

15 jaar, Dames

1-1-1900-31-7-2017

25 vrije slag

1. Schelvis Femke	84	08-021	13.11	25m	25-3-99	Heemskerk (NED)	531
2. de Groot Daniëlle	93	08-021	13.42	25m	31-5-08	Aalsmeer (NED)	495
3. Meijer Sylvia	81	08-021	13.70	25m	14-3-96	Heemskerk (NED)	465
4. Palmboom Nicole	91	08-021	13.79	25m	27-4-06	Heemskerk	456
5. Schelvis Roos	86	08-021	14.05	25m	29-3-01	Heemskerk (NED)	431
6. Vink Marjolein	93	08-021	14.37	25m	29-5-08	Heemskerk (NED)	403
7. Meijer Linda	77	08-021	14.50	25m	26-9-92		392
7. Kramer Miranda	80	08-021	14.50	25m	27-4-95	Heemskerk (NED)	392
9. Essers Sanne	91	08-021	14.51	25m	27-4-06	Heemskerk	392
10. van der Kroft Nicole	84	08-021	14.56	25m	25-3-99	Heemskerk (NED)	388
11. Stam Sabrina	82	08-021	14.60	25m	13-3-97	Heemskerk (NED)	384
12. Boekling Annette	85	08-021	14.97	25m	4-5-00	Heemskerk (NED)	357
13. Bruin Adri	74	08-021	15.20	25m	12-1-89	Heemskerk (NED)	341
13. de Boer Irene	84	08-021	15.20	25m	25-3-99	Heemskerk (NED)	341
15. Stins Mariska	84	08-021	15.22	25m	25-3-99	Heemskerk (NED)	339
16. Niesten Iris	92	08-021	15.24	25m	19-4-07	Heemskerk (NED)	338
17. Bos Chantal	74	08-021	15.30	25m	12-1-89	Heemskerk (NED)	334
18. Limmen Karin	76	08-021	15.50	25m	16-5-91	Heemskerk (NED)	321
19. Hommersen Sandra	84	08-021	15.58	25m	25-3-99	Heemskerk (NED)	316
20. de Boer Angela	80	08-021	15.70	25m	27-4-95	Heemskerk (NED)	309
21. Heus Pauline	78	08-021	16.30	25m	17-6-93	Heemskerk (NED)	276
22. Smit Lydia	84	08-021	16.32	25m	25-3-99	Heemskerk (NED)	275
22. Nijman José	93	08-021	16.32	25m	29-5-08	Heemskerk (NED)	275
24. Welboren Trudy	61	08-021	16.40	25m	14-9-76	Heemskerk (NED)	271
25. Lindelauf Priscilla	85	08-021	16.58	25m	4-5-00	Heemskerk (NED)	262

50 vrije slag

1. Kingma Danae	00	08-021	26.93	25m	11-10-15	Alkmaar (NED)	642
2. Schelvis Femke	84	08-021	28.03	25m	13-2-99	Dordrecht (NED)	569
3. de Groot Daniëlle	93	08-021	28.39	25m	21-6-08	Alkmaar (NED)	548
4. Smit Sanne	01	08-021	28.61	25m	11-12-16	Alkmaar (NED)	535
5. Meijer Sylvia	81	08-021	29.30	25m	12-12-96	Heemskerk (NED)	499
6. Vink Lidewij	90	08-021	29.39	25m	6-11-05	Zaandam (NED)	494
7. Palmboom Nicole	91	08-021	29.49	25m	28-10-06	Hoorndam (NED)	489
8. van de Poll Marianne	89	08-021	29.52	25m	29-1-04	Heemskerk (NED)	487
9. Crok Linda	94	08-021	29.90	25m	23-4-09	Heemskerk (NED)	469
10. Vink Marjolein	93	08-021	30.07	25m	23-3-08	Haarlem (NED)	461
11. Schuyt Simone	75	08-021	30.20	25m	31-5-90	Heemskerk (NED)	455
12. Kleijne Daisy	89	08-021	30.23	25m	28-12-04	Maastricht (NED)	454
13. Koper Fiona	01	08-021	30.48	25m	13-10-16	Heemskerk (NED)	443
14. Hoek Daniëlle	88	08-021	30.67	25m	28-12-03	Maastricht (NED)	435
15. van der Kroft Nicole	84	08-021	30.68	25m	20-5-99	Heemskerk (NED)	434
16. Kramer Miranda	80	08-021	30.80	25m	14-12-95	Heemskerk (NED)	429
17. Groen Anne	95	08-021	30.82	25m	3-10-10	Zaandam (NED)	428
18. Buur Naomi	01	08-021	30.86	25m	13-10-16	Heemskerk (NED)	427
19. Hulshof Saskia	73	08-021	31.00	25m	14-12-88		421
20. Stam Sabrina	82	08-021	31.10	25m	31-3-97	Haarlem (NED)	417
21. Meijer Linda	77	08-021	31.30	25m	5-4-92	Heemskerk (NED)	409
22. Essers Sanne	91	08-021	31.31	25m	23-4-06	Zaandam (NED)	408
23. Schelvis Roos	86	08-021	31.32	25m	7-1-01	Zuidoostbeemster (NED)	408
24. Mallon Danique	94	08-021	31.36	25m	1-6-09	Purmerend (NED)	406
25. de Boer Irene	84	08-021	31.57	25m	14-11-99	Zaandam (NED)	398

100 vrije slag

1. Kingma Danae	00	08-021	59.30	25m	1-2-15	Amsterdam (NED)	636
2. Schelvis Femke	84	08-021	59.90	25m	18-2-99	Heemskerk (NED)	617
3. Smit Sanne	01	08-021	1:01.49	25m	30-1-16	Amsterdam (NED)	570
4. de Groot Daniëlle	93	08-021	1:02.13	25m	11-5-08	Purmerend (NED)	553
5. Vink Lidewij	90	08-021	1:04.70	25m	30-10-05	Amsterdam (NED)	490
6. Crok Linda	94	08-021	1:04.95	25m	24-9-09	Heemskerk (NED)	484
7. Palmboom Nicole	91	08-021	1:05.06	25m	10-12-06	Heemskerk (NED)	481
8. Kleijne Daisy	89	08-021	1:05.10	25m	28-11-04	Heemskerk (NED)	481
9. Meijer Sylvia	81	08-021	1:05.80	25m	15-12-96	Heemskerk (NED)	465
10. Schelvis Roos	86	08-021	1:05.98	25m	16-4-01	Haarlem (NED)	462
11. Buur Naomi	01	08-021	1:06.81	25m	19-5-16	Heemskerk (NED)	445
12. Mallon Danique	94	08-021	1:07.12	25m	31-5-09	Purmerend (NED)	438
13. Stam Sabrina	82	08-021	1:07.20	25m	26-10-97	Heemskerk (NED)	437
14. Vink Marjolein	93	08-021	1:07.41	25m	13-1-08	Heemskerk (NED)	433
15. van der Kroft Nicole	84	08-021	1:07.49	25m	5-4-99	Haarlem (NED)	431
16. Hoek Daniëlle	88	08-021	1:07.50	25m	28-12-03	Maastricht (NED)	431
17. Verbree Bets	63	08-021	1:07.60	25m	26-2-78	Castricum (NED)	429
18. Hulshof Saskia	73	08-021	1:07.90	25m	18-9-88	Heemskerk (NED)	423
19. Koopman Anitra	89	08-021	1:08.05	25m	28-12-04	Maastricht (NED)	421
20. Groen Anne	95	08-021	1:08.12	25m	28-11-10	Heemskerk (NED)	419
21. Besse Karen	75	08-021	1:08.20	25m	16-12-90	Heemskerk (NED)	418
22. Essers Sanne	91	08-021	1:08.33	50m	28-5-06	Beverwijk (NED)	442
23. van de Poll Marianne	89	08-021	1:08.40	25m	25-3-04	Heemskerk	414
24. de Boer Irene	84	08-021	1:08.45	25m	10-10-99	Zaandam (NED)	413
25. Schuyt Simone	75	08-021	1:08.90	25m	6-1-90	Hilversum (NED)	405

200 vrije slag

1. Schelvis Femke	84	08-021	2:07.73	25m	25-11-99	Heemskerk	652
2. Kingma Danae	00	08-021	2:11.46	25m	15-11-15	Purmerend (NED)	598
3. Smit Sanne	01	08-021	2:17.29	25m	17-1-16	Purmerend (NED)	525
4. de Groot Daniëlle	93	08-021	2:17.81	25m	10-5-08	Purmerend (NED)	519
5. Vink Lidewij	90	08-021	2:19.70	25m	16-1-05	Zaandam (NED)	498
6. Crok Linda	94	08-021	2:21.57	25m	4-10-09	Amsterdam-oost (NED)	479
7. Schelvis Roos	86	08-021	2:25.20	25m	27-9-01	Heemskerk	444
8. Groen Anne	95	08-021	2:26.71	25m	31-10-10	Zaandam (NED)	430
9. Kleijne Daisy	89	08-021	2:27.31	25m	18-1-04	IJmuiden (NED)	425
10. van de Poll Marianne	89	08-021	2:27.82	25m	18-1-04	IJmuiden (NED)	420
11. Buur Naomi	01	08-021	2:28.35	25m	17-3-16	Heemskerk (NED)	416
12. Mallon Danique	94	08-021	2:28.58	25m	4-10-09	Amsterdam-oost (NED)	414
13. Stam Sabrina	82	08-021	2:29.10	25m	11-12-97	Heemskerk (NED)	410
14. Palmboom Nicole	91	08-021	2:29.48	25m	25-2-06	Hoor (NED)	407
15. Hoek Daniëlle	88	08-021	2:29.88	25m	18-12-03	Heemskerk (NED)	403
16. de Haan Shira	00	08-021	2:30.27	25m	15-11-15	Purmerend (NED)	400
17. Koopman Anitra	89	08-021	2:30.72	25m	18-1-04	IJmuiden (NED)	397
18. Schuyt Simone	75	08-021	2:31.60	25m	1-4-90	Zaandam (NED)	390
19. Essers Sanne	91	08-021	2:31.77	25m	3-12-06	Zaandam (NED)	388
20. Vink Marjolein	93	08-021	2:32.09	25m	16-11-08	Amsterdam-oost (NED)	386
21. Besse Karen	75	08-021	2:32.90	25m	27-9-90	Heemskerk (NED)	380
22. Crok Annemarie	89	08-021	2:33.19	25m	29-5-04	Z.o. Beemster	378
23. Meijer Sylvia	81	08-021	2:33.20	25m	14-4-96	Zaandam (NED)	378
24. Vredenburg Roos	95	08-021	2:33.51	25m	27-2-10	Hoor (NED)	375
25. Petit Kirsten	00	08-021	2:34.09	25m	4-10-15	Purmerend (NED)	371

250 vrije slag

300 vrije slag

1. Palmboom Nicole	91	08-021	3:51.10	25m	18-5-06	Heemskerk (NED)	416
2. van de Poll Marianne	89	08-021	3:51.98	25m	29-4-04	Heemskerk (NED)	412
3. Crok Linda	94	08-021	3:54.85	25m	30-5-09	Purmerend (NED)	397
4. de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	413
5. Kleijne Daisy	89	08-021	3:56.50	25m	29-4-04	Heemskerk (NED)	389
6. Koopman Anitra	89	08-021	4:02.06	25m	29-4-04	Heemskerk (NED)	362
7. Groen Anne	95	08-021	4:16.54	25m	7-2-10	Zaandam (NED)	304

400 vrije slag

1. Schelvis Femke	84	08-021	4:40.35	25m	28-2-99	Zaandam (NED)	585
2. de Groot Daniëlle	93	08-021	5:05.33	25m	12-5-08	Purmerend (NED)	453
3. Vink Lidewij	90	08-021	5:08.24	25m	23-10-05	Zaandam (NED)	440
4. Palmboom Nicole	91	08-021	5:08.81	25m	18-5-06	Heemskerk (NED)	437
5. Crok Linda	94	08-021	5:10.11	25m	13-9-09	Zaandam (NED)	432
6. van de Poll Marianne	89	08-021	5:13.88	25m	29-4-04	Heemskerk (NED)	417
7. Schelvis Roos	86	08-021	5:16.50	25m	31-5-01	Heemskerk (NED)	406
8. Kleijne Daisy	89	08-021	5:18.86	25m	29-4-04	Heemskerk (NED)	397
9. Besse Karen	75	08-021	5:19.90	25m	25-11-90	Heemskerk (NED)	394
10. van der Geest Saskia	73	08-021	5:21.20	25m	6-10-88	Heemskerk (NED)	389
11. Hoek Daniëlle	88	08-021	5:21.51	25m	12-6-03	Heemskerk	388
12. Koopman Anitra	89	08-021	5:22.60	25m	29-4-04	Heemskerk (NED)	384
13. Groen Anne	95	08-021	5:22.72	25m	5-4-10	Haarlem (NED)	383
14. Vredenburg Roos	95	08-021	5:25.15	25m	22-5-10	Purmerend (NED)	375
15. Meijer Sylvia	81	08-021	5:26.20	25m	4-4-96	Heemskerk (NED)	371
16. Hulshof Saskia	73	08-021	5:26.40	25m	6-10-88	Heemskerk (NED)	370
17. van Rookhuizen Sieta	79	08-021	5:28.00	25m	15-10-94		365
18. Essers Sanne	91	08-021	5:28.32	25m	3-12-06	Zaandam (NED)	364
19. Stam Sabrina	82	08-021	5:33.50	25m	23-2-97	Zaandam (NED)	347
20. de Ruijter Linda	87	08-021	5:34.83	25m	30-5-02	Heemskerk	343
21. Mallon Danique	94	08-021	5:35.85	50m	29-3-09	Alkmaar (NED)	357
22. de Boer Angela	80	08-021	5:37.60	25m	8-6-95	Heemskerk (NED)	335
23. Stins Mariska	84	08-021	5:41.23	25m	24-10-99	Zaandam (NED)	324
24. Kramer Miranda	80	08-021	5:43.60	25m	18-5-95	Heemskerk (NED)	317
25. Oudendijk Bianca	79	08-021	5:44.00	25m	17-12-94		316

500 vrije slag**800 vrije slag**

1. Schelvis Femke	84	08-021	9:32.54	25m	28-2-99	Zaandam (NED)	586
2. Crok Linda	94	08-021	10:21.73	25m	13-9-09	Zaandam (NED)	458
3. Vink Lidewij	90	08-021	10:24.60	25m	23-10-05	Zaandam (NED)	451
4. Schelvis Roos	86	08-021	10:47.23	25m	4-11-01	Heemskerk	406
5. van Rookhuizen Sieta	79	08-021	11:04.30	25m	14-4-94	Heemskerk	375
6. Essers Sanne	91	08-021	11:04.55	25m	22-10-06	Zaandam (NED)	375
7. Kleijne Daisy	89	08-021	11:08.06	25m	17-10-04	Zaandam (NED)	369
8. Groen Anne	95	08-021	11:16.98	25m	28-3-10	Zeist (NED)	354
9. Limmen Karin	76	08-021	11:21.10	25m	21-4-91	Heemstede (NED)	348
10. Hoek Daniëlle	88	08-021	11:27.01	25m	16-11-03	Heemskerk (NED)	339
11. de Haan Shira	00	08-021	11:37.34	25m	18-10-15	Zaandam (NED)	324
12. de Ruijter Linda	87	08-021	11:39.46	25m	8-9-02	Heemskerk	321
13. Kramer Miranda	80	08-021	11:39.70	25m	17-12-95	Zaandam (NED)	321
14. Stins Mariska	84	08-021	11:40.42	25m	28-2-99	Zaandam (NED)	320
15. de Boer Angela	80	08-021	11:46.00	25m	5-11-95	Volendam (NED)	312
16. Zonneveld Chantal	84	08-021	12:03.45	25m	24-10-99	Zaandam (NED)	290
17. Zonneveld Cindy	75	08-021	12:03.50	25m	22-4-90	Heemstede (NED)	290
18. van der Gracht Anouk	89	08-021	12:09.92	25m	17-10-04	Zaandam (NED)	283

800 vrije slag (sinds 19)

19. Boekling Annette	85	08-021	13:27.82	25m	23-1-00	Heemskerk (NED)	208
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1000 vrije slag

1. Crok Linda	94	08-021	14:50.65	OW	30-8-09	Oosterhout (NED)	
2. Essers Sanne	91	08-021	14:54.95	OW	23-7-06	Langedijk (NED)	
3. Kramer Miranda	80	08-021	15:51.40	OW	2-7-95	Veghel (NED)	
4. Hermans Liesbeth	66	08-021	15:56.50	OW	14-6-81	Amstelveen (NED)	
5. Oudendijk Bianca	79	08-021	16:34.50	OW	12-7-94	Harderwijk (NED)	
6. de Ruijter Linda	87	08-021	16:40.99	OW	28-7-02	Langedijk (NED)	
7. Vink Marjolein	93	08-021	17:04.18	OW	5-7-08	Oss (NED)	
8. van Rookhuizen Sieta	79	08-021	17:42.50	OW	4-9-94	Amsterdam (NED)	
9. Dijkstra Ingrid	68	08-021	18:25.70	OW	30-6-83	Amstelveen (NED)	

1250 vrije slag1500 vrije slag

1. Schelvis Roos	86	08-021	20:20.21	25m	4-11-01	Heemskerk	428
2. Crok Linda	94	08-021	20:27.85	25m	8-11-09	Zaandam (NED)	420
3. Vink Lidewij	90	08-021	20:33.44	25m	20-3-05	Zaandam (NED)	414
4. Kleijne Daisy	89	08-021	20:50.37	25m	14-11-04	Heemskerk (NED)	397
5. Hoek Daniëlle	88	08-021	21:21.67	25m	16-11-03	Heemskerk (NED)	369
6. Groen Anne	95	08-021	21:38.25	25m	19-12-10	Zaandam (NED)	355
7. Essers Sanne	91	08-021	21:45.01	25m	3-12-06	Zaandam (NED)	350
8. de Ruijter Linda	87	08-021	21:56.67	25m	1-12-02	Heemskerk	340
9. van der Gracht Anouk	89	08-021	23:15.45	25m	14-11-04	Heemskerk (NED)	286
10. Boekling Annette	85	08-021	25:17.81	25m	23-1-00	Heemskerk (NED)	222

2000 vrije slag

1. van de Poll Marianne	89	08-021	26:56.35	25m	7-3-04	Zaandam	436
2. Vink Lidewij	90	08-021	27:26.81	25m	20-3-05	Zaandam (NED)	412
3. Crok Linda	94	08-021	28:11.73	25m	8-2-09	Zaandam (NED)	380
4. Hoek Daniëlle	88	08-021	28:47.58	25m	16-2-03	Zaandam	357
5. Schelvis Roos	86	08-021	28:58.90	25m	11-2-01	Zaandam (NED)	350
6. Kleijne Daisy	89	08-021	29:07.40	25m	7-3-04	Zaandam	345
7. Crok Annemarie	89	08-021	29:24.89	25m	7-3-04	Zaandam	335
8. de Ruijter Linda	87	08-021	29:58.45	25m	10-2-02	Zaandam	317
9. Essers Sanne	91	08-021	30:34.92	25m	19-2-06	Zaandam (NED)	298
10. Groen Anne	95	08-021	30:41.22	25m	7-2-10	Zaandam (NED)	295
11. Niesten Iris	92	08-021	32:20.51	25m	28-1-07	Zaandam (NED)	252
12. Kramer Miranda	80	08-021	34:02.60	OW	1-7-95	Oss (NED)	
13. Vink Marjolein	93	08-021	34:07.78	OW	15-6-08	Spaarnwoude (NED)	
14. Boekling Annette	85	08-021	34:19.25	25m	5-3-00	Zaandam (NED)	211

2500 vrije slag

1. Vink Lidewij	90	08-021	36:34.47	OW	9-7-05	Oss (NED)	
2. Crok Linda	94	08-021	40:01.94	OW	4-7-09	Oss (NED)	

3000 vrije slag

1. Vink Lidewij	90	08-021	45:27.59	OW	16-7-05	Wijk en Aalburg (NED)	
2. Crok Linda	94	08-021	47:16.70	OW	15-8-09	Heerjansdam (NED)	

4000 vrije slag

5000 vrije slag

1. Crok Linda	94	08-021	1:20:03.26	OW	6-9-09	Vlissingen (NED)
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6000 vrije slag**6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Schelvis Femke	84	08-021	15.36	25m	25-3-99	Heemskerk (NED)	486
2. Palmboom Nicole	91	08-021	16.16	25m	27-4-06	Heemskerk	417
3. Kramer Miranda	80	08-021	16.50	25m	16-3-95	Heemskerk (NED)	392
4. Schelvis Roos	86	08-021	16.68	25m	22-2-01	Heemskerk (NED)	379
5. van Ballegooie Stefanie	86	08-021	17.07	25m	22-2-01	Heemskerk (NED)	354
6. Meijer Sylvia	81	08-021	17.30	25m	8-2-96	Heemskerk (NED)	340
7. Bruin Adri	74	08-021	17.40	25m	12-1-89	Heemskerk (NED)	334
8. de Groot Daniëlle	93	08-021	17.45	25m	29-5-08	Heemskerk (NED)	331
9. Essers Sanne	91	08-021	17.78	25m	27-4-06	Heemskerk	313
10. Limmen Karin	76	08-021	17.80	25m	16-5-91	Heemskerk (NED)	312
11. Stins Mariska	84	08-021	17.82	25m	25-3-99	Heemskerk (NED)	311
12. de Boer Irene	84	08-021	18.02	25m	25-3-99	Heemskerk (NED)	301
13. Vink Marjolein	93	08-021	18.08	25m	29-5-08	Heemskerk (NED)	298
14. Moolevliet Petra	82	08-021	18.10	25m	13-2-97	Heemskerk (NED)	297
15. Boekling Annette	85	08-021	18.27	25m	17-2-00	Heemskerk (NED)	289
16. Niesten Iris	92	08-021	18.32	25m	19-4-07	Heemskerk (NED)	286
17. van der Kroft Nicole	84	08-021	18.39	25m	25-3-99	Heemskerk (NED)	283
18. Stam Sabrina	82	08-021	18.50	25m	13-2-97	Heemskerk (NED)	278
19. Heus Pauline	78	08-021	18.80	25m	16-6-93		265
20. Bos Chantal	74	08-021	19.40	25m	12-1-89	Heemskerk (NED)	241
20. de Boer Angela	80	08-021	19.40	25m	16-3-95	Heemskerk (NED)	241
22. Cappelle Carlijn	82	08-021	19.50	25m	13-2-97	Heemskerk (NED)	237
23. Hommersen Sandra	84	08-021	19.56	25m	25-3-99	Heemskerk (NED)	235
24. Lindelauf Priscilla	85	08-021	19.63	25m	17-2-00	Heemskerk (NED)	233
25. ten Cate Joyce	80	08-021	19.80	25m	16-3-95	Heemskerk (NED)	227

50 rugslag

1. Kingma Danae	00	08-021	32.23	25m	8-1-15	Heemskerk (NED)	505
2. Schelvis Femke	84	08-021	32.93	25m	14-11-99	Zaandam (NED)	473
3. Koper Fiona	01	08-021	33.44	25m	14-2-16	Purmerend (NED)	452
4. Hulshof Saskia	73	08-021	34.10	25m	30-6-88	Heemskerk (NED)	426
5. Kleijne Daisy	89	08-021	34.21	25m	12-4-04	Haarlem	422
6. Smit Sanne	01	08-021	34.68	25m	18-2-16	Heemskerk (NED)	405
7. Kramer Miranda	80	08-021	34.70	25m	9-11-95	Heemskerk (NED)	404
8. Buur Naomi	01	08-021	34.76	25m	18-2-16	Heemskerk (NED)	402
9. Schelvis Roos	86	08-021	35.16	25m	7-1-01	Zuidoostbeemster (NED)	389
10. Palmboom Nicole	91	08-021	35.24	25m	19-10-06	Heemskerk	386
11. Vink Lidewij	90	08-021	35.43	25m	27-10-05	Heemskerk (NED)	380
12. Crok Linda	94	08-021	35.46	25m	30-5-09	Purmerend (NED)	379
12. Groen Anne	95	08-021	35.46	25m	14-11-10	Castricum (NED)	379
14. Koopman Anitra	89	08-021	36.19	25m	21-3-04	Heemstede	356

50 rugslag (sinds 15)

15. Mallon Danique	94	08-021	36.28	25m	30-5-09	Purmerend (NED)	354
16. Meijer Sylvia	81	08-021	36.50	25m	21-1-96	Zuidoost Beemster (NED)	347
17. Hoek Daniëlle	88	08-021	36.63	25m	28-12-03	Maastricht (NED)	344
18. van Ballegooie Simone	84	08-021	36.96	25m	10-1-99	Zuidoost Beemster (NED)	335
19. Crok Annemarie	89	08-021	36.98	50m	16-5-04	Beverwijk (NED)	391
20. Stam Sabrina	82	08-021	37.00	25m	2-3-97	Haarlem (NED)	333
21. Niesten Iris	92	08-021	37.01	25m	9-4-07	Haarlem (NED)	333
22. van de Poll Marianne	89	08-021	37.03	25m	22-2-04	Zuidoostbeemster (NED)	333
23. de Haan Shira	00	08-021	37.08	25m	6-4-15	Haarlem (NED)	331
24. Essers Sanne	91	08-021	37.20	25m	23-4-06	Zaandam (NED)	328
25. de Boer Irene	84	08-021	37.21	25m	14-11-99	Zaandam (NED)	328

100 rugslag

1. Kingma Danae	00	08-021	1:08.44	25m	10-12-15	Heemskerk (NED)	519
2. Schelvis Femke	84	08-021	1:09.49	25m	28-1-99	Heemskerk (NED)	496
3. Koper Fiona	01	08-021	1:12.27	25m	17-11-16	Heemskerk (NED)	441
4. Hulshof Saskia	73	08-021	1:13.10	25m	31-12-88		426
5. Smit Sanne	01	08-021	1:13.59	25m	10-1-16	Purmerend (NED)	418
6. Schelvis Roos	86	08-021	1:13.68	25m	14-1-01	Heemskerk (NED)	416
7. Kleijne Daisy	89	08-021	1:13.78	25m	18-4-04	Zaandam (NED)	414
8. Crok Linda	94	08-021	1:14.37	25m	24-9-09	Heemskerk (NED)	405
9. Meijer Sylvia	81	08-021	1:14.70	25m	15-12-96	Heemskerk (NED)	399
10. Kramer Miranda	80	08-021	1:14.80	25m	10-12-95	Heemskerk (NED)	398
11. Groen Anne	95	08-021	1:16.14	25m	28-11-10	Heemskerk (NED)	377
12. Buur Naomi	01	08-021	1:16.29	25m	27-3-16	Haarlem (NED)	375
13. Poppema Yvonne	68	08-021	1:16.30	25m	31-12-83		375
14. de Graaf Annemiek	70	08-021	1:16.40	25m	29-9-85	Heemskerk (NED)	373
15. Petit Kirsten	00	08-021	1:17.06	25m	10-12-15	Heemskerk (NED)	364
16. Palmboom Nicole	91	08-021	1:17.18	25m	16-4-06	Haarlem (NED)	362
17. Koopman Anitra	89	08-021	1:17.21	25m	28-12-04	Maastricht (NED)	362
18. Zonneveld Chantal	84	08-021	1:17.23	25m	12-12-99	Heemskerk (NED)	361
19. Meijer Linda	77	08-021	1:17.30	25m	4-10-92	Assendelft (NED)	360
20. de Boer Irene	84	08-021	1:17.31	25m	12-12-99	Heemskerk (NED)	360
21. Crok Annemarie	89	08-021	1:17.44	25m	18-4-04	Zaandam (NED)	358
22. Mallon Danique	94	08-021	1:17.45	25m	24-9-09	Heemskerk (NED)	358
23. de Haan Shira	00	08-021	1:18.07	25m	10-12-15	Heemskerk (NED)	350
24. de Groot Daniëlle	93	08-021	1:18.10	25m	9-3-08	Heemskerk (NED)	349
25. Vink Lidewij	90	08-021	1:18.57	25m	29-12-05	Maastricht (NED)	343

200 rugslag

1. Schelvis Femke	84	08-021	2:26.44	25m	10-10-99	Zaandam (NED)	539
2. Kingma Danae	00	08-021	2:28.91	25m	29-3-15	Zaandam (NED)	513
3. Kleijne Daisy	89	08-021	2:41.03	25m	3-10-04	Heemskerk (NED)	405
4. Schelvis Roos	86	08-021	2:41.52	25m	7-10-01	Zaandam (NED)	402
5. Crok Annemarie	89	08-021	2:42.61	25m	14-3-04	Zaandam	394
6. de Graaf Annemiek	70	08-021	2:42.70	25m	6-10-85	Wormerveer (NED)	393
7. Crok Linda	94	08-021	2:43.02	25m	23-4-09	Heemskerk (NED)	391
8. Poppema Yvonne	68	08-021	2:43.10	25m	31-12-83		390
8. Hulshof Saskia	73	08-021	2:43.10	25m	31-12-88		390
10. Kramer Miranda	80	08-021	2:45.80	25m	12-10-95	Heemskerk (NED)	371
11. Smit Sanne	01	08-021	2:46.75	25m	13-11-16	Purmerend (NED)	365
12. Buur Naomi	01	08-021	2:46.99	25m	15-5-16	Purmerend (NED)	363
13. de Haan Shira	00	08-021	2:47.79	25m	11-10-15	Alkmaar (NED)	358
14. de Boer Irene	84	08-021	2:48.00	25m	17-1-99	Heemskerk (NED)	357
15. van der Kroft Nicole	84	08-021	2:48.29	25m	17-1-99	Heemskerk (NED)	355
16. Koper Fiona	01	08-021	2:48.60	25m	6-3-16	Purmerend (NED)	353
17. Vink Lidewij	90	08-021	2:48.65	25m	2-10-05	Zaandam (NED)	353

200 rugslag (sinds 18)

18. Essers Sanne	91	08-021	2:50.22	25m	12-3-06	Zaandam (NED)	343
19. Zonneveld Chantal	84	08-021	2:50.72	25m	16-12-99	Heemskerk	340
20. Koopman Anitra	89	08-021	2:50.75	25m	23-12-04	Heemskerk (NED)	340
21. Niesten Iris	92	08-021	2:51.04	25m	25-11-07	Amsterdam (NED)	338
22. Petit Kirsten	00	08-021	2:51.90	25m	29-3-15	Zaandam (NED)	333
23. Palmboom Nicole	91	08-021	2:52.11	25m	26-1-06	Heemskerk (NED)	332
24. Stins Mariska	84	08-021	2:52.16	25m	17-1-99	Heemskerk (NED)	332
25. Stam Sabrina	82	08-021	2:53.50	50m	9-11-97	Beverwijk (NED)	365

500 rugslag25 schoolslag

1. Palmboom Nicole	91	08-021	17.22	25m	27-4-06	Heemskerk	471
2. de Groot Daniëlle	93	08-021	17.83	25m	29-5-08	Heemskerk (NED)	424
3. Schelvis Roos	86	08-021	18.63	25m	22-2-01	Heemskerk (NED)	372
4. Schelvis Femke	84	08-021	18.70	25m	25-3-99	Heemskerk (NED)	367
5. Kramer Miranda	80	08-021	18.80	25m	27-4-95	Heemskerk (NED)	362
6. Stins Mariska	84	08-021	18.89	25m	25-3-99	Heemskerk (NED)	356
7. van der Kroft Nicole	84	08-021	18.93	25m	25-3-99	Heemskerk (NED)	354
8. Boekling Annette	85	08-021	19.06	25m	17-2-00	Heemskerk (NED)	347
9. Stam Sabrina	82	08-021	19.10	25m	13-3-97	Heemskerk (NED)	345
10. de Boer Irene	84	08-021	19.43	25m	25-3-99	Heemskerk (NED)	328
11. Vink Marjolein	93	08-021	19.44	25m	29-5-08	Heemskerk (NED)	327
12. Essers Sanne	91	08-021	19.46	25m	27-4-06	Heemskerk	326
13. Bruin Adri	74	08-021	19.70	25m	12-1-89	Heemskerk (NED)	314
14. Cappelle Carlijn	82	08-021	19.80	25m	13-3-97	Heemskerk (NED)	309
15. Limmen Karin	76	08-021	19.90	25m	16-5-91	Heemskerk (NED)	305
16. Meijer Sylvia	81	08-021	20.10	25m	14-3-96	Heemskerk (NED)	296
17. Niesten Iris	92	08-021	20.66	25m	19-4-07	Heemskerk (NED)	272
18. Smit Lydia	84	08-021	20.84	25m	25-3-99	Heemskerk (NED)	265
19. Welboren Trudy	61	08-021	20.90	25m	14-9-76	Heemskerk (NED)	263
20. van Ballegooie Stefanie	86	08-021	20.94	25m	22-2-01	Heemskerk (NED)	262
21. Bos Chantal	74	08-021	21.00	25m	12-1-89	Heemskerk (NED)	259
22. de Boer Angela	80	08-021	21.10	25m	27-4-95	Heemskerk (NED)	256
23. Hommersen Sandra	84	08-021	21.50	25m	25-3-99	Heemskerk (NED)	242
24. Limmen Anita	78	08-021	21.60	25m	16-6-93		238
25. Lindelauf Priscilla	85	08-021	21.64	25m	17-2-00	Heemskerk (NED)	237

50 schoolslag

1. Kingma Danae	00	08-021	34.93	25m	15-11-15	Purmerend (NED)	560
2. Palmboom Nicole	91	08-021	38.00	25m	5-3-06	Purmerend (NED)	435
3. van der Geest Saskia	73	08-021	38.90	25m	31-12-88		405
4. de Groot Daniëlle	93	08-021	39.29	25m	10-2-08	Purmerend (NED)	393
5. Kramer Miranda	80	08-021	39.40	25m	8-6-95	Heemskerk (NED)	390
6. de Haan Shira	00	08-021	39.48	25m	15-11-15	Purmerend (NED)	388
7. van Rookhuizen Sieta	79	08-021	39.80	25m	19-10-94		378
8. Hulshof Saskia	73	08-021	40.40	25m	14-12-88		362
9. Crok Linda	94	08-021	40.61	25m	22-1-09	Heemskerk (NED)	356
10. Vink Marjolein	93	08-021	40.96	25m	7-12-08	Zaandam (NED)	347
11. Smit Sanne	01	08-021	41.02	25m	17-3-16	Heemskerk (NED)	346
12. Oudendijk Bianca	79	08-021	41.10	25m	24-4-94	Zaandam (NED)	344
13. Schelvis Roos	86	08-021	41.20	25m	20-12-01	Heemskerk	341
14. Vink Lidewij	90	08-021	41.45	25m	24-11-05	Heemskerk (NED)	335
15. van Galen Angela	65	08-021	41.60	25m	4-10-80	Heemskerk (NED)	331
16. Buur Naomi	01	08-021	41.76	25m	17-3-16	Heemskerk (NED)	328
17. van Huisstede Nikita	01	08-021	42.01	25m	6-3-16	Purmerend (NED)	322

50 schoolslag (sinds 18)

18. Boekling Annette	85	08-021	42.03	25m	14-12-00	Heemskerk (NED)	321
19. Schelvis Femke	84	08-021	42.04	25m	14-11-99	Zaandam (NED)	321
20. Kleijne Daisy	89	08-021	42.25	25m	28-12-04	Maastricht (NED)	316
21. van der Kroft Nicole	84	08-021	42.42	25m	16-12-99	Heemskerk	312
22. Crok Annemarie	89	08-021	42.48	25m	28-12-04	Maastricht (NED)	311
23. van Langelaar Tessa	97	08-021	42.52	25m	7-1-12	Hoorn (NED)	310
24. Stins Mariska	84	08-021	42.73	25m	16-12-99	Heemskerk	306
25. Cappelle Carlijn	82	08-021	42.80	25m	11-9-97	Heemskerk (NED)	304

100 schoolslag

1. Kingma Danae	00	08-021	1:17.27	25m	15-11-15	Purmerend (NED)	525
2. van der Geest Saskia	73	08-021	1:22.60	25m	7-2-88	Heemskerk (NED)	430
3. de Groot Daniëlle	93	08-021	1:24.87	25m	27-3-08	Heemskerk (NED)	396
4. Palmboom Nicole	91	08-021	1:25.19	25m	17-4-06	Haarlem (NED)	392
5. de Haan Shira	00	08-021	1:25.31	25m	15-11-15	Purmerend (NED)	390
6. Schelvis Femke	84	08-021	1:25.84	25m	28-1-99	Heemskerk (NED)	383
7. Stam Sabrina	82	08-021	1:26.50	25m	14-12-97	Heemskerk (NED)	374
8. Crok Linda	94	08-021	1:26.87	25m	19-11-09	Heemskerk (NED)	369
9. Kramer Miranda	80	08-021	1:27.00	25m	16-3-95	Heemskerk (NED)	368
10. van Rookhuizen Sieta	79	08-021	1:27.10	25m	3-4-94	Haarlem (NED)	366
11. van der Kroft Nicole	84	08-021	1:27.81	25m	5-4-99	Haarlem (NED)	358
12. Schelvis Roos	86	08-021	1:28.36	25m	7-10-01	Zaandam (NED)	351
13. van Galen Angela	65	08-021	1:29.20	25m	16-11-80	Haarlem (NED)	341
13. Smit Sanne	01	08-021	1:29.20	25m	18-12-16	Heemskerk (NED)	341
15. Oudendijk Bianca	79	08-021	1:29.40	25m	19-11-94		339
16. de Graaf Dinie	71	08-021	1:29.60	25m	9-2-86	Castricum (NED)	337
17. Boekling Annette	85	08-021	1:29.62	25m	16-4-00	Zaandam (NED)	336
18. Vink Marjolein	93	08-021	1:29.86	25m	16-11-08	Amsterdam-oost (NED)	334
19. Vink Lidewij	90	08-021	1:29.93	25m	29-12-05	Maastricht (NED)	333
20. Crok Annemarie	89	08-021	1:30.28	25m	25-1-04	Aalsmeer (NED)	329
21. Essers Sanne	91	08-021	1:30.45	25m	29-12-06	Maastricht (NED)	327
22. Stins Mariska	84	08-021	1:30.93	25m	5-4-99	Haarlem (NED)	322
23. van Huisstede Nikita	01	08-021	1:31.14	25m	6-3-16	Purmerend (NED)	320
24. Plokker Sylvia	68	08-021	1:31.40	25m	10-4-83	Heemskerk (NED)	317
25. Kleijne Daisy	89	08-021	1:31.58	25m	28-12-04	Maastricht (NED)	315

200 schoolslag

1. Kingma Danae	00	08-021	2:53.96	25m	4-10-15	Purmerend (NED)	462
2. van der Geest Saskia	73	08-021	2:58.90	25m	31-12-88		425
3. de Groot Daniëlle	93	08-021	3:04.53	25m	9-3-08	Heemskerk (NED)	387
4. de Haan Shira	00	08-021	3:05.27	25m	20-9-15	Purmerend (NED)	383
5. Kramer Miranda	80	08-021	3:05.90	25m	9-11-95	Heemskerk (NED)	379
6. Palmboom Nicole	91	08-021	3:06.80	25m	26-11-06	Heemskerk (NED)	373
7. Schelvis Femke	84	08-021	3:06.94	25m	22-4-99	Heemskerk (NED)	373
8. Vink Lidewij	90	08-021	3:08.43	25m	27-10-05	Heemskerk (NED)	364
9. Schelvis Roos	86	08-021	3:08.58	25m	25-1-01	Heemskerk (NED)	363
10. van der Kroft Nicole	84	08-021	3:09.39	25m	22-4-99	Heemskerk (NED)	358
11. van Galen Angela	65	08-021	3:12.10	25m	21-9-80	Heemskerk (NED)	343
12. van Rookhuizen Sieta	79	08-021	3:13.90	25m	24-11-94	Heemskerk (NED)	334
13. Crok Linda	94	08-021	3:14.11	25m	15-3-09	Haarlem (NED)	333
14. Vink Marjolein	93	08-021	3:16.19	25m	9-3-08	Heemskerk (NED)	322
15. Crok Annemarie	89	08-021	3:16.27	25m	18-1-04	IJmuiden (NED)	322
16. Oudendijk Bianca	79	08-021	3:16.40	25m	23-11-94		321
17. Limmen Miriam	75	08-021	3:16.50	25m	11-3-90	Heemskerk (NED)	321
18. Stam Sabrina	82	08-021	3:17.00	25m	9-3-97	Alkmaar (NED)	318
19. Niesten Iris	92	08-021	3:17.15	25m	13-12-07	Heemskerk (NED)	318
20. Buur Naomi	01	08-021	3:18.33	25m	11-9-16	Purmerend (NED)	312

200 schoolslag (sinds 21)

21. Boekling Annette	85	08-021	3:18.35	25m	27-1-00	Heemskerk (NED)	312
22. de Ruijter Linda	87	08-021	3:18.60	25m	17-11-02	Heemskerk	311
23. Essers Sanne	91	08-021	3:20.16	25m	26-11-06	Heemskerk (NED)	303
24. Stins Mariska	84	08-021	3:20.45	25m	22-4-99	Heemskerk (NED)	302
25. Koopman Anitra	89	08-021	3:21.16	25m	28-10-04	Heemskerk (NED)	299

500 schoolslag

1. van der Gracht Anouk	89	08-021	10:21.38	OW	17-7-04	Tilburg (NED)
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800 schoolslag1000 schoolslag

1. Niesten Iris	92	08-021	19:48.74	OW	4-8-07	Hoom (NED)
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1500 schoolslag2000 schoolslag

1. Niesten Iris	92	08-021	36:26.77	OW	24-6-07	Breukelen (NED)
2. Essers Sanne	91	08-021	38:08.54	OW	16-7-06	Stadskanaal (NED)
3. Kramer Miranda	80	08-021	39:08.30	OW	16-7-95	Amsterdam (NED)
4. de Haan Shira	00	08-021	41:01.21	OW	18-7-15	Amstelveen (NED)

2500 schoolslag3000 schoolslag

1. de Haan Shira	00	08-021	1:01:29.87	OW	25-7-15	Anna Paulowna (NED)
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4000 schoolslag5000 schoolslag25 vlinderslag

1. Schelvis Femke	84	08-021	14.07	25m	25-3-99	Heemskerk (NED)	503
2. de Groot Daniëlle	93	08-021	15.10	25m	29-5-08	Heemskerk (NED)	406
3. Palmboom Nicole	91	08-021	15.31	25m	27-4-06	Heemskerk	390
4. Schelvis Roos	86	08-021	15.39	25m	29-3-01	Heemskerk (NED)	384
5. van der Kroft Nicole	84	08-021	15.42	25m	25-3-99	Heemskerk (NED)	382
6. Vink Marjolein	93	08-021	15.54	25m	29-5-08	Heemskerk (NED)	373
7. Essers Sanne	91	08-021	15.68	25m	27-4-06	Heemskerk	363
8. Meijer Sylvia	81	08-021	15.90	25m	8-2-96	Heemskerk (NED)	348
9. Stam Sabrina	82	08-021	16.30	25m	13-2-97	Heemskerk (NED)	323
10. Boekling Annette	85	08-021	16.33	25m	4-5-00	Heemskerk (NED)	321
11. Stins Mariska	84	08-021	16.38	25m	25-3-99	Heemskerk (NED)	318
12. de Boer Irene	84	08-021	16.53	25m	25-3-99	Heemskerk (NED)	310
13. Kramer Miranda	80	08-021	16.60	25m	16-3-95	Heemskerk (NED)	306
14. Moolevliet Petra	82	08-021	16.80	25m	13-2-97	Heemskerk (NED)	295
15. Niesten Iris	92	08-021	17.55	25m	19-4-07	Heemskerk (NED)	259
16. Limmen Karin	76	08-021	17.60	25m	16-5-91	Heemskerk (NED)	257
17. Smit Lydia	84	08-021	18.08	25m	25-3-99	Heemskerk (NED)	237
18. Hommersen Sandra	84	08-021	18.13	25m	25-3-99	Heemskerk (NED)	235
19. Bruin Adri	74	08-021	18.70	25m	12-1-89	Heemskerk (NED)	214
20. van Putten Demi	96	08-021	18.89	25m	30-6-11	Heemskerk (NED)	207
21. Bos Chantal	74	08-021	18.90	25m	12-1-89	Heemskerk (NED)	207

25 vlinderslag (sinds 22)

22. Lindelauf Priscilla	85	08-021	19.05	25m	4-5-00	Heemskerk (NED)	202
23. Nijman José	93	08-021	19.09	25m	29-5-08	Heemskerk (NED)	201
24. de Boer Angela	80	08-021	19.20	25m	16-3-95	Heemskerk (NED)	197
25. Cappelle Carlijn	82	08-021	19.40	25m	13-2-97	Heemskerk (NED)	191

50 vlinderslag

1. Kingma Danae	00	08-021	30.59	25m	6-9-15	Zaandam (NED)	506
2. Schelvis Femke	84	08-021	30.83	25m	17-10-99	Zaandam (NED)	494
3. van de Poll Marianne	89	08-021	32.31	25m	4-4-04	Zaandam	429
4. Palmboom Nicole	91	08-021	32.89	25m	28-12-06	Maastricht (NED)	407
5. Smit Sanne	01	08-021	33.07	25m	17-11-16	Heemskerk (NED)	400
6. Vink Lidewij	90	08-021	33.18	25m	6-11-05	Zaandam (NED)	396
7. de Groot Daniëlle	93	08-021	33.42	50m	17-5-08	Beverwijk (NED)	390
8. Essers Sanne	91	08-021	33.82	25m	29-12-06	Maastricht (NED)	374
9. Mallon Danique	94	08-021	34.02	25m	31-5-09	Purmerend (NED)	368
10. de Haan Shira	00	08-021	34.24	25m	10-12-15	Heemskerk (NED)	360
11. van der Kroft Nicole	84	08-021	34.39	50m	29-5-99	Beverwijk (NED)	358
12. Koper Fiona	01	08-021	34.73	25m	17-11-16	Heemskerk (NED)	345
13. Buur Naomi	01	08-021	35.05	50m	5-6-16	Alkmaar (NED)	338
14. Hoek Daniëlle	88	08-021	35.09	25m	28-12-03	Maastricht (NED)	335
15. Stam Sabrina	82	08-021	35.10	25m	11-12-97	Heemskerk (NED)	335
16. Schelvis Roos	86	08-021	35.14	25m	18-3-01	Zaandam (NED)	333
17. Crok Annemarie	89	08-021	35.17	25m	28-12-04	Maastricht (NED)	333
18. Petit Kirsten	00	08-021	35.31	25m	10-12-15	Heemskerk (NED)	329
19. Vink Marjolein	93	08-021	35.32	50m	12-4-08	Antwerpen (BEL)	330
20. Crok Linda	94	08-021	35.43	25m	8-3-09	Purmerend (NED)	325
21. de Boer Irene	84	08-021	35.53	25m	14-11-99	Zaandam (NED)	323
22. Hulshof Saskia	73	08-021	35.60	25m	14-12-88		321
22. Meijer Sylvia	81	08-021	35.60	25m	21-1-96	Zuidoost Beemster (NED)	321
24. Stins Mariska	84	08-021	35.62	25m	25-11-99	Heemskerk	320
25. Verbree Bets	63	08-021	35.90	25m	22-4-78	Heemskerk (NED)	313

100 vlinderslag

1. Schelvis Femke	84	08-021	1:08.80	25m	10-10-99	Zaandam (NED)	500
2. Kingma Danae	00	08-021	1:13.56	25m	8-1-15	Heemskerk (NED)	409
3. Vink Lidewij	90	08-021	1:14.91	25m	27-11-05	Heemskerk (NED)	387
4. de Groot Daniëlle	93	08-021	1:15.28	25m	23-3-08	Haarlem (NED)	381
5. Smit Sanne	01	08-021	1:16.36	25m	9-10-16	Alkmaar (NED)	365
6. van de Poll Marianne	89	08-021	1:16.70	25m	25-3-04	Heemskerk	360
7. Mallon Danique	94	08-021	1:17.16	25m	15-11-09	Haarlem (NED)	354
8. Palmboom Nicole	91	08-021	1:17.33	25m	26-11-06	Heemskerk (NED)	352
9. Besse Karen	75	08-021	1:18.00	25m	10-2-90		343
10. Essers Sanne	91	08-021	1:18.68	25m	26-11-06	Heemskerk (NED)	334
11. Schelvis Roos	86	08-021	1:18.99	25m	15-4-01	Haarlem (NED)	330
12. van der Kroft Nicole	84	08-021	1:19.12	25m	22-4-99	Heemskerk (NED)	328
13. Stam Sabrina	82	08-021	1:19.70	25m	6-4-97	Heemskerk (NED)	321
14. Crok Annemarie	89	08-021	1:22.14	25m	28-12-04	Maastricht (NED)	293
15. Crok Linda	94	08-021	1:22.31	25m	15-11-09	Haarlem (NED)	292
16. de Ruijter Linda	87	08-021	1:22.80	25m	22-12-02	Zaandam	286
17. Meijer Linda	77	08-021	1:22.90	25m	3-10-92		285
18. Vink Marjolein	93	08-021	1:23.20	25m	3-2-08	Purmerend (NED)	282
19. van Ballegooie Simone	84	08-021	1:23.36	25m	7-3-99	Zaandam (NED)	281
20. Stins Mariska	84	08-021	1:23.65	25m	4-4-99	Haarlem (NED)	278
21. Meijer Sylvia	81	08-021	1:23.90	25m	6-4-96	Haarlem (NED)	275
22. Kleijne Daisy	89	08-021	1:24.07	25m	28-12-04	Maastricht (NED)	274
23. Windmuller Wendy	69	08-021	1:24.20	25m	12-2-84	Heemskerk (NED)	272
24. van Rookhuizen Sieta	79	08-021	1:24.40	25m	4-4-94	Haarlem (NED)	270

100 vlinderslag (sinds 25)

25.	de Haan Shira	00	08-021	1:24.52	25m	8-11-15	Amsterdam (NED)	269
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200 vlinderslag

1.	Vink Lidewij	90	08-021	2:47.28	25m	24-11-05	Heemskerk (NED)	365
2.	Palmboom Nicole	91	08-021	2:56.37	25m	30-11-06	Heemskerk	311
3.	Schelvis Roos	86	08-021	3:03.76	25m	20-12-01	Heemskerk	275
4.	de Ruijter Linda	87	08-021	3:07.60	25m	22-12-02	Zaandam	259
5.	Kleijne Daisy	89	08-021	3:08.74	25m	29-5-04	Z.o. Beemster	254
6.	van de Poll Marianne	89	08-021	3:12.94	50m	25-4-04	Beverwijk (NED)	251
7.	Crok Annemarie	89	08-021	3:15.06	25m	27-5-04	Heemskerk (NED)	230
8.	Vink Marjolein	93	08-021	3:17.91	25m	31-1-08	Heemskerk (NED)	220
9.	Vredenburg Roos	95	08-021	3:19.06	25m	18-2-10	Heemskerk (NED)	216
10.	Stins Mariska	84	08-021	3:22.47	50m	2-5-99	Beverwijk (NED)	217
11.	Koopman Anitra	89	08-021	3:22.70	25m	25-11-04	Heemskerk (NED)	205
12.	Visser Stacey	87	08-021	3:31.62	25m	17-3-02	Zaandam	180
13.	Hoek Daniëlle	88	08-021	3:35.61	25m	27-11-03	Heemskerk (NED)	170
14.	Pover Karin	67	08-021	3:45.30	25m	7-3-82		149
15.	van Giezen Irene	67	08-021	3:54.00	25m	7-3-82		133

100 wisselslag

1.	Kingma Danae	00	08-021	1:09.81	25m	8-3-15	Zaandam (NED)	535
2.	Schelvis Femke	84	08-021	1:09.84	25m	18-2-99	Heemskerk (NED)	535
3.	Palmboom Nicole	91	08-021	1:14.21	25m	10-12-06	Heemskerk (NED)	446
4.	Smit Sanne	01	08-021	1:15.06	25m	11-12-16	Alkmaar (NED)	431
5.	Crok Linda	94	08-021	1:15.13	25m	19-11-09	Heemskerk (NED)	429
6.	de Groot Daniëlle	93	08-021	1:15.39	25m	6-1-08	Alkmaar (NED)	425
7.	Schelvis Roos	86	08-021	1:16.72	25m	27-9-01	Heemskerk	403
8.	Buur Naomi	01	08-021	1:16.81	25m	10-1-16	Purmerend (NED)	402
9.	Kleijne Daisy	89	08-021	1:17.66	25m	28-12-04	Maastricht (NED)	389
10.	Essers Sanne	91	08-021	1:17.94	25m	30-12-06	Maastricht (NED)	385
11.	Vink Lidewij	90	08-021	1:18.01	25m	29-9-05	Heemskerk (NED)	383
12.	de Haan Shira	00	08-021	1:18.05	25m	6-12-15	Purmerend (NED)	383
13.	van de Poll Marianne	89	08-021	1:18.30	25m	4-4-04	Zaandam	379
14.	Hulshof Saskia	73	08-021	1:18.40	25m	31-12-88		378
15.	van der Kroft Nicole	84	08-021	1:18.46	25m	18-2-99	Heemskerk (NED)	377
16.	Mallon Danique	94	08-021	1:18.56	25m	19-11-09	Heemskerk (NED)	375
17.	Kramer Miranda	80	08-021	1:18.70	25m	29-10-95	Castricum (NED)	373
18.	Vink Marjolein	93	08-021	1:18.78	25m	7-12-08	Zaandam (NED)	372
19.	Crok Annemarie	89	08-021	1:18.96	25m	28-12-04	Maastricht (NED)	370
20.	Hoek Daniëlle	88	08-021	1:18.99	25m	28-12-03	Maastricht (NED)	369
21.	Koopman Anitra	89	08-021	1:19.18	25m	28-12-04	Maastricht (NED)	367
22.	Meijer Sylvia	81	08-021	1:19.20	25m	1-9-96	Assendelft (NED)	366
23.	Stam Sabrina	82	08-021	1:19.70	25m	5-10-97	Zaandam (NED)	360
24.	van Rookhuizen Sieta	79	08-021	1:19.80	25m	24-4-94	Zaandam (NED)	358
25.	Petit Kirsten	00	08-021	1:19.85	25m	29-11-15	Heemskerk (NED)	358

200 wisselslag

1. Schelvis Femke	84	08-021	2:29.81	25m	4-11-99	Heemskerk (NED)	538
2. Kingma Danae	00	08-021	2:35.87	25m	1-2-15	Amsterdam (NED)	477
3. Palmboom Nicole	91	08-021	2:44.36	25m	14-12-06	Heemskerk (NED)	407
4. Vink Lidewij	90	08-021	2:45.94	25m	15-12-05	Heemskerk (NED)	396
5. Schelvis Roos	86	08-021	2:46.07	25m	27-9-01	Heemskerk	395
6. Vink Marjolein	93	08-021	2:46.63	25m	13-1-08	Heemskerk (NED)	391
7. Crok Linda	94	08-021	2:46.96	25m	12-4-09	Haarlem (NED)	388
8. de Groot Daniëlle	93	08-021	2:47.06	25m	13-1-08	Heemskerk (NED)	388
9. Stam Sabrina	82	08-021	2:47.30	25m	6-11-97	Heemskerk (NED)	386
10. Smit Sanne	01	08-021	2:47.40	25m	17-1-16	Purmerend (NED)	385
11. Buur Naomi	01	08-021	2:47.45	25m	27-3-16	Haarlem (NED)	385
12. van der Kroft Nicole	84	08-021	2:47.74	25m	20-5-99	Heemskerk (NED)	383
13. Kramer Miranda	80	08-021	2:48.00	25m	14-12-95	Heemskerk (NED)	381
14. Essers Sanne	91	08-021	2:48.37	25m	22-10-06	Zaandam (NED)	379
15. Kleijne Daisy	89	08-021	2:49.19	25m	17-10-04	Zaandam (NED)	373
16. de Haan Shira	00	08-021	2:50.56	25m	18-10-15	Zaandam (NED)	364
17. Koopman Anitra	89	08-021	2:51.82	25m	29-1-04	Heemskerk (NED)	356
18. Besse Karen	75	08-021	2:51.90	25m	21-1-90	Zaandam (NED)	356
19. van de Poll Marianne	89	08-021	2:52.33	25m	14-3-04	Zaandam	353
20. Meijer Sylvia	81	08-021	2:53.10	25m	2-5-96	Heemskerk (NED)	348
21. Crok Annemarie	89	08-021	2:53.23	25m	29-5-04	Z.o. Beemster	348
22. Hoek Daniëlle	88	08-021	2:53.48	25m	30-1-03	Heemskerk	346
23. Stins Mariska	84	08-021	2:53.85	25m	7-3-99	Zaandam (NED)	344
24. Mallon Danique	94	08-021	2:54.39	25m	18-1-09	Haarlem (NED)	341
25. van Rookhuizen Sieta	79	08-021	2:55.00	25m	20-1-94	Heemskerk	337

300 wisselslag

1. Vink Lidewij	90	08-021	4:12.63	25m	13-11-05	Zaandam (NED)
2. Schelvis Roos	86	08-021	4:19.22	25m	20-1-01	Amsterdam (NED)
3. Kleijne Daisy	89	08-021	4:20.65	25m	19-12-04	Heemskerk (NED)
4. Essers Sanne	91	08-021	4:22.14	25m	3-12-06	Zaandam (NED)
5. de Ruijter Linda	87	08-021	4:39.73	25m	24-11-02	Amsterdam
6. Hoek Daniëlle	88	08-021	4:41.63	25m	30-11-03	Heemskerk (NED)
7. van der Gracht Anouk	89	08-021	4:49.40	25m	19-12-04	Heemskerk (NED)
8. van Ballegoie Stefanie	86	08-021	5:05.52	25m	20-1-01	Amsterdam (NED)

400 wisselslag

1. Schelvis Femke	84	08-021	5:30.28	25m	21-3-99	Assendelft (NED)	487
2. Smit Sanne	01	08-021	5:52.91	25m	9-10-16	Alkmaar (NED)	399
3. Schelvis Roos	86	08-021	5:54.48	25m	25-2-01	Heemskerk (NED)	393
4. Palmboom Nicole	91	08-021	5:55.32	25m	15-6-06	Heemskerk (NED)	391
5. Kleijne Daisy	89	08-021	6:00.96	25m	29-2-04	Wormerveer	373
6. Besse Karen	75	08-021	6:03.50	25m	4-2-90	Volendam (NED)	365
7. Crok Linda	94	08-021	6:03.64	25m	1-3-09	Zaandam (NED)	364
8. Vink Lidewij	90	08-021	6:04.81	25m	30-1-05	Zaandam (NED)	361
9. Essers Sanne	91	08-021	6:05.37	25m	15-6-06	Heemskerk (NED)	359
10. van de Poll Marianne	89	08-021	6:06.21	25m	29-2-04	Wormerveer	357
11. Crok Annemarie	89	08-021	6:07.62	25m	29-2-04	Wormerveer	353
12. van der Kroft Nicole	84	08-021	6:07.74	25m	28-2-99	Zaandam (NED)	352
13. Stam Sabrina	82	08-021	6:13.60	25m	23-2-97	Zaandam (NED)	336
14. Koopman Anitra	89	08-021	6:22.50	25m	29-2-04	Wormerveer	313
15. Mallon Danique	94	08-021	6:22.57	25m	1-3-09	Zaandam (NED)	313
16. van Ballegoie Simone	84	08-021	6:26.50	25m	21-3-99	Assendelft (NED)	303
17. Niesten Iris	92	08-021	6:27.79	25m	11-2-07	Zaandam (NED)	300
18. de Haan Shira	00	08-021	6:29.91	25m	8-2-15	Zaandam (NED)	296
19. de Ruijter Linda	87	08-021	6:39.06	25m	24-2-02	Heemskerk	276

400 wisselslag (sinds 20)

20. Hoek Daniëlle	88	08-021	6:41.07	25m	23-2-03	Heemskerk	271
21. Visser Stacey	87	08-021	6:43.14	25m	24-2-02	Heemskerk	267
22. van der Gracht Anouk	89	08-021	6:47.10	25m	29-2-04	Wormerveer	260
23. van Ballegooie Stefanie	86	08-021	6:49.29	25m	25-2-01	Heemskerk (NED)	255
24. Cappelle Carlijn	82	08-021	6:50.70	25m	23-2-97	Zaandam (NED)	253
25. Pover Karin	67	08-021	6:57.80	25m	10-1-82	Wormerveer (NED)	240