

18 jaar, Dames

1-1-1900-31-7-2016

**25 vrije slag**

1. Vink Lidewij	90	08-021	14.36	25m	29-5-08	Heemskerk (NED)	404
2. Kleijne Daisy	89	08-021	14.43	25m	19-4-07	Heemskerk (NED)	398
3. Crok Annemarie	89	08-021	14.80	25m	19-4-07	Heemskerk (NED)	369
4. van der Gracht Anouk	89	08-021	14.95	25m	19-4-07	Heemskerk (NED)	358
5. Butter Anouk	82	08-021	15.42	25m	4-5-00	Heemskerk (NED)	326
6. Heus Pauline	78	08-021	15.90	25m	14-3-96	Heemskerk (NED)	297
7. Huneke Jolanda	79	08-021	17.30	25m	13-3-97	Heemskerk (NED)	231

**50 vrije slag**

1. Broek Jade	97	08-021	28.47	25m	6-12-15	Purmerend (NED)	543
2. Vink Lidewij	90	08-021	29.17	25m	29-5-08	Heemskerk (NED)	505
3. Crok Linda	94	08-021	29.21	25m	22-1-12	Zaandam (NED)	503
4. Meijer Sylvia	81	08-021	29.58	25m	4-11-99	Heemskerk (NED)	484
5. Palmboom Nicole	91	08-021	29.79	25m	23-4-09	Heemskerk (NED)	474
6. Groen Anne	95	08-021	29.82	25m	2-6-13	Purmerend (NED)	473
7. Verbree Bets	63	08-021	29.90	25m	5-4-81	Heemskerk (NED)	469
8. Hoek Daniëlle	88	08-021	30.00	25m	5-3-06	Purmerend (NED)	464
9. Stam Vanessa	80	08-021	30.10	25m	7-6-98	Zaandam (NED)	460
10. Kleijne Daisy	89	08-021	30.22	25m	25-1-07	Heemskerk (NED)	454
11. Kramer Miranda	80	08-021	30.25	25m	15-11-98	Zaandam (NED)	453
12. Hulshof Saskia	73	08-021	30.60	25m	14-3-91	Heemskerk (NED)	438
13. Crok Annemarie	89	08-021	30.99	25m	28-5-07	Purmerend (NED)	421
14. Essers Sanne	91	08-021	31.06	25m	23-4-09	Heemskerk (NED)	418
15. van der Gracht Anouk	89	08-021	31.57	25m	25-1-07	Heemskerk (NED)	398
16. Windmuller Wendy	69	08-021	31.60	25m	21-5-87	Heemskerk (NED)	397
17. Meijer Linda	77	08-021	31.80	25m	26-1-95	Heemskerk (NED)	390
18. van Rookhuizen Sieta	79	08-021	32.00	25m	6-11-97	Heemskerk (NED)	383
19. Butter Anouk	82	08-021	32.06	25m	26-10-00	Heemskerk (NED)	380
20. de Groot Gitta	60	08-021	32.10	25m	12-2-78	Heemskerk (NED)	379
21. van Duin Margret	60	08-021	32.30	25m	12-2-78	Heemskerk (NED)	372
21. Bakkum Wilma	62	08-021	32.30	25m	27-9-80	Heemskerk (NED)	372
23. van Giezen Sandra	63	08-021	32.60	25m	5-4-81	Heemskerk (NED)	362
24. Stins Mariska	84	08-021	32.66	50m	2-6-02	Beverwijk	383
25. Heus Pauline	78	08-021	32.70	25m	14-4-96	Zaandam (NED)	358

**100 vrije slag**

1. Crok Linda	94	08-021	1:02.88	25m	26-4-12	Heemskerk (NED)	533
2. Drubers Mirjam	67	08-021	1:02.90	25m	31-12-85		533
3. Broek Jade	97	08-021	1:03.31	25m	29-11-15	Heemskerk (NED)	523
4. Meijer Sylvia	81	08-021	1:03.78	25m	4-4-99	Haarlem (NED)	511
5. Schelvis Femke	84	08-021	1:03.84	25m	28-2-02	Heemskerk	510
6. van der Kroft Nicole	84	08-021	1:04.50	25m	1-4-02	Haarlem	494
7. Groen Anne	95	08-021	1:04.72	25m	25-4-13	Heemskerk (NED)	489
8. Palmboom Nicole	91	08-021	1:04.92	25m	13-4-09	Haarlem (NED)	485
9. Kleijne Daisy	89	08-021	1:05.36	25m	17-11-07	Barneveld (NED)	475
10. Crok Annemarie	89	08-021	1:05.52	25m	15-12-07	Heemskerk (NED)	471
11. Verbree Bets	63	08-021	1:05.70	25m	19-12-81	Hilversum (NED)	468
12. Stam Vanessa	80	08-021	1:05.90	25m	12-4-98	Haarlem (NED)	463
13. Hoek Daniëlle	88	08-021	1:06.08	25m	9-4-06	Purmerend (NED)	459
14. Vink Lidewij	90	08-021	1:06.65	25m	25-9-08	Heemskerk (NED)	448
15. Kramer Miranda	80	08-021	1:06.94	25m	27-9-98	Assendelft (NED)	442
16. Essers Sanne	91	08-021	1:07.12	25m	15-3-09	Haarlem (NED)	438
17. van der Gracht Anouk	89	08-021	1:07.78	25m	25-11-07	Amsterdam (NED)	426
18. Hulshof Saskia	73	08-021	1:08.20	25m	27-1-91	Volendam (NED)	418
19. Stins Mariska	84	08-021	1:09.07	25m	28-2-02	Heemskerk	402

100 vrije slag (sinds 20)

20. de Groot Gitta	60	08-021	1:09.30	25m	19-2-78	Assendelft (NED)	398
21. van Ballegooie Simone	84	08-021	1:09.59	25m	7-4-02	Heemskerk	393
22. Niesten Iris	92	08-021	1:10.82	25m	11-4-10	Zaandam (NED)	373
23. Besse Karen	75	08-021	1:10.90	25m	12-12-93	Heemskerk (NED)	372
24. van Rookhuizen Sieta	79	08-021	1:11.60	25m	14-12-97	Heemskerk (NED)	361
25. Zonneveld Chantal	84	08-021	1:11.69	25m	28-2-02	Heemskerk	360

200 vrije slag

1. Drubers Mirjam	67	08-021	2:15.30	25m	31-12-85		548
2. Schelvis Femke	84	08-021	2:19.23	25m	26-9-02	Heemskerk	503
3. Crok Linda	94	08-021	2:19.41	25m	22-3-12	Heemskerk (NED)	501
4. Broek Jade	97	08-021	2:20.09	25m	11-10-15	Alkmaar (NED)	494
5. Groen Anne	95	08-021	2:22.85	25m	21-3-13	Heemskerk (NED)	466
6. Hoek Daniëlle	88	08-021	2:24.68	25m	19-3-06	Heemskerk (NED)	448
7. van der Gracht Anouk	89	08-021	2:25.68	25m	25-11-07	Amsterdam (NED)	439
8. Kleijne Daisy	89	08-021	2:25.97	25m	25-11-07	Amsterdam (NED)	437
9. Stam Vanessa	80	08-021	2:26.50	25m	5-4-98	Heemskerk (NED)	432
10. van der Kroft Nicole	84	08-021	2:27.28	25m	25-4-02	Heemskerk	425
11. Meijer Sylvia	81	08-021	2:27.36	25m	7-3-99	Zaandam (NED)	424
12. Verbree Bets	63	08-021	2:27.70	25m	8-2-81	Sassenheim (NED)	421
13. Vink Lidewij	90	08-021	2:27.71	25m	16-11-08	Amsterdam-oost (NED)	421
14. Kramer Miranda	80	08-021	2:28.50	25m	9-4-98	Heemskerk (NED)	415
15. Stins Mariska	84	08-021	2:28.83	25m	17-11-02	Heemskerk	412
16. Crok Annemarie	89	08-021	2:28.94	25m	25-10-07	Heemskerk (NED)	411
17. Limmen Karin	76	08-021	2:30.00	25m	15-1-94		402
18. Hulshof Saskia	73	08-021	2:30.60	25m	3-2-91	Zaandam (NED)	398
19. Schelvis Roos	86	08-021	2:34.76	25m	28-11-04	Heemskerk (NED)	366
20. van Ballegooie Simone	84	08-021	2:36.36	25m	25-4-02	Heemskerk	355
21. van Rookhuizen Sieta	79	08-021	2:36.90	25m	11-12-97	Heemskerk (NED)	351
22. Zonneveld Chantal	84	08-021	2:37.88	25m	10-3-02	Heemskerk	345
23. Heus Pauline	78	08-021	2:40.00	25m	14-4-96	Zaandam (NED)	331
24. Butter Anouk	82	08-021	2:40.25	25m	19-11-00	Zaandam (NED)	330
25. Essers Sanne	91	08-021	2:40.78	25m	15-11-09	Haarlem (NED)	327

250 vrije slag300 vrije slag

1. Broek Jade	97	08-021	3:44.41	25m	4-10-15	Purmerend (NED)	455
2. Hoek Daniëlle	88	08-021	3:47.20	25m	18-5-06	Heemskerk (NED)	438
3. van der Gracht Anouk	89	08-021	4:03.34	25m	14-10-07	Zaandam (NED)	357

400 vrije slag

1. Vink Lidewij	90	08-021	4:59.56	25m	24-3-08	Haarlem (NED)	479
2. Hoek Daniëlle	88	08-021	5:01.12	25m	18-5-06	Heemskerk (NED)	472
3. Broek Jade	97	08-021	5:04.72	25m	4-10-15	Purmerend (NED)	455
4. Stam Vanessa	80	08-021	5:09.30	25m	22-2-98	Zaandam (NED)	435
5. van der Gracht Anouk	89	08-021	5:11.00	25m	31-5-07	Heemskerk (NED)	428
6. Kleijne Daisy	89	08-021	5:14.71	25m	31-5-07	Heemskerk (NED)	413
7. Verbree Bets	63	08-021	5:15.70	25m	5-4-81	Heemskerk (NED)	409
8. van der Kroft Nicole	84	08-021	5:18.89	25m	30-5-02	Heemskerk	397
9. Stins Mariska	84	08-021	5:19.17	25m	30-5-02	Heemskerk	396
10. Kramer Miranda	80	08-021	5:20.60	25m	19-3-98	Heemskerk (NED)	391
11. Hulshof Saskia	73	08-021	5:21.90	25m	10-3-91	Heemskerk (NED)	386
12. Schelvis Femke	84	08-021	5:25.42	25m	30-5-02	Heemskerk	374
13. Butter Anouk	82	08-021	5:37.38	25m	25-5-00	Heemskerk (NED)	335

**400 vrije slag (sinds 14)**

14. van Ballegooie Simone	84	08-021	5:42.35	25m	30-5-02	Heemskerk	321
15. Meijer Sylvia	81	08-021	5:42.50	25m	24-10-99	Zaandam (NED)	321
16. Zonneveld Cindy	75	08-021	5:53.00	25m	30-6-93		293
17. Heus Pauline	78	08-021	5:55.80	25m	29-9-96	Haarlem (NED)	286
18. ten Cate Ilona	85	08-021	6:03.15	25m	12-6-03	Heemskerk	269
19. ten Cate Joyce	80	08-021	6:10.80	25m	19-3-98	Heemskerk (NED)	252
20. Limmen Miriam	75	08-021	6:13.20	25m	30-6-93		248
21. Huneker Jolanda	79	08-021	6:20.60	25m	21-9-97	Alkmaar (NED)	233
22. Walraven Annet	62	08-021	6:28.50	25m	28-9-80	Zaandam (NED)	219
23. van Giezen Sandra	63	08-021	6:30.50	25m	5-4-81	Heemskerk (NED)	216
24. Molenaar Eline	82	08-021	6:32.47	25m	30-3-00	Heemskerk (NED)	213
25. Peters Yvonne	63	08-021	7:09.70	25m	5-4-81	Heemskerk (NED)	162

**500 vrije slag****800 vrije slag**

1. Stam Vanessa	80	08-021	10:36.50	25m	22-2-98	Zaandam (NED)	427
2. Hoek Daniëlle	88	08-021	10:49.58	25m	12-1-06	Heemskerk (NED)	401
3. van der Gracht Anouk	89	08-021	10:52.68	25m	14-10-07	Zaandam (NED)	396
4. Kramer Miranda	80	08-021	11:10.60	25m	22-2-98	Zaandam (NED)	365
5. Stins Mariska	84	08-021	11:28.67	25m	8-9-02	Heemskerk	337
6. Meijer Sylvia	81	08-021	11:41.68	25m	24-10-99	Zaandam (NED)	318
7. van der Kroft Nicole	84	08-021	11:57.00	25m	8-9-02	Heemskerk	298
8. Butter Anouk	82	08-021	11:59.15	25m	5-11-00	Zaandam (NED)	296
9. van Rookhuizen Sieta	79	08-021	12:11.90	25m	23-2-97	Zaandam (NED)	280

**1000 vrije slag****1250 vrije slag****1500 vrije slag**

1. Hoek Daniëlle	88	08-021	20:17.96	25m	12-1-06	Heemskerk (NED)	430
2. van der Gracht Anouk	89	08-021	20:36.10	25m	9-12-07	Zaandam (NED)	411
3. Stins Mariska	84	08-021	21:41.94	25m	1-12-02	Heemskerk	352

**2000 vrije slag**

1. van der Gracht Anouk	89	08-021	28:13.88	25m	18-2-07	Alkmaar (NED)	379
2. Stins Mariska	84	08-021	29:19.09	25m	10-2-02	Zaandam	338
3. Kleijne Daisy	89	08-021	29:38.81	OW	17-6-07	Spaarnwoude (NED)	
4. Essers Sanne	91	08-021	31:25.48	OW	21-6-09	Spaarnwoude (NED)	
5. Kramer Miranda	80	08-021	31:47.90	OW	9-8-98	Leiderdorp (NED)	
6. Palmboom Nicole	91	08-021	32:20.54	OW	5-7-09	Bodegraven (NED)	

**2500 vrije slag****3000 vrije slag**

1. Kleijne Daisy	89	08-021	52:16.94	OW	12-8-07	Aalsmeer (NED)	
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**4000 vrije slag****5000 vrije slag**

**6000 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Kramer Miranda	80	08-021	16.40	25m	15-1-98	Heemskerk (NED)	399
2. Kleijne Daisy	89	08-021	16.76	25m	19-4-07	Heemskerk (NED)	374
3. Stam Vanessa	80	08-021	17.20	25m	15-1-98	Heemskerk (NED)	346
4. Vink Lidewij	90	08-021	17.43	25m	29-5-08	Heemskerk (NED)	332
5. Crok Annemarie	89	08-021	17.69	25m	19-4-07	Heemskerk (NED)	318
6. van der Gracht Anouk	89	08-021	17.88	25m	19-4-07	Heemskerk (NED)	308
7. van Rookhuizen Sieta	79	08-021	18.20	25m	13-2-97	Heemskerk (NED)	292
8. Heus Pauline	78	08-021	18.50	25m	8-2-96	Heemskerk (NED)	278
9. ten Cate Joyce	80	08-021	19.10	25m	15-1-98	Heemskerk (NED)	252
10. Molenaar Eline	82	08-021	19.44	25m	17-2-00	Heemskerk (NED)	239
11. Huneke Jolanda	79	08-021	20.60	25m	13-2-97	Heemskerk (NED)	201
12. Beentjes Nicolet	80	08-021	20.90	25m	15-1-98	Heemskerk (NED)	193

**50 rugslag**

1. Broek Jade	97	08-021	33.45	25m	6-12-15	Purmerend (NED)	451
2. Kleijne Daisy	89	08-021	33.80	25m	11-3-07	Purmerend (NED)	438
3. Kramer Miranda	80	08-021	34.40	25m	5-4-98	Heemskerk (NED)	415
4. Groen Anne	95	08-021	35.02	25m	31-1-13	Heemskerk (NED)	393
5. Palmboom Nicole	91	08-021	35.11	25m	26-2-09	Heemskerk (NED)	390
6. Schelvis Femke	84	08-021	35.25	25m	31-10-02	Heemskerk	386
7. Crok Linda	94	08-021	35.36	25m	19-2-12	Purmerend (NED)	382
8. Hulshof Saskia	73	08-021	35.60	25m	10-1-91	Heemskerk (NED)	374
8. Meijer Linda	77	08-021	35.60	25m	23-2-95	Heemskerk (NED)	374
10. Stam Vanessa	80	08-021	35.70	25m	22-3-98	Assendelft (NED)	371
11. Meijer Sylvia	81	08-021	35.80	25m	14-11-99	Zaandam (NED)	368
12. Zonneveld Chantal	84	08-021	36.56	25m	25-4-02	Heemskerk	346
12. Vink Lidewij	90	08-021	36.56	25m	27-4-08	Alkmaar (NED)	346
14. van der Kroft Nicole	84	08-021	36.59	25m	25-4-02	Heemskerk	345
15. Stins Mariska	84	08-021	36.65	25m	25-4-02	Heemskerk	343
16. Limmen Karin	76	08-021	37.10	25m	16-2-94		331
17. van der Gracht Anouk	89	08-021	37.19	25m	30-9-07	Volendam (NED)	328
17. Niesten Iris	92	08-021	37.19	25m	7-2-10	Heemstede (NED)	328
19. Crok Annemarie	89	08-021	37.26	25m	13-12-07	Heemskerk (NED)	327
20. Hoek Daniëlle	88	08-021	37.29	25m	19-10-06	Heemskerk	326
21. van Ballegooie Simone	84	08-021	37.48	25m	17-3-02	Zaandam	321
22. Essers Sanne	91	08-021	37.92	25m	26-2-09	Heemskerk (NED)	310
23. Heus Pauline	78	08-021	38.90	25m	7-11-96	Heemskerk (NED)	287
24. Schelvis Roos	86	08-021	39.43	25m	28-10-04	Heemskerk (NED)	275
25. ten Cate Joyce	80	08-021	39.70	25m	22-3-98	Assendelft (NED)	270

**100 rugslag**

1. Broek Jade	97	08-021	1:08.29	25m	10-12-15	Heemskerk (NED)	523
2. Kleijne Daisy	89	08-021	1:11.64	25m	7-1-07	Alkmaar (NED)	453
3. Crok Linda	94	08-021	1:14.06	25m	13-12-12	Heemskerk (NED)	410
4. Hulshof Saskia	73	08-021	1:14.30	25m	15-12-91	Heemskerk (NED)	406
5. Schelvis Femke	84	08-021	1:14.95	25m	28-3-02	Heemskerk	395
6. Meijer Sylvia	81	08-021	1:15.54	25m	28-1-99	Heemskerk (NED)	386
7. Groen Anne	95	08-021	1:15.77	25m	10-3-13	Schagen (NED)	383
8. Kramer Miranda	80	08-021	1:15.90	25m	13-4-98	Haarlem (NED)	381
9. Zonneveld Chantal	84	08-021	1:16.21	25m	28-3-02	Heemskerk	376
10. Drubers Mirjam	67	08-021	1:16.50	25m	6-10-85	Wormerveer (NED)	372
11. Stins Mariska	84	08-021	1:17.47	25m	31-3-02	Haarlem	358
12. Crok Annemarie	89	08-021	1:17.54	25m	15-12-07	Heemskerk (NED)	357
13. van der Kroft Nicole	84	08-021	1:17.62	25m	24-3-02	Heemstede	356
14. van der Gracht Anouk	89	08-021	1:17.74	25m	18-3-07	Heemskerk (NED)	354
15. Vink Lidewij	90	08-021	1:18.13	25m	27-3-08	Heemskerk (NED)	349
16. Hoek Daniëlle	88	08-021	1:18.57	25m	16-2-06	Heemskerk (NED)	343
17. Stam Vanessa	80	08-021	1:18.60	25m	12-2-98	Heemskerk (NED)	343
18. Niesten Iris	92	08-021	1:19.13	25m	11-4-10	Zaandam (NED)	336
19. Palmboom Nicole	91	08-021	1:19.33	25m	24-9-09	Heemskerk (NED)	333
20. Essers Sanne	91	08-021	1:19.40	25m	24-9-09	Heemskerk (NED)	332
21. Verbree Bets	63	08-021	1:19.80	25m	10-1-81	Hilversum (NED)	327
22. van Duin Margret	60	08-021	1:19.90	25m	21-5-78	Heemskerk (NED)	326
23. van Ballegooie Simone	84	08-021	1:20.47	25m	7-4-02	Heemskerk	319
24. Groot Tineke	60	08-021	1:20.70	25m	21-5-78	Heemskerk (NED)	317
25. Heus Pauline	78	08-021	1:20.80	25m	7-4-96	Haarlem (NED)	315

**200 rugslag**

1. Crok Linda	94	08-021	2:38.79	25m	22-1-12	Zaandam (NED)	423
2. Groen Anne	95	08-021	2:40.06	25m	21-4-13	Heemskerk (NED)	413
3. Schelvis Femke	84	08-021	2:41.01	25m	31-1-02	Heemskerk	406
4. Vink Lidewij	90	08-021	2:43.41	25m	9-3-08	Heemskerk (NED)	388
5. Kleijne Daisy	89	08-021	2:44.10	25m	21-10-07	Zaandam (NED)	383
6. Kramer Miranda	80	08-021	2:44.76	25m	24-9-98	Heemskerk (NED)	378
7. Niesten Iris	92	08-021	2:45.90	25m	14-3-10	Heemskerk (NED)	371
8. Meijer Sylvia	81	08-021	2:45.96	50m	30-5-99	Beverwijk (NED)	417
9. Hulshof Saskia	73	08-021	2:46.80	25m	3-11-91	Assendelft (NED)	365
10. van der Kroft Nicole	84	08-021	2:46.91	25m	31-1-02	Heemskerk	364
11. Essers Sanne	91	08-021	2:47.76	25m	15-3-09	Haarlem (NED)	358
12. Stins Mariska	84	08-021	2:48.40	25m	31-1-02	Heemskerk	354
13. Zonneveld Chantal	84	08-021	2:49.17	25m	31-1-02	Heemskerk	350
14. Hoek Daniëlle	88	08-021	2:49.42	25m	26-1-06	Heemskerk (NED)	348
15. Crok Annemarie	89	08-021	2:49.51	25m	25-1-07	Heemskerk (NED)	347
16. Palmboom Nicole	91	08-021	2:49.80	25m	23-4-09	Heemskerk (NED)	346
17. Verbree Bets	63	08-021	2:51.60	25m	11-4-81	Heemskerk (NED)	335
18. van der Gracht Anouk	89	08-021	2:52.03	25m	25-1-07	Heemskerk (NED)	332
19. Groot Tineke	60	08-021	2:53.00	25m	12-3-78	Zaandam (NED)	327
20. van Duin Margret	60	08-021	2:54.20	25m	12-3-78	Zaandam (NED)	320
21. Meijer Linda	77	08-021	2:54.60	25m	22-1-95	Castricum (NED)	318
22. Stam Vanessa	80	08-021	2:55.12	25m	11-10-98	Alkmaar (NED)	315
23. van Ballegooie Simone	84	08-021	2:59.07	25m	17-3-02	Zaandam	295
24. Heus Pauline	78	08-021	3:00.60	25m	24-11-96	Castricum (NED)	287
25. Zonneveld Cindy	75	08-021	3:01.50	25m	14-10-93	Heemskerk	283

**500 rugslag**

1. van der Gracht Anouk	89	08-021	8:56.86	OW	7-7-07	Oss (NED)
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**25 schoolslag**

1. Kramer Miranda	80	08-021	17.60	25m	19-3-98	Heemskerk (NED)	441
2. van Rookhuizen Sieta	79	08-021	17.80	25m	13-3-97	Heemskerk (NED)	426
3. Stam Vanessa	80	08-021	18.10	25m	19-3-98	Heemskerk (NED)	405
4. van der Gracht Anouk	89	08-021	18.82	25m	19-4-07	Heemskerk (NED)	360
5. Vink Lidewij	90	08-021	19.13	25m	29-5-08	Heemskerk (NED)	343
6. Kleijne Daisy	89	08-021	19.45	25m	19-4-07	Heemskerk (NED)	327
7. Crok Annemarie	89	08-021	19.88	25m	19-4-07	Heemskerk (NED)	306
8. Heus Pauline	78	08-021	20.30	25m	14-3-96	Heemskerk (NED)	287
9. Beentjes Nicolet	80	08-021	20.50	25m	19-3-98	Heemskerk (NED)	279
10. Molenaar Eline	82	08-021	21.07	25m	17-2-00	Heemskerk (NED)	257
11. ten Cate Joyce	80	08-021	22.40	25m	19-3-98	Heemskerk (NED)	214
12. Huneke Jolanda	79	08-021	23.80	25m	13-3-97	Heemskerk (NED)	178

**50 schoolslag**

1. Broek Jade	97	08-021	36.80	25m	4-10-15	Purmerend (NED)	479
2. Kramer Miranda	80	08-021	38.93	25m	24-9-98	Heemskerk (NED)	404
3. Stam Vanessa	80	08-021	39.20	25m	9-4-98	Heemskerk (NED)	396
4. Palmboom Nicole	91	08-021	39.31	25m	31-5-09	Purmerend (NED)	393
5. Crok Linda	94	08-021	39.81	25m	30-9-12	Heemskerk (NED)	378
6. van Rookhuizen Sieta	79	08-021	40.00	25m	5-10-97	Zaandam (NED)	373
7. van der Kroft Nicole	84	08-021	40.32	25m	17-3-02	Zaandam	364
8. van der Gracht Anouk	89	08-021	40.72	25m	8-4-07	Haarlem (NED)	353
9. Crok Annemarie	89	08-021	41.18	25m	25-11-07	Amsterdam (NED)	342
10. van Giezen Sandra	63	08-021	41.70	25m	14-3-81	Heemskerk (NED)	329
11. Kleijne Daisy	89	08-021	41.93	25m	29-4-07	Alkmaar (NED)	324
12. Vink Lidewij	90	08-021	42.15	25m	31-1-08	Heemskerk (NED)	318
13. Groen Anne	95	08-021	42.19	25m	21-3-13	Heemskerk (NED)	318
14. Heus Pauline	78	08-021	42.50	25m	27-10-96	Zaandam (NED)	311
15. Stins Mariska	84	08-021	42.93	25m	28-11-02	Heemskerk	301
16. Hulshof Saskia	73	08-021	44.10	25m	13-6-91	Heemskerk (NED)	278
17. Hoek Daniëlle	88	08-021	44.26	25m	23-4-06	Zaandam (NED)	275
18. Schelvis Roos	86	08-021	44.44	25m	25-11-04	Heemskerk (NED)	272
19. Verbree Bets	63	08-021	44.50	25m	14-3-81	Heemskerk (NED)	271
20. Essers Sanne	91	08-021	44.54	25m	15-11-09	Haarlem (NED)	270
21. Peters Yvonne	63	08-021	44.70	25m	14-3-81	Heemskerk (NED)	267
22. Schelvis Femke	84	08-021	44.81	25m	28-11-02	Heemskerk	265
23. Beentjes Nicolet	80	08-021	45.16	25m	24-9-98	Heemskerk (NED)	259
24. Groot Tineke	60	08-021	45.50	25m	22-4-78	Heemskerk (NED)	253
25. de Ruijter Linda	87	08-021	45.73	25m	16-5-05	Zuidoost-Beemster (NED)	249

**100 schoolslag**

1. Drubers Mirjam	67	08-021	1:20.90	25m	31-12-85		458
1. Broek Jade	97	08-021	1:20.90	25m	4-10-15	Purmerend (NED)	458
3. Kramer Miranda	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
3. Stam Vanessa	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
5. van der Kroft Nicole	84	08-021	1:25.98	25m	28-3-02	Heemskerk	381
6. van Rookhuizen Sieta	79	08-021	1:26.90	25m	26-10-97	Heemskerk (NED)	369
7. Crok Linda	94	08-021	1:27.46	25m	11-10-12	Heemskerk (NED)	362
8. Palmboom Nicole	91	08-021	1:28.38	25m	10-5-09	Purmerend (NED)	351
9. van der Gracht Anouk	89	08-021	1:29.12	25m	29-4-07	Alkmaar (NED)	342
10. Crok Annemarie	89	08-021	1:29.88	25m	30-9-07	Volendam (NED)	333
11. Heus Pauline	78	08-021	1:30.60	25m	28-1-96	Zaandam (NED)	326
12. Groen Anne	95	08-021	1:31.28	25m	31-10-13	Heemskerk (NED)	318
13. Vink Lidewij	90	08-021	1:31.29	25m	30-10-08	Heemskerk (NED)	318
14. Stins Mariska	84	08-021	1:31.59	25m	28-3-02	Heemskerk	315
15. van Giezen Sandra	63	08-021	1:32.40	25m	6-9-81	Heemskerk (NED)	307

100 schoolslag (sinds 16)

16. de Groot Gitta	60	08-021	1:32.70	25m	26-2-78	Castricum (NED)	304
17. Hoek Daniëlle	88	08-021	1:33.50	25m	16-4-06	Haarlem (NED)	296
18. Hulshof Saskia	73	08-021	1:34.10	25m	10-1-91	Heemskerk (NED)	291
19. Nijholt Carin	60	08-021	1:34.20	25m	27-5-78	IJmuiden (NED)	290
20. Niesten Iris	92	08-021	1:35.33	50m	13-6-10	Beverwijk (NED)	307
21. de Ruijter Linda	87	08-021	1:35.36	25m	27-3-05	Haarlem (NED)	279
22. Beentjes Nicolet	80	08-021	1:35.60	25m	15-1-98	Heemskerk (NED)	277
23. Schelvis Femke	84	08-021	1:35.68	25m	28-3-02	Heemskerk	276
24. Schelvis Roos	86	08-021	1:35.73	25m	26-2-04	Heemskerk (NED)	276
25. Essers Sanne	91	08-021	1:35.79	25m	4-10-09	Amsterdam-oost (NED)	275

200 schoolslag

1. Stam Vanessa	80	08-021	3:01.40	25m	26-4-98	Alkmaar (NED)	408
2. Crok Linda	94	08-021	3:05.75	25m	11-3-12	Zaandam (NED)	380
3. van der Kroft Nicole	84	08-021	3:07.53	25m	13-1-02	Zaandam	369
4. van Rookhuizen Sieta	79	08-021	3:07.70	25m	6-4-97	Heemskerk (NED)	368
5. Crok Annemarie	89	08-021	3:14.46	25m	13-12-07	Heemskerk (NED)	331
6. Kleijne Daisy	89	08-021	3:18.16	25m	13-12-07	Heemskerk (NED)	313
7. Stins Mariska	84	08-021	3:19.12	25m	31-10-02	Heemskerk	308
8. Schelvis Roos	86	08-021	3:19.76	25m	18-1-04	IJmuiden (NED)	305
9. Nijholt Carin	60	08-021	3:21.40	25m	22-1-78	Zaandam (NED)	298
10. van der Gracht Anouk	89	08-021	3:21.50	25m	14-1-07	Amsterdam (NED)	297
11. de Ruijter Linda	87	08-021	3:22.48	25m	16-1-05	Zaandam (NED)	293
12. Limmen Miriam	75	08-021	3:22.80	25m	7-1-93	Heemskerk (NED)	292
13. Hoek Daniëlle	88	08-021	3:23.54	25m	19-10-06	Heemskerk	288
14. Hulshof Saskia	73	08-021	3:23.60	25m	22-9-91	Zaandam (NED)	288
15. van Giezen Sandra	63	08-021	3:25.30	25m	31-5-81	Heerhugowaard (NED)	281
16. de Groot Gitta	60	08-021	3:27.00	25m	3-6-78	Z.O. Beemster (NED)	274
17. Peters Yvonne	63	08-021	3:28.20	25m	18-10-81	Heemskerk (NED)	270
18. Groot Tineke	60	08-021	3:29.00	25m	22-1-78	Zaandam (NED)	266
19. Schelvis Femke	84	08-021	3:31.58	25m	31-10-02	Heemskerk	257
20. Essers Sanne	91	08-021	3:37.22	50m	29-3-09	Alkmaar (NED)	262
21. Verbree Bets	63	08-021	3:38.10	25m	18-10-81	Heemskerk (NED)	234
22. Meijer Sylvia	81	08-021	3:39.35	25m	10-10-99	Zaandam (NED)	230
23. de Groot Linda	81	08-021	3:47.84	25m	10-10-99	Zaandam (NED)	206
24. Zonneveld Cindy	75	08-021	3:48.80	25m	7-1-93	Heemskerk (NED)	203
25. Bakkum Wilma	62	08-021	3:49.60	25m	19-10-80	Heemskerk (NED)	201

500 schoolslag800 schoolslag1000 schoolslag

1. van der Gracht Anouk	89	08-021	19:53.61	OW	4-8-07	Hoorn (NED)
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1500 schoolslag2000 schoolslag

1. van der Gracht Anouk	89	08-021	36:32.33	OW	24-6-07	Breukelen (NED)
2. van Rookhuizen Sieta	79	08-021	37:05.60	OW	29-6-97	Breukelen (NED)
3. Stam Vanessa	80	08-021	37:24.90	OW	28-6-98	Breukelen (NED)
4. van Giezen Sandra	63	08-021	43:16.00	OW	14-6-81	Amstelveen (NED)

2500 schoolslag

**3000 schoolslag**

1. van der Gracht Anouk	89	08-021	1:02:51.61	OW	21-7-07	Anna-Paulowna (NED)
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**4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. van der Gracht Anouk	89	08-021	15.55	25m	19-4-07	Heemskerk (NED)	372
2. Vink Lidewij	90	08-021	15.57	25m	29-5-08	Heemskerk (NED)	371
3. Stam Vanessa	80	08-021	15.80	25m	15-1-98	Heemskerk (NED)	355
4. Butter Anouk	82	08-021	15.93	25m	4-5-00	Heemskerk (NED)	346
5. Kramer Miranda	80	08-021	16.00	25m	15-1-98	Heemskerk (NED)	342
6. Crok Annemarie	89	08-021	16.28	25m	19-4-07	Heemskerk (NED)	324
7. Kleijne Daisy	89	08-021	16.40	25m	19-4-07	Heemskerk (NED)	317
8. Heus Pauline	78	08-021	17.80	25m	8-2-96	Heemskerk (NED)	248
9. van Rookhuizen Sieta	79	08-021	18.80	25m	13-2-97	Heemskerk (NED)	210
10. Huneke Jolanda	79	08-021	19.70	25m	13-2-97	Heemskerk (NED)	183
11. ten Cate Joyce	80	08-021	20.10	25m	15-1-98	Heemskerk (NED)	172
12. Beentjes Nicolet	80	08-021	21.60	25m	15-1-98	Heemskerk (NED)	139

**50 vlinderslag**

1. Broek Jade	97	08-021	30.60	25m	10-12-15	Heemskerk (NED)	505
2. Drubers Mirjam	67	08-021	32.50	25m	10-11-85		422
3. Palmboom Nicole	91	08-021	32.87	25m	13-4-09	Haarlem (NED)	408
4. Verbree Bets	63	08-021	33.00	25m	17-5-81	Castricum (NED)	403
5. Stam Vanessa	80	08-021	33.30	25m	24-5-98	Zaandam (NED)	392
6. Schelvis Femke	84	08-021	33.66	25m	31-1-02	Heemskerk	379
7. Vink Lidewij	90	08-021	33.71	25m	24-3-08	Haarlem (NED)	378
8. van der Kroft Nicole	84	08-021	33.80	25m	24-3-02	Heemstede	375
9. van der Gracht Anouk	89	08-021	33.92	25m	28-12-07	Maastricht (NED)	371
10. Crok Annemarie	89	08-021	34.27	25m	11-3-07	Purmerend (NED)	360
11. Hoek Daniëlle	88	08-021	34.30	25m	14-12-06	Heemskerk (NED)	359
12. Crok Linda	94	08-021	34.53	25m	13-12-12	Heemskerk (NED)	351
13. Kleijne Daisy	89	08-021	34.98	25m	28-10-07	Zaandam (NED)	338
14. Stins Mariska	84	08-021	35.11	25m	17-3-02	Zaandam	334
15. Kramer Miranda	80	08-021	35.26	25m	27-9-98	Assendelft (NED)	330
16. Groen Anne	95	08-021	35.42	25m	5-1-13	Hoor (NED)	326
17. Meijer Sylvia	81	08-021	35.59	25m	20-5-99	Heemskerk (NED)	321
18. Butter Anouk	82	08-021	35.61	25m	14-12-00	Heemskerk (NED)	320
19. de Groot Gitta	60	08-021	36.10	25m	22-4-78	Heemskerk (NED)	308
20. Zonneveld Chantal	84	08-021	36.49	25m	31-1-02	Heemskerk	298
21. Hulshof Saskia	73	08-021	36.80	25m	10-1-91	Heemskerk (NED)	290
22. van Rookhuizen Sieta	79	08-021	37.90	25m	23-1-97	Heemskerk	266
23. Windmuller Wendy	69	08-021	38.40	25m	21-5-87	Heemskerk (NED)	255
24. Zonneveld Cindy	75	08-021	38.50	25m	13-5-93	Heemskerk (NED)	253
25. Krouwels Tanja	79	08-021	38.80	25m	11-12-97	Heemskerk (NED)	248



**100 vlinderslag**

1. Drubers Mirjam	67	08-021	1:10.80	25m	31-12-85		458
2. Vink Lidewij	90	08-021	1:15.73	25m	23-3-08	Haarlem (NED)	374
3. Palmboom Nicole	91	08-021	1:16.33	25m	12-4-09	Haarlem (NED)	366
4. Schelvis Femke	84	08-021	1:16.63	25m	6-10-02	Zaandam	361
5. Stam Vanessa	80	08-021	1:16.90	25m	6-6-98	Zaandam (NED)	358
6. van der Gracht Anouk	89	08-021	1:17.07	25m	21-10-07	Zaandam (NED)	355
7. Verbree Bets	63	08-021	1:17.90	25m	15-11-81	Assendelft (NED)	344
8. Stins Mariska	84	08-021	1:18.72	25m	17-3-02	Zaandam	333
9. Crok Annemarie	89	08-021	1:18.91	25m	27-5-07	Purmerend (NED)	331
10. van der Kroft Nicole	84	08-021	1:19.20	25m	1-4-02	Haarlem	327
11. Hulshof Saskia	73	08-021	1:19.30	25m	24-3-91	Zaandam (NED)	326
12. Essers Sanne	91	08-021	1:19.74	25m	26-2-09	Heemskerk (NED)	321
13. Kramer Miranda	80	08-021	1:20.90	25m	8-3-98	Zaandam (NED)	307
14. Butter Anouk	82	08-021	1:21.56	25m	23-4-00	Haarlem (NED)	300
15. Crok Linda	94	08-021	1:21.65	25m	25-11-12	Heemskerk (NED)	299
16. Hoek Daniëlle	88	08-021	1:22.83	25m	30-3-06	Heemskerk (NED)	286
17. Kleijne Daisy	89	08-021	1:23.48	25m	29-3-07	Heemskerk (NED)	279
18. Zonneveld Chantal	84	08-021	1:23.73	25m	28-2-02	Heemskerk	277
19. Meijer Sylvia	81	08-021	1:24.65	25m	12-12-99	Heemskerk (NED)	268
20. van Ballegooie Simone	84	08-021	1:24.79	25m	28-2-02	Heemskerk	267
21. van Rookhuizen Sieta	79	08-021	1:25.90	25m	31-8-97	Assendelft (NED)	256
22. Groen Anne	95	08-021	1:27.12	25m	31-1-13	Heemskerk (NED)	246
23. van Duin Margret	60	08-021	1:27.40	25m	12-2-78	Heemskerk (NED)	243
24. de Ruijter Linda	87	08-021	1:28.52	25m	16-1-05	Zaandam (NED)	234
25. Zonneveld Cindy	75	08-021	1:28.60	25m	4-2-93	Heemskerk (NED)	234

**200 vlinderslag**

1. Stam Vanessa	80	08-021	2:49.10	25m	29-3-98	Heemstede (NED)	353
2. Verbree Bets	63	08-021	2:54.70	25m	31-12-81		320
3. Vink Lidewij	90	08-021	2:57.39	50m	25-5-08	Beverwijk (NED)	323
4. Stins Mariska	84	08-021	2:59.69	25m	28-11-02	Heemskerk	294
5. Schelvis Femke	84	08-021	3:00.84	25m	28-11-02	Heemskerk	289
6. Hoek Daniëlle	88	08-021	3:10.65	25m	30-11-06	Heemskerk	246
7. Kramer Miranda	80	08-021	3:10.90	25m	29-3-98	Heemstede (NED)	245
8. van der Kroft Nicole	84	08-021	3:19.60	25m	28-11-02	Heemskerk	215

**100 wisselslag**

1. Crok Linda	94	08-021	1:15.01	25m	30-9-12	Heemskerk (NED)	431
2. Kramer Miranda	80	08-021	1:15.65	25m	15-11-98	Zaandam (NED)	421
3. Schelvis Femke	84	08-021	1:15.81	25m	26-9-02	Heemskerk	418
4. Palmboom Nicole	91	08-021	1:16.07	25m	6-12-09	Zaandam (NED)	414
5. Groen Anne	95	08-021	1:16.52	25m	25-4-13	Heemskerk (NED)	406
6. van der Gracht Anouk	89	08-021	1:16.69	25m	25-10-07	Heemskerk (NED)	404
7. Vink Lidewij	90	08-021	1:16.88	25m	27-4-08	Alkmaar (NED)	401
8. Hulshof Saskia	73	08-021	1:16.90	25m	14-3-91	Heemskerk (NED)	400
9. Kleijne Daisy	89	08-021	1:17.25	25m	7-1-07	Alkmaar (NED)	395
10. Crok Annemarie	89	08-021	1:17.39	25m	25-10-07	Heemskerk (NED)	393
11. Meijer Sylvia	81	08-021	1:18.16	25m	18-2-99	Heemskerk (NED)	381
12. Hoek Daniëlle	88	08-021	1:18.83	25m	5-11-06	Zaandam (NED)	372
13. van der Kroft Nicole	84	08-021	1:18.88	25m	26-9-02	Heemskerk	371
14. Stins Mariska	84	08-021	1:19.37	25m	26-9-02	Heemskerk	364
15. Stam Vanessa	80	08-021	1:19.60	25m	15-11-98	Zaandam (NED)	361
16. Windmuller Wendy	69	08-021	1:20.20	25m	15-3-87	Heemskerk (NED)	353
17. Niesten Iris	92	08-021	1:20.38	25m	7-2-10	Heemstede (NED)	350
18. Heus Pauline	78	08-021	1:20.70	25m	15-12-96	Heemskerk (NED)	346
19. van Rookhuizen Sieta	79	08-021	1:21.10	25m	5-10-97	Zaandam (NED)	341

100 wisselslag (sinds 20)

20. Essers Sanne	91	08-021	1:21.67	25m	4-10-09	Amsterdam-oost (NED)	334
21. van Ballegooie Simone	84	08-021	1:22.04	25m	26-9-02	Heemskerk	330
22. Besse Karen	75	08-021	1:22.10	25m	12-12-93	Heemskerk (NED)	329
23. Schelvis Roos	86	08-021	1:22.27	25m	30-9-04	Heemskerk (NED)	327
24. Bakkum Wilma	62	08-021	1:25.40	25m	27-9-80	Heemskerk (NED)	292
25. Zonneveld Cindy	75	08-021	1:26.90	25m	16-6-93		277

200 wisselslag

1. Broek Jade	97	08-021	2:35.38	25m	15-11-15	Purmerend (NED)	482
2. Drubers Mirjam	67	08-021	2:35.70	25m	18-5-85		479
3. Crok Linda	94	08-021	2:39.90	25m	26-4-12	Heemskerk (NED)	442
4. Stam Vanessa	80	08-021	2:41.90	25m	5-4-98	Heemskerk (NED)	426
5. Crok Annemarie	89	08-021	2:42.44	25m	25-11-07	Amsterdam (NED)	422
6. Palmboom Nicole	91	08-021	2:43.69	25m	18-1-09	Haarlem (NED)	412
7. Schelvis Femke	84	08-021	2:44.51	25m	13-1-02	Zaandam	406
8. van der Gracht Anouk	89	08-021	2:45.65	25m	2-12-07	Alkmaar (NED)	398
9. Kramer Miranda	80	08-021	2:46.30	25m	26-4-98	Alkmaar (NED)	393
10. Hulshof Saskia	73	08-021	2:47.00	25m	3-2-91	Zaandam (NED)	388
11. Kleijne Daisy	89	08-021	2:48.15	25m	25-11-07	Amsterdam (NED)	380
12. Vink Lidewij	90	08-021	2:49.08	25m	13-1-08	Heemskerk (NED)	374
13. Verbree Bets	63	08-021	2:49.30	25m	22-3-81	Wieringerwerf (NED)	372
14. Hoek Daniëlle	88	08-021	2:50.46	25m	9-4-06	Purmerend (NED)	365
15. Meijer Sylvia	81	08-021	2:55.68	25m	24-10-99	Zaandam (NED)	333
16. van Rookhuizen Sieta	79	08-021	2:55.90	25m	6-11-97	Heemskerk (NED)	332
17. van der Kroft Nicole	84	08-021	2:56.34	50m	20-10-02	Beverwijk (NED)	366
18. van Duin Margret	60	08-021	2:56.50	25m	31-12-78		329
19. Stins Mariska	84	08-021	2:56.61	25m	8-9-02	Heemskerk	328
20. Niesten Iris	92	08-021	2:56.85	25m	17-1-10	Amsterdam-oost (NED)	327
21. Heus Pauline	78	08-021	2:57.80	25m	2-5-96	Heemskerk (NED)	321
22. de Ruijter Linda	87	08-021	2:58.75	25m	27-1-05	Heemskerk (NED)	316
23. Essers Sanne	91	08-021	2:59.97	25m	22-1-09	Heemskerk (NED)	310
24. Schelvis Roos	86	08-021	3:00.61	25m	29-1-04	Heemskerk (NED)	307
25. Krouwels Tanja	79	08-021	3:01.50	25m	6-11-97	Heemskerk (NED)	302

300 wisselslag400 wisselslag

1. Vink Lidewij	90	08-021	5:47.07	25m	24-2-08	Zaandam (NED)	419
2. Stins Mariska	84	08-021	5:55.41	25m	24-2-02	Heemskerk	390
3. van der Kroft Nicole	84	08-021	5:55.50	25m	24-2-02	Heemskerk	390
4. van der Gracht Anouk	89	08-021	6:05.54	25m	11-2-07	Zaandam (NED)	359
5. Hoek Daniëlle	88	08-021	6:06.11	25m	29-1-06	Zaandam (NED)	357