21-5-06	Beverwijk (NED)	406
6. Buur Naomi	01	08-021	36.57	50m	21-2-16	Alkmaar (NED)	405
7. Crok Annemarie	89	08-021	36.98	50m	16-5-04	Beverwijk (NED)	391
8. Koopman Anitra	89	08-021	37.54	50m	16-5-04	Beverwijk (NED)	374
9. Mallon Danique	94	08-021	37.76	50m	24-5-09	Beverwijk (NED)	368
10. Crok Linda	94	08-021	38.16	50m	24-5-09	Beverwijk (NED)	356
11. Groen Anne	95	08-021	38.23	50m	4-12-10	Beverwijk (NED)	354
12. Smit Sanne	01	08-021	38.71	50m	28-5-16	Alkmaar (NED)	341
13. Niesten Iris	92	08-021	39.27	50m	20-5-07	Beverwijk (NED)	327
14. de Haan Shira	00	08-021	39.37	50m	5-12-15	Beverwijk (NED)	324
15. Vink Lidewij	90	08-021	39.42	50m	29-5-05	Beverwijk (NED)	323
16. Stins Mariska	84	08-021	39.58	50m	6-6-99	Beverwijk (NED)	319
17. Petit Kirsten	00	08-021	40.33	50m	5-12-15	Beverwijk (NED)	302
18. van der Kroft Nicole	84	08-021	40.69	50m	6-6-99	Beverwijk (NED)	294

100 rugslag

1. Kingma Danae	00	08-021	1:12.31	50m	26-6-15	Alkmaar (NED)	519
2. Schelvis Femke	84	08-021	1:14.79	50m	5-6-99	Beverwijk (NED)	469
3. Kleijne Daisy	89	08-021	1:16.63	50m	15-5-04	Beverwijk (NED)	436
4. Koper Fiona	01	08-021	1:17.45	50m	5-6-16	Alkmaar (NED)	422
5. Schelvis Roos	86	08-021	1:18.20	50m	21-10-01	Beverwijk (NED)	410
6. Kramer Miranda	80	08-021	1:19.80	50m	20-5-95	Beverwijk (NED)	386
7. Palmboom Nicole	91	08-021	1:20.24	50m	20-5-06	Beverwijk (NED)	380
8. Stam Sabrina	82	08-021	1:20.80	50m	7-6-97	Beverwijk (NED)	372
9. Buur Naomi	01	08-021	1:20.81	50m	29-5-16	Alkmaar (NED)	372
10. Koopman Anitra	89	08-021	1:21.04	50m	25-4-04	Beverwijk (NED)	368
11. Crok Annemarie	89	08-021	1:21.16	50m	15-5-04	Beverwijk (NED)	367
12. Meijer Sylvia	81	08-021	1:21.60	50m	1-6-96	Beverwijk (NED)	361
13. Mallon Danique	94	08-021	1:22.13	50m	6-6-09	Beverwijk (NED)	354
14. Essers Sanne	91	08-021	1:22.95	50m	27-5-06	Beverwijk (NED)	343
15. de Boer Irene	84	08-021	1:23.48	50m	2-5-99	Beverwijk (NED)	337
16. Petit Kirsten	00	08-021	1:23.56	50m	20-6-15	Beverwijk (NED)	336
17. Niesten Iris	92	08-021	1:24.36	50m	2-6-07	Beverwijk (NED)	327
18. van Ballegooie Simone	84	08-021	1:24.37	50m	2-5-99	Beverwijk (NED)	326
19. Groen Anne	95	08-021	1:25.12	50m	12-6-10	Beverwijk (NED)	318
20. Zonneveld Chantal	84	08-021	1:26.34	50m	31-10-99	Beverwijk (NED)	305
21. Stins Mariska	84	08-021	1:26.94	50m	5-6-99	Beverwijk (NED)	298
22. van der Kroft Nicole	84	08-021	1:26.97	50m	5-6-99	Beverwijk (NED)	298
23. Boekling Annette	85	08-021	1:27.06	50m	7-5-00	Beverwijk (NED)	297
24. Hoek Daniëlle	88	08-021	1:27.41	50m	29-3-03	Beverwijk (NED)	293
25. van der Gracht Anouk	89	08-021	1:29.09	50m	25-4-04	Beverwijk (NED)	277

200 rugslag

1. Schelvis Femke	84	08-021	2:40.49	50m	30-5-99	Beverwijk (NED)	461
2. Kleijne Daisy	89	08-021	2:46.73	50m	9-5-04	Beverwijk (NED)	411
3. Schelvis Roos	86	08-021	2:46.98	50m	21-10-01	Beverwijk (NED)	410
4. Crok Linda	94	08-021	2:50.88	50m	17-5-09	Alkmaar (NED)	382
5. Crok Annemarie	89	08-021	2:51.30	50m	9-5-04	Beverwijk (NED)	379
6. Essers Sanne	91	08-021	2:51.54	50m	14-5-06	Beverwijk (NED)	378
7. Koopman Anitra	89	08-021	2:52.65	50m	9-5-04	Beverwijk (NED)	371
8. Stam Sabrina	82	08-021	2:53.50	50m	9-11-97	Beverwijk (NED)	365
9. Palmboom Nicole	91	08-021	2:53.65	50m	14-5-06	Beverwijk (NED)	364
10. de Boer Irene	84	08-021	2:54.35	50m	31-10-99	Beverwijk (NED)	360
11. Niesten Iris	92	08-021	2:57.81	50m	13-5-07	Alkmaar (NED)	339
12. Zonneveld Chantal	84	08-021	2:58.89	50m	31-10-99	Beverwijk (NED)	333
13. Buur Naomi	01	08-021	2:59.13	50m	4-6-16	Alkmaar (NED)	332
14. Stins Mariska	84	08-021	2:59.44	50m	30-5-99	Beverwijk (NED)	330
15. van der Kroft Nicole	84	08-021	2:59.92	50m	30-5-99	Beverwijk (NED)	327
16. Vink Lidewij	90	08-021	3:03.00	50m	22-5-05	Beverwijk (NED)	311
17. Hoek Daniëlle	88	08-021	3:03.06	50m	29-3-03	Beverwijk (NED)	311
18. van Ballegoie Stefanie	86	08-021	3:20.23	50m	21-10-01	Beverwijk (NED)	237

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

1. Kingma Danae	00	08-021	36.36	50m	12-7-15	Alkmaar (NED)	532
2. Palmboom Nicole	91	08-021	39.45	50m	14-5-06	Beverwijk (NED)	417
3. de Groot Daniëlle	93	08-021	40.27	50m	18-5-08	Alkmaar (NED)	392
4. de Haan Shira	00	08-021	41.72	50m	17-5-15	Alkmaar (NED)	352
5. Crok Linda	94	08-021	42.15	50m	17-5-09	Alkmaar (NED)	342
6. Smit Sanne	01	08-021	42.29	50m	29-5-16	Alkmaar (NED)	338
7. Vink Marjolein	93	08-021	43.32	50m	18-5-08	Alkmaar (NED)	315
8. Buur Naomi	01	08-021	43.39	50m	29-5-16	Alkmaar (NED)	313
9. Groen Anne	95	08-021	46.25	50m	4-12-10	Beverwijk (NED)	258
10. Schelvis Roos	86	08-021	51.06	50m	13-5-01	Beverwijk (NED)	192

100 schoolslag

1. Kingma Danae	00	08-021	1:24.24	50m	16-5-15	Beverwijk (NED)	445
2. de Groot Daniëlle	93	08-021	1:28.60	50m	17-5-08	Beverwijk (NED)	383
3. Palmboom Nicole	91	08-021	1:29.06	50m	13-5-06	Beverwijk (NED)	377
4. van der Kroft Nicole	84	08-021	1:32.31	50m	29-5-99	Beverwijk (NED)	338
5. de Haan Shira	00	08-021	1:32.63	50m	16-5-15	Beverwijk (NED)	335
6. Vink Marjolein	93	08-021	1:34.18	50m	12-4-08	Antwerpen (BEL)	318
7. Mallon Danique	94	08-021	1:34.57	50m	7-6-09	Beverwijk (NED)	315
8. Crok Linda	94	08-021	1:34.70	50m	16-5-09	Beverwijk (NED)	313
9. Stins Mariska	84	08-021	1:34.74	50m	29-5-99	Beverwijk (NED)	313
10. Buur Naomi	01	08-021	1:34.77	50m	28-5-16	Alkmaar (NED)	313
11. Stam Sabrina	82	08-021	1:35.00	50m	8-6-97	Beverwijk (NED)	310
12. Smit Sanne	01	08-021	1:35.02	50m	28-5-16	Alkmaar (NED)	310
13. Crok Annemarie	89	08-021	1:36.53	50m	25-4-04	Beverwijk (NED)	296
14. de Wolff Isabel	01	08-021	1:38.17	50m	28-5-16	Alkmaar (NED)	281
15. Schelvis Femke	84	08-021	1:38.24	50m	29-5-99	Beverwijk (NED)	281
16. Koopman Anitra	89	08-021	1:38.41	50m	25-4-04	Beverwijk (NED)	279
17. Essers Sanne	91	08-021	1:38.74	50m	28-5-06	Beverwijk (NED)	276
18. Niesten Iris	92	08-021	1:39.10	50m	3-6-07	Beverwijk (NED)	273
19. de Boer Angela	80	08-021	1:39.40	50m	11-6-95	Beverwijk (NED)	271

100 schoolslag (sinds 20)

20. Meijer Sylvia	81	08-021	1:39.80	50m	2-6-96	Beverwijk (NED)	268
21. Vredenburg Roos	95	08-021	1:41.64	50m	13-6-10	Beverwijk (NED)	253
22. Hoek Daniëlle	88	08-021	1:42.20	50m	29-3-03	Beverwijk (NED)	249
23. van der Gracht Anouk	89	08-021	1:42.88	50m	25-4-04	Beverwijk (NED)	244
24. Petit Kirsten	00	08-021	1:43.12	50m	25-4-15	Alkmaar (NED)	243

200 schoolslag

1. de Groot Daniëlle	93	08-021	3:11.88	50m	24-5-08	Beverwijk (NED)	381
2. Palmboom Nicole	91	08-021	3:13.60	50m	20-5-06	Beverwijk (NED)	370
3. Kramer Miranda	80	08-021	3:17.00	50m	13-5-95	Beverwijk (NED)	352
4. van der Kroft Nicole	84	08-021	3:17.16	50m	5-6-99	Beverwijk (NED)	351
5. de Haan Shira	00	08-021	3:19.25	50m	30-5-15	Beverwijk (NED)	340
6. Niesten Iris	92	08-021	3:22.38	50m	19-5-07	Beverwijk (NED)	324
7. Crok Annemarie	89	08-021	3:23.43	50m	25-4-04	Beverwijk (NED)	319
8. Lund Karin	63	08-021	3:23.90	50m	11-6-78	Beverwijk (NED)	317
9. de Ruijter Linda	87	08-021	3:24.01	50m	25-5-02	Beverwijk (NED)	317
10. Vink Marjolein	93	08-021	3:25.50	50m	24-5-08	Beverwijk (NED)	310
11. Vink Lidewij	90	08-021	3:26.34	50m	28-5-05	Beverwijk (NED)	306
12. van Giezen Sandra	63	08-021	3:46.90	50m	11-6-78	Beverwijk (NED)	230

500 schoolslag800 schoolslag1000 schoolslag1500 schoolslag2000 schoolslag2500 schoolslag3000 schoolslag4000 schoolslag5000 schoolslag25 vlinderslag50 vlinderslag

1. Schelvis Femke	84	08-021	31.52	50m	29-5-99	Beverwijk (NED)	465
2. Kingma Danae	00	08-021	31.91	50m	16-5-15	Beverwijk (NED)	448
3. de Groot Daniëlle	93	08-021	33.42	50m	17-5-08	Beverwijk (NED)	390
4. van der Kroft Nicole	84	08-021	34.39	50m	29-5-99	Beverwijk (NED)	358
5. Mallon Danique	94	08-021	34.99	50m	16-5-09	Beverwijk (NED)	340
6. Essers Sanne	91	08-021	35.00	50m	13-5-06	Beverwijk (NED)	340
7. Buur Naomi	01	08-021	35.05	50m	5-6-16	Alkmaar (NED)	338
8. Palmboom Nicole	91	08-021	35.31	50m	13-5-06	Beverwijk (NED)	331
9. Vink Marjolein	93	08-021	35.32	50m	12-4-08	Antwerpen (BEL)	330
10. Vink Lidewij	90	08-021	35.74	50m	21-5-05	Beverwijk (NED)	319
11. Crok Linda	94	08-021	36.47	50m	16-5-09	Beverwijk (NED)	300

50 vlinderslag (sinds 12)

12. Petit Kirsten	00	08-021	36.93	50m	16-5-15	Beverwijk (NED)	289
13. Crok Annemarie	89	08-021	37.00	50m	8-5-04	Beverwijk (NED)	287
14. de Haan Shira	00	08-021	37.59	50m	16-5-15	Beverwijk (NED)	274
15. Koper Fiona	01	08-021	38.31	50m	3-12-16	Beverwijk (NED)	259
16. Groen Anne	95	08-021	40.18	50m	4-12-10	Beverwijk (NED)	224

100 vlinderslag

1. Schelvis Femke	84	08-021	1:14.27	50m	30-5-99	Beverwijk (NED)	428
2. Kingma Danae	00	08-021	1:15.73	50m	25-4-15	Alkmaar (NED)	403
3. Mallon Danique	94	08-021	1:18.72	50m	17-5-09	Alkmaar (NED)	359
4. de Groot Daniëlle	93	08-021	1:19.97	50m	18-5-08	Alkmaar (NED)	343
5. van der Kroft Nicole	84	08-021	1:21.37	50m	30-5-99	Beverwijk (NED)	325
6. van de Poll Marianne	89	08-021	1:22.09	50m	25-4-04	Beverwijk (NED)	317
7. Essers Sanne	91	08-021	1:24.03	50m	27-5-06	Beverwijk (NED)	295
8. Vink Lidewij	90	08-021	1:24.43	50m	22-5-05	Beverwijk (NED)	291
9. Palmboom Nicole	91	08-021	1:26.80	50m	14-5-06	Beverwijk (NED)	268
10. Stam Sabrina	82	08-021	1:27.30	50m	1-6-97	Beverwijk (NED)	263
11. Kramer Miranda	80	08-021	1:27.70	50m	10-6-95	Beverwijk (NED)	260
12. de Ruijter Linda	87	08-021	1:28.22	50m	1-6-02	Beverwijk	255
13. Crok Linda	94	08-021	1:28.91	50m	29-3-09	Alkmaar (NED)	249
14. Stins Mariska	84	08-021	1:30.04	50m	30-5-99	Beverwijk (NED)	240
15. Meijer Sylvia	81	08-021	1:31.40	50m	1-6-96	Beverwijk (NED)	229
16. Vredenburg Roos	95	08-021	1:35.63	50m	12-6-10	Beverwijk (NED)	200
17. de Boer Angela	80	08-021	1:38.80	50m	10-6-95	Beverwijk (NED)	181
18. Niesten Iris	92	08-021	1:44.54	50m	2-6-07	Beverwijk (NED)	153

200 vlinderslag

1. Vink Lidewij	90	08-021	3:01.59	50m	29-5-05	Beverwijk (NED)	301
2. van de Poll Marianne	89	08-021	3:12.94	50m	25-4-04	Beverwijk (NED)	251
3. Kleijne Daisy	89	08-021	3:18.03	50m	16-5-04	Beverwijk (NED)	232
4. de Ruijter Linda	87	08-021	3:20.51	50m	26-5-02	Beverwijk (NED)	224
5. Stins Mariska	84	08-021	3:22.47	50m	2-5-99	Beverwijk (NED)	217

100 wisselslag200 wisselslag

1. Kingma Danae	00	08-021	2:39.31	50m	30-5-15	Beverwijk (NED)	496
2. Schelvis Femke	84	08-021	2:39.69	50m	31-10-99	Beverwijk (NED)	492
3. Palmboom Nicole	91	08-021	2:50.86	50m	20-5-06	Beverwijk (NED)	402
4. Vink Marjolein	93	08-021	2:52.66	50m	24-5-08	Beverwijk (NED)	390
5. Crok Linda	94	08-021	2:53.30	50m	29-3-09	Alkmaar (NED)	385
6. Kleijne Daisy	89	08-021	2:54.64	50m	15-5-04	Beverwijk (NED)	376
7. Koopman Anitra	89	08-021	2:55.01	50m	25-4-04	Beverwijk (NED)	374
8. Crok Annemarie	89	08-021	2:55.67	50m	15-5-04	Beverwijk (NED)	370
9. van der Kroft Nicole	84	08-021	2:56.40	50m	5-6-99	Beverwijk (NED)	365
10. Vink Lidewij	90	08-021	2:57.08	50m	28-5-05	Beverwijk (NED)	361
11. de Boer Irene	84	08-021	2:57.97	50m	2-5-99	Beverwijk (NED)	356
12. Buur Naomi	01	08-021	2:59.30	50m	4-6-16	Alkmaar (NED)	348
13. van Ballegoie Simone	84	08-021	3:00.51	50m	2-5-99	Beverwijk (NED)	341
14. Hoek Daniëlle	88	08-021	3:01.93	50m	24-5-03	Beverwijk (NED)	333
15. Stins Mariska	84	08-021	3:05.47	50m	2-5-99	Beverwijk (NED)	314
16. Boekling Annette	85	08-021	3:08.15	50m	7-5-00	Beverwijk (NED)	301
17. van der Gracht Anouk	89	08-021	3:09.32	50m	25-4-04	Beverwijk (NED)	295

300 wisselslag

400 wisselslag