

25 vrije slag**50 vrije slag**

1. Spijker Kristel	84	08-021	31.00	50m	8-5-10	Eindhoven (NED)
2. Butter Anouk	82	08-021	31.38	50m	27-3-10	Amersfoort (NED)
3. Hoek Daniëlle	88	08-021	31.60	50m	24-5-14	Beverwijk (NED)
4. Stins Mariska	84	08-021	32.32	50m	18-3-12	Amersfoort (NED)
5. van der Gracht Anouk	89	08-021	32.82	50m	24-5-14	Beverwijk (NED)
6. Jongema Helena	80	08-021	34.04	50m	20-1-08	Eindhoven (NED)

100 vrije slag

1. Spijker Kristel	84	08-021	1:07.68	50m	9-5-10	Eindhoven (NED)
2. van der Gracht Anouk	89	08-021	1:11.39	50m	22-6-14	Beverwijk (NED)
3. Jongema Helena	80	08-021	1:11.87	50m	20-1-08	Eindhoven (NED)
4. Stins Mariska	84	08-021	1:15.46	50m	23-9-12	Alkmaar (NED)
5. Butter Anouk	82	08-021	1:25.84	50m	27-3-10	Amersfoort (NED)

200 vrije slag

1. van der Gracht Anouk	89	08-021	2:37.37	50m	5-7-14	Eindhoven (NED)
2. Jongema Helena	80	08-021	2:46.27	50m	18-9-09	Cadiz (ESP)
3. Butter Anouk	82	08-021	3:03.43	50m	27-3-10	Amersfoort (NED)

250 vrije slag**300 vrije slag**

1. Jongema Helena	80	08-021	4:17.20	50m	18-9-09	Cadiz (ESP)
2. Butter Anouk	82	08-021	4:43.25	50m	27-3-10	Amersfoort (NED)

400 vrije slag

1. Jongema Helena	80	08-021	5:45.56	50m	18-9-09	Cadiz (ESP)
2. Butter Anouk	82	08-021	6:21.81	50m	27-3-10	Amersfoort (NED)

500 vrije slag**800 vrije slag****1000 vrije slag****1250 vrije slag****1500 vrije slag****2000 vrije slag****2500 vrije slag****3000 vrije slag****4000 vrije slag**

5000 vrije slag**6000 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag****50 rugslag**

1. Jongema Helena	80	08-021	35.65	50m	20-1-08	Eindhoven (NED)
2. Stins Mariska	84	08-021	37.92	50m	18-3-12	Amersfoort (NED)
3. van der Gracht Anouk	89	08-021	38.44	50m	25-5-14	Beverwijk (NED)

100 rugslag

1. Jongema Helena	80	08-021	1:20.48	50m	19-9-09	Cadiz (ESP)
2. van der Gracht Anouk	89	08-021	1:22.43	50m	20-6-15	Beverwijk (NED)
3. Stins Mariska	84	08-021	1:23.00	50m	18-3-12	Amersfoort (NED)

200 rugslag

1. van der Gracht Anouk	89	08-021	2:57.29	50m	22-2-15	Alkmaar (NED)
2. Stins Mariska	84	08-021	3:03.02	50m	24-3-13	Amersfoort (NED)

500 rugslag**25 schoolslag****50 schoolslag****100 schoolslag****200 schoolslag****500 schoolslag****800 schoolslag****1000 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag**

3000 schoolslag**4000 schoolslag****5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. van der Gracht Anouk	89	08-021	32.74	50m	17-5-14	Beverwijk (NED)
2. Hoek Daniëlle	88	08-021	34.69	50m	11-5-13	Beverwijk (NED)
3. Spijker Kristel	84	08-021	34.80	50m	9-5-10	Eindhoven (NED)
4. Jongema Helena	80	08-021	35.00	50m	20-1-08	Eindhoven (NED)
5. Stins Mariska	84	08-021	39.02	50m	24-3-13	Amersfoort (NED)

100 vlinderslag

1. van der Gracht Anouk	89	08-021	1:16.10	50m	18-5-14	Alkmaar (NED)
2. Spijker Kristel	84	08-021	1:20.74	50m	9-5-10	Eindhoven (NED)
3. Stins Mariska	84	08-021	1:23.69	50m	23-9-12	Alkmaar (NED)

200 vlinderslag

1. Spijker Kristel	84	08-021	3:09.31	50m	8-5-10	Eindhoven (NED)
2. Stins Mariska	84	08-021	3:15.72	50m	24-3-13	Amersfoort (NED)

100 wisselslag**200 wisselslag**

1. van der Gracht Anouk	89	08-021	2:59.33	50m	6-7-14	Eindhoven (NED)
2. Jongema Helena	80	08-021	2:59.84	50m	15-9-09	Cadiz (ESP)

300 wisselslag**400 wisselslag**