

19 jaar, Dames

1-1-1900-31-7-2017

25 vrije slag

1. Meijer Sylvia	81	08-021	13.43	25m	4-5-00	Heemskerk (NED)	494
2. Kramer Miranda	80	08-021	14.44	25m	25-3-99	Heemskerk (NED)	397
3. Butter Anouk	82	08-021	14.51	25m	29-3-01	Heemskerk (NED)	392
4. Crok Annemarie	89	08-021	14.69	25m	29-5-08	Heemskerk (NED)	377
5. Hoek Daniëlle	88	08-021	14.76	25m	19-4-07	Heemskerk (NED)	372
6. Kleijne Daisy	89	08-021	14.81	25m	29-5-08	Heemskerk (NED)	368
7. Krouwels Tanja	79	08-021	14.90	25m	12-2-98	Heemskerk (NED)	362
8. van der Gracht Anouk	89	08-021	15.20	25m	29-5-08	Heemskerk (NED)	341
9. Koper Birgit	87	08-021	15.46	25m	27-4-06	Heemskerk	324
10. Huneker Jolanda	79	08-021	16.70	25m	12-2-98	Heemskerk (NED)	257
11. ten Cate Joyce	80	08-021	17.20	25m	25-3-99	Heemskerk (NED)	235
12. Beentjes Nicolet	80	08-021	17.81	25m	25-3-99	Heemskerk (NED)	212

50 vrije slag

1. Schelvis Femke	84	08-021	28.53	25m	28-12-03	Maastricht (NED)	540
2. Broek Jade	97	08-021	28.99	25m	6-3-16	Purmerend (NED)	515
3. Crok Linda	94	08-021	29.19	25m	3-3-13	Purmerend (NED)	504
4. Meijer Sylvia	81	08-021	29.45	25m	16-4-00	Almelo (NED)	491
5. Palmboom Nicole	91	08-021	29.55	25m	4-4-10	Haarlem (NED)	486
5. Groen Anne	95	08-021	29.55	25m	30-3-14	Zaandam (NED)	486
7. Hoek Daniëlle	88	08-021	29.92	25m	28-5-07	Purmerend (NED)	468
8. van der Kroft Nicole	84	08-021	30.08	25m	30-1-03	Heemskerk	461
9. Crok Annemarie	89	08-021	30.36	25m	9-3-08	Heemskerk (NED)	448
10. Kleijne Daisy	89	08-021	30.57	25m	27-4-08	Alkmaar (NED)	439
11. Kramer Miranda	80	08-021	30.88	25m	4-11-99	Heemskerk (NED)	426
12. Vink Lidewij	90	08-021	31.02	25m	23-4-09	Heemskerk (NED)	420
13. Stins Mariska	84	08-021	31.07	25m	28-12-03	Maastricht (NED)	418
14. van der Gracht Anouk	89	08-021	31.58	25m	23-3-08	Haarlem (NED)	398
15. Essers Sanne	91	08-021	31.60	25m	14-3-10	Heemskerk (NED)	397
16. Butter Anouk	82	08-021	31.74	25m	22-4-01	Heemskerk (NED)	392
17. van Ballegooie Simone	84	08-021	31.94	25m	27-11-03	Heemskerk (NED)	385
18. van Rookhuizen Sieta	79	08-021	32.00	25m	7-5-98	Heemskerk (NED)	383
19. de Groot Gitta	60	08-021	32.10	25m	31-12-79		379
20. Heus Pauline	78	08-021	32.30	25m	16-11-97	Zaandam (NED)	372
21. Hulshof Saskia	73	08-021	32.40	25m	4-10-92	Assendelft (NED)	369
22. Krouwels Tanja	79	08-021	32.60	25m	19-4-98	Zaandam (NED)	362
23. van Giezen Sandra	63	08-021	33.10	25m	7-3-82		346
24. Schelvis Roos	86	08-021	33.65	25m	27-1-05	Heemskerk (NED)	329
25. Zonneveld Cindy	75	08-021	34.30	25m	19-1-94		311

100 vrije slag

1. Schelvis Femke	84	08-021	1:01.30	25m	14-12-03	Heemskerk (NED)	576
2. Crok Linda	94	08-021	1:02.44	25m	25-4-13	Heemskerk (NED)	545
3. Broek Jade	97	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	533
4. Groen Anne	95	08-021	1:04.05	25m	17-4-14	Heemskerk (NED)	505
5. van der Kroft Nicole	84	08-021	1:04.61	25m	20-4-03	Haarlem	492
6. Meijer Sylvia	81	08-021	1:04.76	25m	23-4-00	Haarlem (NED)	488
7. Kleijne Daisy	89	08-021	1:05.11	25m	24-3-08	Haarlem (NED)	480
8. Crok Annemarie	89	08-021	1:05.83	25m	13-1-08	Heemskerk (NED)	465
9. Hoek Daniëlle	88	08-021	1:05.84	25m	31-5-07	Heemskerk (NED)	465
10. Verbree Bets	63	08-021	1:06.10	25m	18-4-82		459
11. Stins Mariska	84	08-021	1:06.74	25m	16-3-03	Heemskerk	446
12. Palmboom Nicole	91	08-021	1:07.15	25m	23-5-10	Purmerend (NED)	438
13. van der Gracht Anouk	89	08-021	1:08.23	25m	17-2-08	Zaandam (NED)	417
14. Kramer Miranda	80	08-021	1:08.37	25m	4-4-99	Haarlem (NED)	415

100 vrije slag (sinds 15)

15. van Rookhuizen Sieta	79	08-021	1:09.40	25m	19-4-98	Zaandam (NED)	397
16. van Ballegooie Simone	84	08-021	1:09.88	25m	20-4-03	Haarlem	388
17. Essers Sanne	91	08-021	1:10.12	25m	3-10-10	Zaandam (NED)	384
18. Vink Lidewij	90	08-021	1:10.23	25m	18-1-09	Haarlem (NED)	383
19. Butter Anouk	82	08-021	1:11.11	25m	15-4-01	Haarlem (NED)	369
20. Krouwels Tanja	79	08-021	1:12.70	25m	8-3-98	Zaandam (NED)	345
21. Heus Pauline	78	08-021	1:13.10	25m	19-1-97	Zaandam (NED)	339
22. Besse Karen	75	08-021	1:15.00	25m	24-2-94	Heemskerk (NED)	314
23. Schelvis Roos	86	08-021	1:15.70	25m	24-2-05	Heemskerk (NED)	305
24. van Duin Margret	60	08-021	1:16.00	25m	25-11-79	Heemskerk (NED)	302
25. van Giezen Sandra	63	08-021	1:16.10	25m	18-4-82		301

200 vrije slag

1. Schelvis Femke	84	08-021	2:14.47	25m	9-11-03	Zaandam	559
2. Crok Linda	94	08-021	2:18.39	25m	10-11-13	Zaandam (NED)	512
3. Broek Jade	97	08-021	2:20.96	25m	13-11-16	Purmerend (NED)	485
4. Verbree Bets	63	08-021	2:22.60	25m	7-2-82		468
5. Groen Anne	95	08-021	2:23.23	25m	6-3-14	Heemskerk (NED)	462
6. Hoek Daniëlle	88	08-021	2:24.51	25m	25-10-07	Heemskerk (NED)	450
7. Kleijne Daisy	89	08-021	2:25.80	25m	16-11-08	Amsterdam-oost (NED)	438
8. van der Gracht Anouk	89	08-021	2:27.88	25m	16-11-08	Amsterdam-oost (NED)	420
9. Kramer Miranda	80	08-021	2:28.78	25m	17-1-99	Heemskerk (NED)	412
10. van der Kroft Nicole	84	08-021	2:29.81	25m	27-2-03	Heemskerk	404
11. Stins Mariska	84	08-021	2:30.67	25m	27-2-03	Heemskerk	397
12. Palmboom Nicole	91	08-021	2:32.49	25m	14-11-10	Castricum (NED)	383
13. van Rookhuizen Sieta	79	08-021	2:32.60	25m	19-4-98	Zaandam (NED)	382
14. Butter Anouk	82	08-021	2:33.07	25m	31-5-01	Heemskerk (NED)	379
15. Besse Karen	75	08-021	2:35.80	25m	16-1-94	Heemskerk	359
16. Meijer Sylvia	81	08-021	2:36.51	25m	19-11-00	Zaandam (NED)	354
17. Krouwels Tanja	79	08-021	2:41.10	25m	15-2-98	Assendelft (NED)	325
18. Heus Pauline	78	08-021	2:42.80	25m	2-3-97	Haarlem (NED)	315
19. de Ruijter Linda	87	08-021	2:43.92	25m	26-11-06	Heemskerk (NED)	308
20. ten Cate Ilona	85	08-021	2:46.84	25m	28-11-04	Heemskerk (NED)	292
21. Hulshof Saskia	73	08-021	2:48.00	25m	8-10-92	Heemskerk (NED)	286
22. van Ballegooie Simone	84	08-021	2:50.60	25m	5-10-03	Heemskerk (NED)	273
23. van Duin Margret	60	08-021	2:56.60	25m	4-11-79	Zaandam (NED)	246
24. Huneker Jolanda	79	08-021	2:57.70	25m	17-12-98	Heemskerk (NED)	242
25. van Giezen Sandra	63	08-021	3:00.90	25m	7-2-82		229

250 vrije slag300 vrije slag

1. van der Gracht Anouk	89	08-021	4:09.38	50m	11-4-08	Antwerpen (BEL)	349
2. de Ruijter Linda	87	08-021	4:22.64	25m	18-5-06	Heemskerk (NED)	284
3. ten Cate Ilona	85	08-021	4:27.64	25m	29-4-04	Heemskerk (NED)	268

400 vrije slag

1. Drubers Mirjam	67	08-021	4:55.60	25m	26-1-86	Castricum (NED)	499
2. Schelvis Femke	84	08-021	5:01.20	25m	16-11-03	Heemskerk (NED)	472
3. van der Gracht Anouk	89	08-021	5:11.85	25m	5-10-08	Heemskerk (NED)	425
4. Hoek Daniëlle	88	08-021	5:14.52	25m	30-9-07	Volendam (NED)	414
5. Kleijne Daisy	89	08-021	5:17.51	25m	5-10-08	Heemskerk (NED)	402
6. Broek Jade	97	08-021	5:18.15	25m	2-10-16	Purmerend (NED)	400
7. Meijer Sylvia	81	08-021	5:24.99	25m	30-3-00	Heemskerk (NED)	375
8. van der Kroft Nicole	84	08-021	5:25.26	25m	12-6-03	Heemskerk	374
9. Stins Mariska	84	08-021	5:26.40	25m	12-6-03	Heemskerk	370
10. Besse Karen	75	08-021	5:32.80	25m	16-10-94	Heemskerk (NED)	349
11. Krouwels Tanja	79	08-021	5:47.00	25m	19-3-98	Heemskerk (NED)	308
12. Zonneveld Cindy	75	08-021	5:50.80	25m	13-4-94		298
13. Heus Pauline	78	08-021	5:51.10	25m	21-9-97	Alkmaar (NED)	298
14. de Ruijter Linda	87	08-021	5:51.45	25m	18-5-06	Heemskerk (NED)	297
15. van Ballegooie Simone	84	08-021	5:52.79	25m	12-6-03	Heemskerk	293
16. ten Cate Ilona	85	08-021	5:55.88	25m	29-4-04	Heemskerk (NED)	286
17. Hunecker Jolanda	79	08-021	6:23.80	25m	19-3-98	Heemskerk (NED)	228
18. van Giezen Sandra	63	08-021	6:46.90	25m	10-1-82	Wormerveer (NED)	191

500 vrije slag**800 vrije slag**

1. Schelvis Femke	84	08-021	10:13.02	25m	16-11-03	Heemskerk (NED)	478
2. van der Gracht Anouk	89	08-021	10:43.54	25m	3-2-08	Zaandam (NED)	413
3. Kleijne Daisy	89	08-021	10:57.36	25m	9-11-08	Zaandam (NED)	387
4. van der Kroft Nicole	84	08-021	11:20.64	25m	26-10-03	Zaandam	349
5. Kramer Miranda	80	08-021	11:27.93	25m	24-10-99	Zaandam (NED)	338

1000 vrije slag

1. van der Gracht Anouk	89	08-021	15:27.28	OW	17-8-08	Aalsmeer (NED)
2. Crok Annemarie	89	08-021	15:43.76	OW	12-7-08	Wijk en Aalburg (NED)
3. Kleijne Daisy	89	08-021	15:58.51	OW	20-7-08	Langedijk (NED)

1250 vrije slag**1500 vrije slag**

1. Schelvis Femke	84	08-021	19:18.83	25m	16-11-03	Heemskerk (NED)	499
2. van der Gracht Anouk	89	08-021	20:26.00	25m	3-2-08	Zaandam (NED)	422
3. Kleijne Daisy	89	08-021	20:43.35	25m	9-11-08	Zaandam (NED)	404
4. Butter Anouk	82	08-021	24:06.66	25m	21-1-01	Heemskerk (NED)	256
5. Crok Annemarie	89	08-021	24:56.00	OW	19-7-08	Anna-Paulowna (NED)	

2000 vrije slag

1. van der Gracht Anouk	89	08-021	27:22.08	25m	3-2-08	Zaandam (NED)	416
2. Kleijne Daisy	89	08-021	29:13.79	OW	22-6-08	Breukelen (NED)	
3. Stins Mariska	84	08-021	29:27.82	25m	16-2-03	Zaandam	333
4. Crok Annemarie	89	08-021	30:10.62	OW	6-9-08	Wilhelminadorp (NED)	
5. Kramer Miranda	80	08-021	32:12.30	OW	20-6-99	Spaarnwoude (NED)	

2500 vrije slag

1. van der Gracht Anouk	89	08-021	40:22.93	OW	20-7-08	Langedijk (NED)
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3000 vrije slag

1. van der Gracht Anouk	89	08-021	48:14.52	OW	19-7-08	Anna-Paulowna (NED)
2. Kleijne Daisy	89	08-021	48:41.41	OW	19-7-08	Anna-Paulowna (NED)

4000 vrije slag**5000 vrije slag**

1. van der Gracht Anouk	89	08-021	1:22:18.67	OW	16-8-08	Heerjansdam (NED)
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6000 vrije slag**6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Meijer Sylvia	81	08-021	17.09	25m	17-2-00	Heemskerk (NED)	353
2. Kramer Miranda	80	08-021	17.34	25m	25-3-99	Heemskerk (NED)	338
3. Kleijne Daisy	89	08-021	17.38	25m	29-5-08	Heemskerk (NED)	335
4. Crok Annemarie	89	08-021	17.58	25m	29-5-08	Heemskerk (NED)	324
5. Hoek Daniëlle	88	08-021	17.67	25m	19-4-07	Heemskerk (NED)	319
6. Krouwels Tanja	79	08-021	17.90	25m	15-1-98	Heemskerk (NED)	307
7. van der Gracht Anouk	89	08-021	18.04	25m	29-5-08	Heemskerk (NED)	300
8. van Rookhuizen Sieta	79	08-021	18.40	25m	15-1-98	Heemskerk (NED)	282
9. Heus Pauline	78	08-021	18.80	25m	13-2-97	Heemskerk (NED)	265
10. Beentjes Nicolet	80	08-021	18.90	25m	25-3-99	Heemskerk (NED)	261
11. ten Cate Joyce	80	08-021	19.79	25m	25-3-99	Heemskerk (NED)	227
12. Koper Birgit	87	08-021	20.09	25m	27-4-06	Heemskerk	217
13. Huneker Jolanda	79	08-021	20.60	25m	15-1-98	Heemskerk (NED)	201

50 rugslag

1. Broek Jade	97	08-021	32.62	50m	10-4-16	Eindhoven (NED)	570
2. Schelvis Femke	84	08-021	34.08	25m	30-10-03	Heemskerk	427
3. Kleijne Daisy	89	08-021	34.14	25m	7-12-08	Zaandam (NED)	425
4. Crok Linda	94	08-021	34.25	25m	3-3-13	Purmerend (NED)	421
5. Groen Anne	95	08-021	34.82	25m	30-1-14	Heemskerk (NED)	400
6. Stins Mariska	84	08-021	35.29	25m	7-6-03	Z.o. Beemster	384
7. Palmboom Nicole	91	08-021	35.75	25m	20-5-10	Heemskerk (NED)	370
8. Meijer Sylvia	81	08-021	36.12	25m	27-1-00	Heemskerk (NED)	358
9. Hoek Daniëlle	88	08-021	36.56	25m	13-12-07	Heemskerk (NED)	346
10. van der Kroft Nicole	84	08-021	36.59	25m	9-2-03	Zaandam (NED)	345
11. van der Gracht Anouk	89	08-021	36.85	25m	5-10-08	Heemskerk (NED)	338
12. Crok Annemarie	89	08-021	37.05	25m	10-5-08	Purmerend (NED)	332
13. Kramer Miranda	80	08-021	37.29	25m	10-1-99	Zuidoost Beemster (NED)	326
14. Butter Anouk	82	08-021	37.66	25m	22-4-01	Heemskerk (NED)	316
15. Vink Lidewij	90	08-021	38.04	25m	26-2-09	Heemskerk (NED)	307
16. Groot Tineke	60	08-021	38.30	25m	13-10-79	Heemskerk (NED)	301
17. Heus Pauline	78	08-021	38.60	25m	10-4-97	Heemskerk (NED)	294
18. Essers Sanne	91	08-021	39.68	25m	14-3-10	Heemskerk (NED)	270
19. Krouwels Tanja	79	08-021	40.28	25m	29-10-98	Heemskerk (NED)	258

50 rugslag (sinds 20)

20. Huneke Jolanda	79	08-021	40.89	25m	6-12-98	Zaandam	247
21. ten Cate Joyce	80	08-021	41.25	25m	14-11-99	Zaandam (NED)	240
22. van Rookhuizen Sieta	79	08-021	41.31	25m	29-10-98	Heemskerk (NED)	239
23. ten Cate Ilona	85	08-021	42.10	25m	28-10-04	Heemskerk (NED)	226
24. de Ruijter Linda	87	08-021	42.22	25m	19-10-06	Heemskerk	224
25. Nijholt Carin	60	08-021	43.20	25m	13-10-79	Heemskerk (NED)	209

100 rugslag

1. Broek Jade	97	08-021	1:08.23	25m	29-12-16	Leeuwarden (NED)	524
2. Schelvis Femke	84	08-021	1:12.71	25m	9-11-03	Zaandam	433
3. Crok Linda	94	08-021	1:13.01	25m	12-12-13	Heemskerk (NED)	428
4. Groen Anne	95	08-021	1:14.62	25m	9-3-14	Zaandam (NED)	401
5. Kleijne Daisy	89	08-021	1:15.40	25m	12-5-08	Purmerend (NED)	388
6. Stins Mariska	84	08-021	1:16.36	25m	9-11-03	Zaandam	374
7. Meijer Sylvia	81	08-021	1:16.43	25m	4-5-00	Heemskerk (NED)	373
8. Kramer Miranda	80	08-021	1:16.70	25m	28-1-99	Heemskerk (NED)	369
9. van der Kroft Nicole	84	08-021	1:17.56	25m	24-4-03	Heemskerk	357
10. Hulshof Saskia	73	08-021	1:17.70	25m	23-2-92	Zaandam (NED)	355
11. van Duin Margret	60	08-021	1:18.00	25m	31-12-79		351
12. Verbree Bets	63	08-021	1:18.20	25m	17-1-82		348
13. Crok Annemarie	89	08-021	1:18.58	25m	9-3-08	Heemskerk (NED)	343
14. van der Gracht Anouk	89	08-021	1:19.51	25m	25-9-08	Heemskerk (NED)	331
15. Groot Tineke	60	08-021	1:20.10	25m	8-12-79	Heemskerk (NED)	324
16. Palmboom Nicole	91	08-021	1:20.40	25m	7-2-10	Heemstede (NED)	320
17. Heus Pauline	78	08-021	1:20.60	25m	31-3-97	Haarlem (NED)	318
18. Essers Sanne	91	08-021	1:20.79	25m	14-3-10	Heemskerk (NED)	316
19. Butter Anouk	82	08-021	1:21.71	25m	16-4-01	Haarlem (NED)	305
20. Hoek Daniëlle	88	08-021	1:22.30	25m	8-4-07	Haarlem (NED)	298
21. Tholen Kirsten	66	08-021	1:22.80	25m	6-10-85	Wormerveer (NED)	293
22. van Ballegooie Simone	84	08-021	1:23.20	25m	24-4-03	Heemskerk	289
23. Krouwels Tanja	79	08-021	1:23.80	25m	15-2-98	Assendelft (NED)	283
24. Besse Karen	75	08-021	1:25.50	25m	6-2-94	Wormerveer (NED)	266
25. van Rookhuizen Sieta	79	08-021	1:27.30	25m	12-2-98	Heemskerk (NED)	250

200 rugslag

1. Broek Jade	97	08-021	2:35.67	25m	11-9-16	Purmerend (NED)	449
2. Schelvis Femke	84	08-021	2:35.97	25m	25-9-03	Heemskerk (NED)	446
3. Crok Linda	94	08-021	2:38.82	25m	10-11-13	Zaandam (NED)	423
4. Groen Anne	95	08-021	2:40.92	25m	16-11-14	Zaandam (NED)	406
5. Kleijne Daisy	89	08-021	2:42.82	25m	11-5-08	Purmerend (NED)	392
6. Stins Mariska	84	08-021	2:44.24	25m	16-3-03	Heemskerk	382
7. Crok Annemarie	89	08-021	2:44.34	25m	13-1-08	Heemskerk (NED)	381
8. Meijer Sylvia	81	08-021	2:47.81	25m	12-3-00	Heemskerk (NED)	358
9. van der Kroft Nicole	84	08-021	2:48.98	25m	25-9-03	Heemskerk (NED)	351
10. Hoek Daniëlle	88	08-021	2:50.54	25m	25-1-07	Heemskerk (NED)	341
11. Groot Tineke	60	08-021	2:51.20	25m	25-11-79	Heemskerk (NED)	337
12. Palmboom Nicole	91	08-021	2:53.17	25m	14-11-10	Castricum (NED)	326
13. Kramer Miranda	80	08-021	2:54.60	25m	16-12-99	Heemskerk	318
14. Vink Lidewij	90	08-021	2:55.68	25m	23-4-09	Heemskerk (NED)	312
15. van Duin Margret	60	08-021	2:57.20	25m	7-10-79	Heemskerk (NED)	304
16. Essers Sanne	91	08-021	2:58.36	25m	14-11-10	Castricum (NED)	298
17. Heus Pauline	78	08-021	3:01.00	25m	16-11-97	Zaandam (NED)	285
18. Krouwels Tanja	79	08-021	3:02.23	25m	11-10-98	Alkmaar (NED)	280
19. ten Cate Joyce	80	08-021	3:07.12	25m	16-12-99	Heemskerk	258
20. van Rookhuizen Sieta	79	08-021	3:08.36	25m	11-10-98	Alkmaar (NED)	253
21. Butter Anouk	82	08-021	3:13.38	25m	11-3-01	Zaandam (NED)	234
22. van Ballegooie Simone	84	08-021	3:14.49	25m	25-9-03	Heemskerk (NED)	230

200 rugslag (sinds 23)

23. ten Cate Ilona	85	08-021	3:14.86	25m	28-10-04	Heemskerk (NED)	229
24. Huneker Jolanda	79	08-021	3:22.09	25m	15-11-98	Assendelft (NED)	205
25. de Groot Linda	81	08-021	3:29.60	25m	12-3-00	Heemskerk (NED)	184

500 rugslag25 schoolslag

1. Kramer Miranda	80	08-021	17.79	25m	25-3-99	Heemskerk (NED)	427
2. Crok Annemarie	89	08-021	19.18	25m	29-5-08	Heemskerk (NED)	341
3. Krouwels Tanja	79	08-021	19.60	25m	19-3-98	Heemskerk (NED)	319
4. Beentjes Nicolet	80	08-021	19.68	25m	25-3-99	Heemskerk (NED)	315
5. Kleijne Daisy	89	08-021	20.00	25m	29-5-08	Heemskerk (NED)	300
6. Koper Birgit	87	08-021	20.52	25m	27-4-06	Heemskerk	278
7. Hoek Daniëlle	88	08-021	20.86	25m	19-4-07	Heemskerk (NED)	265
8. Meijer Sylvia	81	08-021	21.24	25m	17-2-00	Heemskerk (NED)	251
9. ten Cate Joyce	80	08-021	22.20	25m	25-3-99	Heemskerk (NED)	219
10. Huneker Jolanda	79	08-021	23.00	25m	5-3-98	Heemskerk (NED)	197

50 schoolslag

1. Broek Jade	97	08-021	36.51	25m	13-11-16	Purmerend (NED)	490
2. Crok Linda	94	08-021	39.33	25m	3-3-13	Purmerend (NED)	392
3. van Rookhuizen Sieta	79	08-021	39.42	25m	24-9-98	Heemskerk (NED)	389
4. Kramer Miranda	80	08-021	39.77	25m	10-1-99	Zuidoost Beemster (NED)	379
5. van der Kroft Nicole	84	08-021	41.12	25m	27-11-03	Heemskerk (NED)	343
6. Palmboom Nicole	91	08-021	41.16	25m	18-2-10	Heemskerk (NED)	342
7. van der Gracht Anouk	89	08-021	41.40	25m	31-1-08	Heemskerk (NED)	336
7. Groen Anne	95	08-021	41.40	25m	6-3-14	Heemskerk (NED)	336
9. Crok Annemarie	89	08-021	41.79	25m	16-11-08	Amsterdam-oost (NED)	327
10. Heus Pauline	78	08-021	42.10	25m	5-10-97	Zaandam (NED)	320
11. Stins Mariska	84	08-021	42.24	25m	27-11-03	Heemskerk (NED)	316
12. Schelvis Femke	84	08-021	42.57	25m	27-11-03	Heemskerk (NED)	309
13. Hoek Daniëlle	88	08-021	43.31	25m	25-11-07	Amsterdam (NED)	294
14. Kleijne Daisy	89	08-021	43.33	25m	31-1-08	Heemskerk (NED)	293
15. Krouwels Tanja	79	08-021	43.75	25m	24-9-98	Heemskerk (NED)	285
16. Essers Sanne	91	08-021	44.69	25m	3-10-10	Zaandam (NED)	267
17. Nijholt Carin	60	08-021	44.70	25m	15-9-79	Heemskerk (NED)	267
18. van Duin Margret	60	08-021	45.10	25m	15-9-79	Heemskerk (NED)	260
19. Groot Tineke	60	08-021	45.20	25m	15-9-79	Heemskerk (NED)	258
20. Vink Lidewij	90	08-021	45.22	25m	22-1-09	Heemskerk (NED)	258
21. Meijer Sylvia	81	08-021	46.37	25m	14-12-00	Heemskerk (NED)	239
22. de Ruijter Linda	87	08-021	46.94	25m	30-11-06	Heemskerk	230
23. ten Cate Joyce	80	08-021	50.01	25m	16-12-99	Heemskerk	190
24. Huneker Jolanda	79	08-021	50.24	25m	24-9-98	Heemskerk (NED)	188
25. van Asch Maria	74	08-021	51.20	25m	3-2-93		177

100 schoolslag

1. Broek Jade	97	08-021	1:20.60	25m	30-12-16	Leeuwarden (NED)	463
2. van Rookhuizen Sieta	79	08-021	1:25.50	25m	15-1-98	Heemskerk (NED)	387
3. Crok Linda	94	08-021	1:25.89	25m	6-10-13	Heemskerk (NED)	382
4. Kramer Miranda	80	08-021	1:26.67	25m	5-4-99	Haarlem (NED)	372
5. van der Kroft Nicole	84	08-021	1:27.82	25m	24-4-03	Heemskerk	358
6. Palmboom Nicole	91	08-021	1:29.47	25m	25-4-10	Alkmaar (NED)	338
7. van Giezen Sandra	63	08-021	1:29.70	25m	14-3-82		336
8. Crok Annemarie	89	08-021	1:29.93	25m	5-10-08	Heemskerk (NED)	333
9. Stins Mariska	84	08-021	1:30.00	25m	5-1-03	Aalsmeer (NED)	332
10. Heus Pauline	78	08-021	1:31.00	25m	23-3-97	Volendam (NED)	321
11. Groen Anne	95	08-021	1:31.66	25m	26-10-14	Zaandam (NED)	314
12. van der Gracht Anouk	89	08-021	1:32.09	25m	27-3-08	Heemskerk (NED)	310
13. Peters Yvonne	63	08-021	1:32.40	25m	14-3-82		307
14. Schelvis Femke	84	08-021	1:32.41	25m	28-12-03	Maastricht (NED)	307
15. Kleijne Daisy	89	08-021	1:32.88	25m	27-3-08	Heemskerk (NED)	302
16. Beentjes Nicolet	80	08-021	1:33.84	25m	14-2-99	Heemskerk (NED)	293
17. Nijholt Carin	60	08-021	1:34.40	25m	13-10-79	Heemskerk (NED)	288
18. Schelvis Roos	86	08-021	1:34.97	25m	16-1-05	Zaandam (NED)	283
19. Krouwels Tanja	79	08-021	1:35.26	25m	29-10-98	Heemskerk (NED)	280
20. Essers Sanne	91	08-021	1:36.09	25m	3-10-10	Zaandam (NED)	273
21. Tholen Kirsten	66	08-021	1:36.50	25m	6-10-85	Wormerveer (NED)	269
22. Hoek Daniëlle	88	08-021	1:36.85	25m	30-9-07	Volendam (NED)	266
23. Groot Tineke	60	08-021	1:38.50	25m	1-9-79	Heemskerk (NED)	253
24. Besse Karen	75	08-021	1:39.70	25m	24-2-94	Heemskerk (NED)	244
25. Poppema Yvonne	68	08-021	1:40.00	25m	13-12-87	Assendelft (NED)	242

200 schoolslag

1. Broek Jade	97	08-021	3:01.94	25m	17-1-16	Purmerend (NED)	404
2. van Rookhuizen Sieta	79	08-021	3:02.70	25m	26-4-98	Alkmaar (NED)	399
3. Kramer Miranda	80	08-021	3:05.94	25m	22-4-99	Heemskerk (NED)	379
4. Palmboom Nicole	91	08-021	3:10.67	25m	25-3-10	Heemskerk (NED)	351
5. Crok Annemarie	89	08-021	3:10.73	25m	13-1-08	Heemskerk (NED)	351
6. Heus Pauline	78	08-021	3:11.60	25m	6-4-97	Heemskerk (NED)	346
7. van der Kroft Nicole	84	08-021	3:11.98	25m	30-10-03	Heemskerk	344
8. van der Gracht Anouk	89	08-021	3:14.82	25m	13-1-08	Heemskerk (NED)	329
9. Groen Anne	95	08-021	3:14.90	25m	19-1-14	Zaandam (NED)	329
10. Schelvis Femke	84	08-021	3:15.06	25m	30-10-03	Heemskerk	328
11. Peters Yvonne	63	08-021	3:16.80	25m	21-3-82		319
12. Nijholt Carin	60	08-021	3:20.00	25m	9-9-79	Wormerveer (NED)	304
13. Stins Mariska	84	08-021	3:20.97	25m	30-10-03	Heemskerk	300
14. van Giezen Sandra	63	08-021	3:21.40	25m	7-3-82		298
15. Hoek Daniëlle	88	08-021	3:22.32	25m	13-12-07	Heemskerk (NED)	294
16. Groot Tineke	60	08-021	3:24.20	25m	28-10-79	Heerhugowaard (NED)	286
17. Essers Sanne	91	08-021	3:24.48	25m	25-3-10	Heemskerk (NED)	285
18. Vink Lidewij	90	08-021	3:25.10	25m	18-1-09	Haarlem (NED)	282
19. Hulshof Saskia	73	08-021	3:28.90	25m	4-10-92	Assendelft (NED)	267
20. de Ruijter Linda	87	08-021	3:33.13	25m	19-10-06	Heemskerk	251
21. Meijer Sylvia	81	08-021	3:45.21	25m	27-1-00	Heemskerk (NED)	213
22. ten Cate Joyce	80	08-021	3:49.88	25m	10-10-99	Zaandam (NED)	200
23. Huneke Jolanda	79	08-021	3:58.10	25m	26-4-98	Alkmaar (NED)	180
24. van Asch Maria	74	08-021	4:08.60	25m	7-1-93	Heemskerk (NED)	158

500 schoolslag**800 schoolslag**

1000 schoolslag**1500 schoolslag****2000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	36:41.20	OW	12-7-98	Amsterdam (NED)
2. Kramer Miranda	80	08-021	42:31.80	OW	22-8-99	Bleiswijk (NED)

2500 schoolslag**3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Butter Anouk	82	08-021	15.30	25m	29-3-01	Heemskerk (NED)	391
2. van der Gracht Anouk	89	08-021	15.40	25m	29-5-08	Heemskerk (NED)	383
3. Meijer Sylvia	81	08-021	15.47	25m	4-5-00	Heemskerk (NED)	378
4. Crok Annemarie	89	08-021	15.86	25m	29-5-08	Heemskerk (NED)	351
5. Hoek Daniëlle	88	08-021	16.00	25m	19-4-07	Heemskerk (NED)	342
6. Kleijne Daisy	89	08-021	16.11	25m	29-5-08	Heemskerk (NED)	335
7. van Rookhuizen Sieta	79	08-021	16.30	25m	15-1-98	Heemskerk (NED)	323
8. Heus Pauline	78	08-021	16.40	25m	13-2-97	Heemskerk (NED)	317
9. Kramer Miranda	80	08-021	16.54	25m	25-3-99	Heemskerk (NED)	309
10. Krouwels Tanja	79	08-021	17.60	25m	15-1-98	Heemskerk (NED)	257
11. Huneke Jolanda	79	08-021	19.60	25m	5-3-98	Heemskerk (NED)	186
12. Koper Birgit	87	08-021	20.28	25m	27-4-06	Heemskerk	167
13. Beentjes Nicolet	80	08-021	20.62	25m	25-3-99	Heemskerk (NED)	159
14. ten Cate Joyce	80	08-021	21.26	25m	25-3-99	Heemskerk (NED)	145

50 vlinderslag

1. Broek Jade	97	08-021	30.81	25m	2-1-16	Hoorn (NED)	495
2. van der Gracht Anouk	89	08-021	32.71	25m	24-3-08	Haarlem (NED)	414
3. van der Kroft Nicole	84	08-021	32.95	25m	18-12-03	Heemskerk (NED)	405
4. Schelvis Femke	84	08-021	33.30	25m	9-3-03	Zuidoostbeemster (NED)	392
5. Palmboom Nicole	91	08-021	33.40	25m	23-5-10	Purmerend (NED)	388
6. Crok Annemarie	89	08-021	33.89	25m	7-12-08	Zaandam (NED)	372
7. Besse Karen	75	08-021	34.10	25m	24-2-94	Heemskerk (NED)	365
8. Kleijne Daisy	89	08-021	34.40	25m	24-3-08	Haarlem (NED)	355
9. Crok Linda	94	08-021	34.45	25m	3-3-13	Purmerend (NED)	354
10. Hoek Daniëlle	88	08-021	34.79	25m	27-5-07	Purmerend (NED)	344
11. Groen Anne	95	08-021	34.81	25m	30-10-14	Heemskerk (NED)	343
12. Stins Mariska	84	08-021	35.23	25m	28-12-03	Maastricht (NED)	331
13. Kramer Miranda	80	08-021	35.36	25m	10-1-99	Zuidoost Beemster (NED)	327
14. Butter Anouk	82	08-021	35.55	25m	31-5-01	Heemskerk (NED)	322
15. Essers Sanne	91	08-021	35.77	25m	25-3-10	Heemskerk (NED)	316
16. Vink Lidewij	90	08-021	35.83	25m	8-3-09	Purmerend (NED)	315
17. Heus Pauline	78	08-021	37.60	25m	23-1-97	Heemskerk	272
18. van Ballegooie Simone	84	08-021	38.80	50m	12-10-03	Beverwijk (NED)	249
19. van Rookhuizen Sieta	79	08-021	39.06	25m	27-9-98	Assendelft (NED)	243
20. de Ruijter Linda	87	08-021	40.65	25m	14-12-06	Heemskerk (NED)	215
21. ten Cate Ilona	85	08-021	40.90	25m	23-12-04	Heemskerk (NED)	211

50 vlinderslag (sinds 22)

22. Krouwels Tanja	79	08-021	41.99	50m	25-10-98	Beverwijk (NED)	196
23. Huneker Jolanda	79	08-021	44.40	25m	22-3-98	Assendelft (NED)	165
24. ten Cate Joyce	80	08-021	45.49	25m	14-11-99	Zaandam (NED)	153

100 vlinderslag

1. Broek Jade	97	08-021	1:10.25	25m	18-2-16	Heemskerk (NED)	469
2. Drubers Mirjam	67	08-021	1:12.80	25m	9-2-86	Castricum (NED)	422
3. Schelvis Femke	84	08-021	1:13.53	25m	27-3-03	Heemskerk	409
4. van der Gracht Anouk	89	08-021	1:14.40	25m	27-4-08	Alkmaar (NED)	395
5. Verbree Bets	63	08-021	1:14.50	25m	7-2-82		393
6. Crok Annemarie	89	08-021	1:15.86	25m	30-11-08	Heemskerk (NED)	373
7. Palmboom Nicole	91	08-021	1:16.59	25m	23-5-10	Purmerend (NED)	362
8. Vink Lidewij	90	08-021	1:17.41	25m	26-2-09	Heemskerk (NED)	351
9. Stins Mariska	84	08-021	1:17.91	25m	28-12-03	Maastricht (NED)	344
10. van der Kroft Nicole	84	08-021	1:18.54	25m	5-10-03	Heemskerk (NED)	336
11. Crok Linda	94	08-021	1:19.70	25m	31-1-13	Heemskerk (NED)	321
12. Hoek Daniëlle	88	08-021	1:20.10	25m	21-10-07	Zaandam (NED)	316
13. Groen Anne	95	08-021	1:20.46	25m	9-3-14	Zaandam (NED)	312
14. Kramer Miranda	80	08-021	1:21.08	25m	22-4-99	Heemskerk (NED)	305
15. de Groot Gitta	60	08-021	1:21.70	25m	31-12-79		298
16. Butter Anouk	82	08-021	1:22.69	25m	15-4-01	Haarlem (NED)	288
17. Kleijne Daisy	89	08-021	1:24.28	25m	24-2-08	Zaandam (NED)	272
18. Besse Karen	75	08-021	1:25.40	25m	6-2-94	Wormerveer (NED)	261
19. Meijer Sylvia	81	08-021	1:27.31	25m	23-4-00	Haarlem (NED)	244
20. Essers Sanne	91	08-021	1:27.68	25m	18-2-10	Heemskerk (NED)	241
21. van Ballegooie Simone	84	08-021	1:27.73	25m	27-11-03	Heemskerk (NED)	241
22. Schelvis Roos	86	08-021	1:27.87	25m	24-2-05	Heemskerk (NED)	240
23. Krouwels Tanja	79	08-021	1:29.50	25m	12-2-98	Heemskerk (NED)	227
24. van Rookhuizen Sieta	79	08-021	1:30.50	25m	26-4-98	Alkmaar (NED)	219
25. van Giezen Sandra	63	08-021	1:30.60	25m	7-2-82		218

200 vlinderslag

1. Schelvis Femke	84	08-021	2:46.15	25m	27-11-03	Heemskerk (NED)	373
2. van der Gracht Anouk	89	08-021	2:52.59	25m	9-3-08	Heemskerk (NED)	332
3. Verbree Bets	63	08-021	2:54.70	25m	18-4-82		320
4. Crok Annemarie	89	08-021	2:57.47	25m	9-3-08	Heemskerk (NED)	306
5. Palmboom Nicole	91	08-021	3:00.37	25m	18-2-10	Heemskerk (NED)	291
6. Stins Mariska	84	08-021	3:00.56	25m	27-11-03	Heemskerk (NED)	290
7. Vink Lidewij	90	08-021	3:02.44	25m	15-3-09	Haarlem (NED)	281
8. Butter Anouk	82	08-021	3:04.98	25m	26-4-01	Heemskerk (NED)	270
9. van der Kroft Nicole	84	08-021	3:05.89	25m	27-11-03	Heemskerk (NED)	266
10. Kleijne Daisy	89	08-021	3:06.00	25m	31-1-08	Heemskerk (NED)	265
11. Essers Sanne	91	08-021	3:16.44	25m	18-2-10	Heemskerk (NED)	225
12. van Rookhuizen Sieta	79	08-021	3:16.70	25m	29-3-98	Heemstede (NED)	224
13. de Ruijter Linda	87	08-021	3:25.76	25m	30-11-06	Heemskerk	196
14. van Giezen Sandra	63	08-021	3:32.90	25m	18-4-82		177

100 wisselslag

1. Broek Jade	97	08-021	1:09.81	25m	2-1-16	Hoor (NED)	535
2. Crok Linda	94	08-021	1:13.18	25m	25-4-13	Heemskerk (NED)	465
3. Schelvis Femke	84	08-021	1:13.53	25m	25-9-03	Heemskerk (NED)	458
4. Palmboom Nicole	91	08-021	1:15.96	25m	25-4-10	Alkmaar (NED)	415
5. van der Kroft Nicole	84	08-021	1:16.03	25m	27-2-03	Heemskerk	414
6. Crok Annemarie	89	08-021	1:16.38	25m	6-1-08	Alkmaar (NED)	409
7. van der Gracht Anouk	89	08-021	1:16.60	25m	6-1-08	Alkmaar (NED)	405
8. Kramer Miranda	80	08-021	1:16.76	25m	18-2-99	Heemskerk (NED)	403
9. Groen Anne	95	08-021	1:16.82	25m	26-10-14	Zaandam (NED)	402
10. Stins Mariska	84	08-021	1:18.32	25m	28-12-03	Maastricht (NED)	379
11. Kleijne Daisy	89	08-021	1:20.09	25m	29-5-08	Heemskerk (NED)	354
12. van Rookhuizen Sieta	79	08-021	1:20.21	25m	15-11-98	Zaandam (NED)	353
13. Hoek Daniëlle	88	08-021	1:20.40	25m	25-10-07	Heemskerk (NED)	350
14. Essers Sanne	91	08-021	1:21.90	25m	3-10-10	Zaandam (NED)	331
15. Heus Pauline	78	08-021	1:22.00	25m	5-10-97	Zaandam (NED)	330
16. van Ballegoie Simone	84	08-021	1:26.67	25m	25-9-03	Heemskerk (NED)	279
17. Groot Tineke	60	08-021	1:28.90	25m	8-12-79	Heemskerk (NED)	259
18. de Ruijter Linda	87	08-021	1:29.32	25m	28-9-06	Heemskerk (NED)	255
19. Koper Birgit	87	08-021	1:31.15	25m	27-4-06	Heemskerk	240
20. ten Cate Ilona	85	08-021	1:31.74	25m	30-9-04	Heemskerk (NED)	236
21. ten Cate Joyce	80	08-021	1:32.68	25m	18-2-99	Heemskerk (NED)	228

200 wisselslag

1. Broek Jade	97	08-021	2:37.56	25m	6-3-16	Purmerend (NED)	462
2. Schelvis Femke	84	08-021	2:38.43	25m	30-1-03	Heemskerk	455
3. Crok Linda	94	08-021	2:40.87	25m	7-4-13	Castricum (NED)	434
4. Crok Annemarie	89	08-021	2:42.97	25m	9-3-08	Heemskerk (NED)	418
5. Groen Anne	95	08-021	2:44.36	25m	30-3-14	Zaandam (NED)	407
6. van der Gracht Anouk	89	08-021	2:45.00	25m	1-3-08	Hoor (NED)	402
7. Palmboom Nicole	91	08-021	2:47.43	25m	14-3-10	Heemskerk (NED)	385
8. van der Kroft Nicole	84	08-021	2:48.04	25m	30-1-03	Heemskerk	381
9. Kleijne Daisy	89	08-021	2:48.05	25m	16-11-08	Amsterdam-oost (NED)	381
10. Hoek Daniëlle	88	08-021	2:48.55	25m	25-11-07	Amsterdam (NED)	377
11. Stins Mariska	84	08-021	2:49.96	25m	30-1-03	Heemskerk	368
12. Kramer Miranda	80	08-021	2:51.22	25m	24-10-99	Zaandam (NED)	360
13. Schelvis Roos	86	08-021	2:55.17	25m	27-1-05	Heemskerk (NED)	336
14. Besse Karen	75	08-021	2:55.70	25m	20-11-94	Wormerveer (NED)	333
15. van Rookhuizen Sieta	79	08-021	2:55.75	25m	22-11-98	Zaandam (NED)	333
16. Heus Pauline	78	08-021	2:56.70	25m	2-3-97	Haarlem (NED)	328
17. Vink Lidewij	90	08-021	2:59.60	25m	22-1-09	Heemskerk (NED)	312
18. Meijer Sylvia	81	08-021	2:59.76	25m	16-1-00	Zaandam (NED)	311
19. Krouwels Tanja	79	08-021	3:01.70	25m	7-5-98	Heemskerk (NED)	301
20. van Duin Margret	60	08-021	3:02.80	25m	4-11-79	Zaandam (NED)	296
21. Nijholt Carin	60	08-021	3:04.70	25m	21-4-79	Deinze (BEL)	287
22. de Ruijter Linda	87	08-021	3:06.84	25m	14-12-06	Heemskerk (NED)	277
23. Zonneveld Cindy	75	08-021	3:11.60	25m	20-1-94	Heemskerk	257
24. Pover Karin	67	08-021	3:12.20	25m	30-11-86	Heemskerk (NED)	254
25. van Ballegoie Simone	84	08-021	3:15.65	50m	12-10-03	Beverwijk (NED)	268

300 wisselslag

1. Schelvis Femke	84	08-021	4:07.83	25m	30-11-03	Heemskerk (NED)
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400 wisselslag

1. van der Gracht Anouk	89	08-021	5:52.01	25m	24-2-08	Zaandam (NED)	402
2. Stins Mariska	84	08-021	6:01.24	25m	23-2-03	Heemskerk	372
3. Verbree Bets	63	08-021	6:03.30	25m	3-4-82	Heemskerk (NED)	365
4. van der Kroft Nicole	84	08-021	6:12.72	25m	23-2-03	Heemskerk	338
5. Kleijne Daisy	89	08-021	6:12.73	25m	24-2-08	Zaandam (NED)	338
6. van Giezen Sandra	63	08-021	7:13.50	25m	3-4-82	Heemskerk (NED)	215
7. Peters Yvonne	63	08-021	7:28.10	25m	28-2-82		195