

10 jaar, Dames

1-1-1900-31-7-2017

25 vrije slag

1. Dijkstra Lisette	86	08-021	16.00	25m	14-3-96	Heemskerk (NED)	292
2. Schelvis Femke	84	08-021	17.10	25m	24-3-94	Heemskerk (NED)	239
3. Essers Sanne	91	08-021	17.50	25m	29-3-01	Heemskerk (NED)	223
4. van Rookhuizen Sieta	79	08-021	17.60	25m	31-12-89	Heemskerk (NED)	219
5. Zwarthoed Brenda	96	08-021	17.65	25m	27-4-06	Heemskerk	217
6. Bakker Jesca	79	08-021	17.70	25m	31-12-89	Heemskerk (NED)	216
6. Steenkamp Ciska	90	08-021	17.70	25m	4-5-00	Heemskerk (NED)	216
8. Schelvis Roos	86	08-021	17.80	25m	14-3-96	Heemskerk (NED)	212
9. Teufer Irene	96	08-021	17.82	25m	27-4-06	Heemskerk	211
10. Meijer Linda	77	08-021	17.90	25m	17-12-87	Heemskerk (NED)	208
11. de Vriend Sofie	01	08-021	18.03	25m	30-6-11	Heemskerk (NED)	204
12. Buur Naomi	01	08-021	18.05	25m	14-4-11	Heemskerk (NED)	203
13. van der Kroft Nicole	84	08-021	18.30	25m	10-11-94	Heemskerk (NED)	195
14. van Ballegooie Simone	84	08-021	18.50	25m	15-12-94	Heemskerk (NED)	189
15. Koper Fiona	01	08-021	18.60	25m	14-4-11	Heemskerk (NED)	186
16. de Graaf Annemiek	70	08-021	18.70	25m	16-3-80	Heemskerk (NED)	183
16. Hoogervorst Marlon	84	08-021	18.70	25m	15-12-94	Heemskerk (NED)	183
18. Dijkstra Janet	77	08-021	18.90	25m	17-12-87	Heemskerk (NED)	177
18. Koopman Anitra	89	08-021	18.90	25m	18-3-99	Heemskerk (NED)	177
20. de Haan Shira	00	08-021	18.98	25m	3-1-10	Culemborg (NED)	175
21. Kleijne Daisy	89	08-021	19.03	25m	25-3-99	Heemskerk (NED)	173
22. Rodenburg Kyra	96	08-021	19.11	25m	27-4-06	Heemskerk	171
23. de Boer Irene	84	08-021	19.30	25m	10-11-94	Heemskerk (NED)	166
23. Visser Kelly	89	08-021	19.30	25m	18-3-99	Heemskerk (NED)	166
25. Venema Jalina	04	08-021	19.46	25m	13-4-14	Zaandam (NED)	162

50 vrije slag

1. Stel Serena	98	08-021	34.16	25m	5-10-08	Heemskerk (NED)	314
2. Crok Linda	94	08-021	34.75	25m	11-4-04	Haarlem	299
3. Renkema Iris	04	08-021	35.75	25m	16-11-14	Zaandam (NED)	274
4. Teufer Irene	96	08-021	35.90	25m	5-11-06	Zaandam (NED)	271
5. Hoekstra Eline	03	08-021	35.98	25m	31-10-13	Heemskerk (NED)	269
6. van Honk Chantal	80	08-021	36.40	25m	2-12-90		260
7. Schelvis Femke	84	08-021	36.50	25m	15-12-94	Heemskerk (NED)	258
8. Zwarthoed Brenda	96	08-021	36.57	25m	5-11-06	Zaandam (NED)	256
9. Schuyt Simone	75	08-021	36.70	25m	29-9-85	Heemskerk (NED)	253
10. Dijkstra Lisette	86	08-021	36.80	25m	12-12-96	Heemskerk (NED)	251
11. Schelvis Roos	86	08-021	37.00	25m	12-12-96	Heemskerk (NED)	247
12. Bakker Jesca	79	08-021	37.10	25m	14-12-89	Heemskerk (NED)	245
13. Kerkhoven Michelle	91	08-021	37.34	25m	25-3-01	Heerhugowaard (NED)	241
14. Blaauw Yente	03	08-021	37.48	25m	31-10-13	Heemskerk (NED)	238
15. Scholten Britt	04	08-021	37.61	25m	5-7-14	Eindhoven (NED)	235
16. Koopman Anitra	89	08-021	37.90	25m	21-12-99	Heemskerk (NED)	230
17. Bos Marieke	06	08-021	38.29	25m	13-10-16	Heemskerk (NED)	223
18. Essers Sanne	91	08-021	38.41	25m	18-3-01	Zaandam (NED)	221
19. van Rijn Eline	07	08-021	38.94	25m	14-5-17	Haarlem (NED)	212
20. Petit Kirsten	00	08-021	39.09	25m	28-11-10	Heemskerk (NED)	210
21. de Vriend Sofie	01	08-021	39.15	25m	13-11-11	Zaandam (NED)	209
22. Steenkamp Ciska	90	08-021	39.20	25m	20-1-00	Heemskerk (NED)	208
23. Buur Naomi	01	08-021	39.35	25m	6-10-11	Heemskerk (NED)	206
24. Hoek Daniëlle	88	08-021	39.38	25m	26-11-98	Heemskerk (NED)	205
25. van Leeuwen Andrea	71	08-021	39.50	25m	5-4-81	Heemskerk (NED)	203

100 vrije slag

1. Stel Serena	98	08-021	1:12.54	25m	23-11-08	Zaandam (NED)	347
2. Crok Linda	94	08-021	1:12.81	25m	21-11-04	Zaandam (NED)	343
3. Teufer Irene	96	08-021	1:18.75	25m	19-11-06	Zaandam (NED)	271
4. Renkema Iris	04	08-021	1:19.77	25m	21-9-14	Purmerend (NED)	261
5. van Honk Chantal	80	08-021	1:20.10	25m	6-12-90	Heemskerk (NED)	258
6. Schuyt Simone	75	08-021	1:21.60	25m	29-9-85	Heemskerk (NED)	244
6. Bakker Jesca	79	08-021	1:21.60	25m	17-12-89	Heemstede (NED)	244
8. Dijkstra Lisette	86	08-021	1:21.90	25m	22-9-96	Heemskerk (NED)	241
9. Hoekstra Eline	03	08-021	1:22.02	25m	8-6-13	Zaandam (NED)	240
10. Essers Sanne	91	08-021	1:22.43	25m	25-11-01	Alkmaar (NED)	236
11. Schelvis Femke	84	08-021	1:22.60	25m	25-9-94	Alkmaar (NED)	235
12. Scholten Britt	04	08-021	1:22.75	25m	14-6-14	Zaandam (NED)	234
13. Zwarthoed Brenda	96	08-021	1:22.78	25m	10-12-06	Heemskerk (NED)	233
14. Schelvis Roos	86	08-021	1:23.40	25m	29-9-96	Haarlem (NED)	228
15. Blaauw Yente	03	08-021	1:23.49	25m	17-11-13	Heemskerk (NED)	228
16. Bos Marieke	06	08-021	1:23.77	25m	24-4-16	Zaandam (NED)	225
17. Visser Kelly	89	08-021	1:25.12	25m	25-11-99	Heemskerk	215
18. Petit Kirsten	00	08-021	1:25.71	25m	28-11-10	Heemskerk (NED)	210
19. Koopman Anitra	89	08-021	1:25.98	25m	25-11-99	Heemskerk	208
20. de Vriend Sofie	01	08-021	1:26.19	25m	27-11-11	Heemskerk (NED)	207
21. Steenkamp Ciska	90	08-021	1:26.51	25m	30-11-00	Heemskerk (NED)	205
22. van Rijn Eline	07	08-021	1:27.98	25m	10-6-17	Zaandam (NED)	194
23. van der Kroft Nicole	84	08-021	1:28.00	25m	25-9-94	Alkmaar (NED)	194
24. Buur Naomi	01	08-021	1:28.11	25m	9-10-11	Zaandam (NED)	194
25. de Graaf Annemiek	70	08-021	1:28.40	25m	30-11-80	Heemskerk (NED)	192

200 vrije slag

1. Stel Serena	98	08-021	2:37.25	25m	14-12-08	Zaandam (NED)	353
2. Renkema Iris	04	08-021	2:55.34	25m	14-12-14	Zaandam (NED)	254
3. Hoekstra Eline	03	08-021	2:56.95	25m	15-12-13	Zaandam (NED)	247
4. Teufer Irene	96	08-021	3:01.06	25m	3-12-06	Zaandam (NED)	231
5. Blaauw Yente	03	08-021	3:02.75	25m	15-12-13	Zaandam (NED)	225
6. Dijkstra Lisette	86	08-021	3:03.30	25m	15-9-96	Assendelft (NED)	223
7. van Honk Chantal	80	08-021	3:04.10	25m	9-12-90	Volendam (NED)	220
8. Bos Marieke	06	08-021	3:06.05	25m	18-9-16	Zaandam (NED)	213
9. Bakker Jesca	79	08-021	3:06.60	25m	5-10-89	Heemskerk (NED)	211
10. Essers Sanne	91	08-021	3:06.66	25m	16-9-01	Zaandam (NED)	211
11. Petit Kirsten	00	08-021	3:07.17	25m	12-12-10	Zaandam (NED)	209
12. Scholten Britt	04	08-021	3:09.56	25m	14-12-14	Zaandam (NED)	201
13. Buur Naomi	01	08-021	3:10.04	25m	11-12-11	Zaandam (NED)	200
14. Steenkamp Ciska	90	08-021	3:11.06	25m	25-5-00	Heemskerk (NED)	196
15. Visser Kelly	89	08-021	3:11.08	25m	24-10-99	Zaandam (NED)	196
16. Schelvis Roos	86	08-021	3:11.30	25m	15-9-96	Assendelft (NED)	196
17. de Vriend Sofie	01	08-021	3:18.71	25m	11-12-11	Zaandam (NED)	175
18. de Haan Shira	00	08-021	3:18.81	25m	12-12-10	Zaandam (NED)	174
19. Kleijne Daisy	89	08-021	3:20.17	25m	24-10-99	Zaandam (NED)	171
20. Ivens Suzanne	99	08-021	3:22.32	25m	13-12-09	Zaandam (NED)	165
21. van Huisstede Nikita	01	08-021	3:24.67	25m	11-12-11	Zaandam (NED)	160
22. Koopman Anitra	89	08-021	3:26.32	25m	28-2-99	Zaandam (NED)	156
23. de Wildt Maud	05	08-021	3:26.73	25m	13-12-15	Zaandam (NED)	155
24. Visser Robin	05	08-021	3:29.55	25m	13-12-15	Zaandam (NED)	149
25. van der Gracht Anouk	89	08-021	3:30.90	25m	24-10-99	Zaandam (NED)	146

250 vrije slag

300 vrije slag

1. Essers Sanne	91	08-021	4:54.40	25m	4-11-01	Heemskerk	202
2. Teufer Irene	96	08-021	4:55.75	25m	12-1-06	Heemskerk (NED)	199
3. Steenkamp Ciska	90	08-021	5:11.60	25m	23-1-00	Heemskerk (NED)	170
4. Buur Naomi	01	08-021	5:48.63	25m	13-2-11	Zaandam (NED)	121

400 vrije slag

1. Stel Serena	98	08-021	5:40.44	25m	9-11-08	Zaandam (NED)	326
2. Essers Sanne	91	08-021	6:00.98	25m	4-1-01	Heemskerk (NED)	274
3. Crok Linda	94	08-021	6:10.89	25m	14-11-04	Heemskerk (NED)	252
4. van Honk Chantal	80	08-021	6:11.00	25m	9-12-90	Volendam (NED)	252
5. Teufer Irene	96	08-021	6:13.59	25m	3-12-06	Zaandam (NED)	247
6. Bos Marieke	06	08-021	6:15.64	25m	18-9-16	Zaandam (NED)	243
7. Schelvis Femke	84	08-021	6:16.50	25m	18-12-94	Wormerveer (NED)	241
8. Dijkstra Lisette	86	08-021	6:19.60	25m	10-11-96	Wormerveer (NED)	235
9. Bakker Jesca	79	08-021	6:29.10	25m	28-12-89	Heemskerk (NED)	218
10. Renkema Iris	04	08-021	6:33.71	25m	19-10-14	Zaandam (NED)	211
11. Visser Kelly	89	08-021	6:40.81	50m	31-10-99	Beverwijk (NED)	212
12. Hoekstra Eline	03	08-021	6:48.40	25m	20-10-13	Zaandam (NED)	189
13. Buur Naomi	01	08-021	6:53.64	25m	16-10-11	Zaandam (NED)	182
14. van Perlo Ingrid	73	08-021	6:59.00	25m	13-3-83	Castricum (NED)	175
15. Bruin Marianne	78	08-021	7:00.40	25m	6-10-88	Heemskerk (NED)	173
16. Kleijne Daisy	89	08-021	7:05.49	50m	31-10-99	Beverwijk (NED)	177
17. Koopman Anitra	89	08-021	7:10.06	25m	28-2-99	Zaandam (NED)	162
18. de Boer Irene	84	08-021	7:11.30	25m	18-12-94	Wormerveer (NED)	160
19. van der Kroft Nicole	84	08-021	7:12.20	25m	18-12-94	Wormerveer (NED)	159
20. van der Horst Wendy	72	08-021	7:14.70	25m	10-1-82	Wormerveer (NED)	157
21. van Ballegooie Simone	84	08-021	7:23.70	25m	18-12-94	Wormerveer (NED)	147
22. van der Geest Saskia	73	08-021	7:29.50	25m	13-3-83	Castricum (NED)	142
23. de Haan Shira	00	08-021	7:32.06	25m	19-12-10	Zaandam (NED)	139
24. Niesten Iris	92	08-021	7:54.78	25m	1-12-02	Heemskerk	120
25. Limmen Anita	78	08-021	8:05.70	25m	6-10-88	Heemskerk (NED)	112

500 vrije slag

1. Bos Marieke	06	08-021	8:31.18	OW	23-7-16	Amstelveen (NED)
2. Buur Naomi	01	08-021	10:42.65	OW	9-7-11	Wijk en Aalburg (NED)
3. de Wildt Maud	05	08-021	11:57.51	OW	18-7-15	Amstelveen (NED)

800 vrije slag

1. van Honk Chantal	80	08-021	14:16.20	25m	7-6-90	Heemskerk (NED)	175
2. Buur Naomi	01	08-021	14:30.44	25m	4-12-11	Zaandam (NED)	166
3. de Haan Shira	00	08-021	14:56.55	25m	19-12-10	Zaandam (NED)	152

1000 vrije slag**1250 vrije slag****1500 vrije slag****2000 vrije slag****2500 vrije slag**

3000 vrije slag**4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Schelvis Femke	84	08-021	19.50	25m	17-2-94	Heemskerk	238
2. Teufer Irene	96	08-021	19.51	25m	27-4-06	Heemskerk	238
3. Bakker Jesca	79	08-021	19.80	25m	31-12-89	Heemskerk (NED)	228
4. Meijer Linda	77	08-021	19.90	25m	17-12-87	Heemskerk (NED)	224
5. Schelvis Roos	86	08-021	20.50	25m	8-2-96	Heemskerk (NED)	205
6. de Groot Daniëlle	93	08-021	20.81	25m	19-1-03	Zaandam	196
7. van Ballegooie Simone	84	08-021	20.90	25m	15-12-94	Heemskerk (NED)	194
7. Dijkstra Lisette	86	08-021	20.90	25m	8-2-96	Heemskerk (NED)	194
9. Koopman Anitra	89	08-021	21.15	25m	25-3-99	Heemskerk (NED)	187
9. Essers Sanne	91	08-021	21.15	25m	14-1-01	Heemskerk (NED)	187
11. Steenkamp Ciska	90	08-021	21.18	25m	16-1-00	Zaandam (NED)	186
12. Dijkstra Janet	77	08-021	21.20	25m	17-12-87	Heemskerk (NED)	185
13. van Honschoten Ingeborg	70	08-021	21.50	25m	10-2-80	Heerhugowaard (NED)	178
13. Hoek Daniëlle	88	08-021	21.50	25m	15-1-98	Heemskerk (NED)	178
15. Kleijne Daisy	89	08-021	21.54	25m	7-3-99	Zaandam (NED)	177
16. Visser Kelly	89	08-021	21.60	25m	15-4-99	Heemskerk (NED)	175
17. Dijkstra Pascal	89	08-021	21.67	25m	25-3-99	Heemskerk (NED)	174
18. Hoogervorst Marlon	84	08-021	21.70	25m	15-12-94	Heemskerk (NED)	173
19. Zwarthoed Brenda	96	08-021	21.86	25m	27-4-06	Heemskerk	169
20. Rodenburg Kyra	96	08-021	22.12	25m	27-4-06	Heemskerk	163
21. Aafjes Suzan	69	08-021	22.30	25m	13-10-79	Heemskerk (NED)	159
22. van der Kroft Nicole	84	08-021	22.50	25m	10-11-94	Heemskerk (NED)	155
23. van Rookhuizen Sieta	79	08-021	22.80	25m	31-12-89	Heemskerk (NED)	149
24. van der Horst Sacha	69	08-021	22.90	25m	13-10-79	Heemskerk (NED)	147
25. de Boer Irene	84	08-021	23.40	25m	10-11-94	Heemskerk (NED)	138

50 rugslag

1. Stel Serena	98	08-021	40.82	25m	26-10-08	Eindhoven (NED)	249
2. Schelvis Roos	86	08-021	41.30	25m	7-11-96	Heemskerk (NED)	240
3. Crok Linda	94	08-021	41.47	25m	7-11-04	IJmuiden (NED)	238
4. Koper Fiona	01	08-021	41.48	25m	6-11-11	Zaandam (NED)	237
5. Teufer Irene	96	08-021	41.90	25m	30-12-06	Hoom (NED)	230
6. Hoekstra Eline	03	08-021	41.98	25m	8-12-13	Amstelveen (NED)	229
7. Scholten Britt	04	08-021	42.06	25m	26-10-14	Zaandam (NED)	228
8. Schelvis Femke	84	08-021	42.10	25m	10-11-94	Heemskerk (NED)	227
8. Blaauw Yente	03	08-021	42.10	25m	8-9-13	Zaandam (NED)	227
10. Dijkstra Lisette	86	08-021	42.70	25m	7-11-96	Heemskerk (NED)	218

50 rugslag (sinds 11)

11. Koopman Anitra	89	08-021	42.80	25m	14-11-99	Zaandam (NED)	216
12. Bakker Jesca	79	08-021	42.90	25m	5-11-89	Heemskerk (NED)	214
13. Essers Sanne	91	08-021	43.08	25m	29-11-01	Heemskerk	212
14. Steenkamp Ciska	90	08-021	43.67	25m	4-5-00	Heemskerk (NED)	203
15. Buur Naomi	01	08-021	43.75	25m	3-3-11	Heemskerk (NED)	202
16. Meijer Linda	77	08-021	43.80	25m	4-10-87	Zaandam (NED)	202
17. van Honk Chantal	80	08-021	44.20	25m	27-9-90	Heemskerk (NED)	196
18. de Vriend Sofie	01	08-021	44.39	25m	29-5-11	Purmerend (NED)	194
19. Petit Kirsten	00	08-021	44.64	50m	4-12-10	Beverwijk (NED)	222
20. Renkema Iris	04	08-021	45.12	25m	2-3-14	Haarlem (NED)	184
21. van Rijn Eline	07	08-021	45.13	25m	14-5-17	Haarlem (NED)	184
22. Missot Gonda	66	08-021	45.30	25m	14-9-76	Heemskerk (NED)	182
23. Visser Kelly	89	08-021	45.31	25m	14-11-99	Zaandam (NED)	182
24. Kleijne Daisy	89	08-021	45.49	25m	10-10-99	Zaandam (NED)	180
25. Zwarthoed Brenda	96	08-021	45.53	25m	19-10-06	Heemskerk	179

100 rugslag

1. Stel Serena	98	08-021	1:25.96	25m	16-11-08	Amsterdam-oost (NED)	265
2. Crok Linda	94	08-021	1:28.64	25m	23-12-04	Heemskerk (NED)	241
3. Teufer Irene	96	08-021	1:29.73	25m	8-10-06	Zaandam (NED)	233
4. Schelvis Femke	84	08-021	1:29.90	25m	20-11-94	Wormerveer (NED)	231
5. Hoekstra Eline	03	08-021	1:29.99	25m	12-12-13	Heemskerk (NED)	231
6. Scholten Britt	04	08-021	1:30.68	25m	6-4-14	Zaandam (NED)	225
7. Schelvis Roos	86	08-021	1:30.80	25m	10-10-96	Heemskerk (NED)	225
8. Bakker Jesca	79	08-021	1:31.30	25m	3-12-89	Zaandam (NED)	221
9. Essers Sanne	91	08-021	1:32.02	25m	9-12-01	Heemskerk	216
10. Koopman Anitra	89	08-021	1:32.38	25m	16-12-99	Heemskerk	213
11. Buur Naomi	01	08-021	1:32.64	25m	27-11-11	Heemskerk (NED)	211
12. Dijkstra Lisette	86	08-021	1:33.80	25m	3-11-96	Zaandam (NED)	204
13. Blaauw Yente	03	08-021	1:34.64	25m	8-6-13	Zaandam (NED)	198
14. Petit Kirsten	00	08-021	1:34.78	25m	4-11-10	Heemskerk (NED)	197
15. van Honk Chantal	80	08-021	1:34.90	25m	11-3-90	Heemskerk (NED)	197
16. Renkema Iris	04	08-021	1:35.06	25m	30-10-14	Heemskerk (NED)	196
17. Steenkamp Ciska	90	08-021	1:35.30	25m	14-5-00	Zaandam (NED)	194
18. Visser Kelly	89	08-021	1:36.91	25m	16-12-99	Heemskerk	185
19. van der Kroft Nicole	84	08-021	1:37.00	25m	20-10-94	Heemskerk (NED)	184
20. Koper Fiona	01	08-021	1:37.79	25m	9-10-11	Zaandam (NED)	180
21. de Vriend Sofie	01	08-021	1:37.90	25m	27-11-11	Heemskerk (NED)	179
22. Visser Robin	05	08-021	1:38.13	25m	10-12-15	Heemskerk (NED)	178
23. de Boer Isabel	06	08-021	1:38.26	25m	11-6-16	Zaandam (NED)	177
24. van Ballegooie Simone	84	08-021	1:38.50	25m	20-11-94	Wormerveer (NED)	176
25. Bos Marieke	06	08-021	1:39.26	25m	24-4-16	Zaandam (NED)	172

200 rugslag

1. Bakker Jesca	79	08-021	3:21.20	25m	2-11-89	Heemskerk (NED)	212
2. van Honk Chantal	80	08-021	3:23.60	25m	8-11-90	Heemskerk (NED)	204
3. Bos Marieke	06	08-021	3:28.19	25m	27-11-16	Zaandam (NED)	191

500 rugslag

25 schoolslag

1. Teufer Irene	96	08-021	20.58	25m	27-4-06	Heemskerk	276
2. van Rookhuizen Sieta	79	08-021	21.90	25m	31-12-89	Heemskerk (NED)	229
3. de Boer Irene	84	08-021	22.00	25m	10-11-94	Heemskerk (NED)	225
4. Bakker Jesca	79	08-021	22.10	25m	12-1-89	Heemskerk (NED)	222
5. Schelvis Roos	86	08-021	22.30	25m	14-3-96	Heemskerk (NED)	216
6. van der Kroft Nicole	84	08-021	22.40	25m	10-11-94	Heemskerk (NED)	214
7. Steenkamp Ciska	90	08-021	22.47	25m	17-2-00	Heemskerk (NED)	212
8. Hoogervorst Marlon	84	08-021	22.50	25m	15-12-94	Heemskerk (NED)	211
9. Missot Gonda	66	08-021	22.90	25m	14-9-76	Heemskerk (NED)	200
10. Visser Kelly	89	08-021	23.00	25m	15-4-99	Heemskerk (NED)	197
11. Buur Naomi	01	08-021	23.02	25m	13-3-11	Heemskerk (NED)	197
12. van der Zee Olga	66	08-021	23.10	25m	14-9-76	Heemskerk (NED)	195
13. Koper Selma	03	08-021	23.24	25m	7-4-13	Castricum (NED)	191
14. Meijer Linda	77	08-021	23.40	25m	17-12-87	Heemskerk (NED)	187
14. Dijkstra Lisette	86	08-021	23.40	25m	15-2-96	Heemskerk (NED)	187
14. Koopman Anitra	89	08-021	23.40	25m	18-3-99	Heemskerk (NED)	187
17. Snijder Femke	83	08-021	23.70	25m	13-10-93		180
18. van Huisstede Nikita	01	08-021	23.89	25m	3-4-11	Zaandam (NED)	176
19. Dijkstra Janet	77	08-021	24.00	25m	17-12-87	Heemskerk (NED)	174
20. Tholen Kirsten	66	08-021	24.10	25m	14-9-76	Heemskerk (NED)	171
21. van der Horst Sacha	69	08-021	24.20	25m	15-9-79	Heemskerk (NED)	169
22. Heus Inge	81	08-021	24.30	25m	16-5-91	Heemskerk (NED)	167
22. van Ballegooie Simone	84	08-021	24.30	25m	10-11-94	Heemskerk (NED)	167
24. van der Gracht Anouk	89	08-021	24.41	25m	25-3-99	Heemskerk (NED)	165
25. Rasch Monique	66	08-021	24.50	25m	14-9-76	Heemskerk (NED)	163

50 schoolslag

1. van Honk Chantal	80	08-021	41.40	25m	8-11-90	Heemskerk (NED)	336
2. Teufer Irene	96	08-021	44.20	25m	5-11-06	Zaandam (NED)	276
3. Crok Linda	94	08-021	45.45	25m	25-11-04	Heemskerk (NED)	254
4. van Rookhuizen Sieta	79	08-021	46.50	25m	14-12-89	Heemskerk (NED)	237
4. Bakker Jesca	79	08-021	46.50	25m	14-12-89	Heemskerk (NED)	237
4. Hoogervorst Marlon	84	08-021	46.50	25m	20-10-94	Heemskerk (NED)	237
7. Stel Serena	98	08-021	46.59	25m	16-11-08	Amsterdam-oost (NED)	236
8. van der Kroft Nicole	84	08-021	46.60	25m	20-10-94	Heemskerk (NED)	236
9. Missot Gonda	66	08-021	47.20	25m	30-3-76	Heemskerk (NED)	227
10. Plokker Sylvia	68	08-021	47.50	25m	22-4-78	Heemskerk (NED)	222
11. Dijkstra Lisette	86	08-021	47.90	25m	10-10-96	Heemskerk (NED)	217
12. Koopman Anitra	89	08-021	48.18	25m	16-12-99	Heemskerk	213
13. Schelvis Roos	86	08-021	48.20	25m	27-10-96	Zaandam (NED)	213
14. Scholten Britt	04	08-021	48.26	25m	7-9-14	Zaandam (NED)	212
15. Steenkamp Ciska	90	08-021	48.28	25m	14-12-00	Heemskerk (NED)	212
16. de Groot Daniëlle	93	08-021	48.38	25m	27-11-03	Heemskerk (NED)	210
17. Renkema Iris	04	08-021	48.46	25m	5-10-14	Zaandam (NED)	209
18. Hoekstra Eline	03	08-021	49.20	25m	13-10-13	Zaandam (NED)	200
19. Bos Marieke	06	08-021	49.38	25m	13-10-16	Heemskerk (NED)	198
20. van Leeuwen Andrea	71	08-021	49.50	25m	14-3-81	Heemskerk (NED)	196
21. de Boer Irene	84	08-021	49.60	25m	19-10-94		195
22. Niesten Iris	92	08-021	49.90	25m	28-11-02	Heemskerk	192
23. Blaauw Yente	03	08-021	49.95	25m	8-9-13	Zaandam (NED)	191
24. Zeeman Judith	70	08-021	50.00	25m	4-10-80	Heemskerk (NED)	191
24. Dijkstra Janet	77	08-021	50.00	25m	27-9-87	Zaandam (NED)	191

100 schoolslag

1. van Honk Chantal	80	08-021	1:30.00	25m	27-9-90	Heemskerk (NED)	332
2. Teufer Irene	96	08-021	1:34.57	25m	28-5-06	Zoetermeer (NED)	286
3. Bakker Jesca	79	08-021	1:37.10	25m	7-12-89	Heemskerk (NED)	264
4. Crok Linda	94	08-021	1:38.82	25m	28-10-04	Heemskerk (NED)	251
5. van der Kroft Nicole	84	08-021	1:39.40	25m	24-11-94	Heemskerk (NED)	246
6. Missot Gonda	66	08-021	1:40.30	25m	23-4-76		240
7. Stel Serena	98	08-021	1:40.51	25m	26-10-08	Eindhoven (NED)	238
8. Hoekstra Eline	03	08-021	1:41.78	25m	31-10-13	Heemskerk (NED)	230
9. van Rookhuizen Sieta	79	08-021	1:41.80	25m	7-12-89	Heemskerk (NED)	229
10. Schelvis Roos	86	08-021	1:42.00	25m	8-12-96	Heerhugowaard (NED)	228
11. Plokker Sylvia	68	08-021	1:42.30	25m	19-2-78	Assendelft (NED)	226
12. Dijkstra Lisette	86	08-021	1:42.70	25m	7-11-96	Heemskerk (NED)	223
13. Willemse Renee	75	08-021	1:42.90	25m	31-12-85		222
14. Scholten Britt	04	08-021	1:42.95	25m	26-10-14	Zaandam (NED)	222
15. van Leeuwen Andrea	71	08-021	1:43.70	25m	10-1-81	Hilversum (NED)	217
16. Zeeman Judith	70	08-021	1:44.30	25m	16-11-80	Haarlem (NED)	213
17. Bos Marieke	06	08-021	1:44.34	25m	13-10-16	Heemskerk (NED)	213
18. Renkema Iris	04	08-021	1:44.72	25m	5-10-14	Zaandam (NED)	211
19. Steenkamp Ciska	90	08-021	1:44.76	25m	9-4-00	Haarlem (NED)	210
20. de Graaf Dinie	71	08-021	1:45.70	25m	29-11-81	Zaandam (NED)	205
21. Blaauw Yente	03	08-021	1:46.18	25m	31-10-13	Heemskerk (NED)	202
22. de Boer Irene	84	08-021	1:46.40	25m	24-11-94	Heemskerk (NED)	201
23. Koopman Anitra	89	08-021	1:46.63	25m	19-12-99	Wormerveer (NED)	200
24. Hoogervorst Marlon	84	08-021	1:46.70	25m	25-9-94	Alkmaar (NED)	199
25. de Haan Shira	00	08-021	1:47.63	25m	10-10-10	Zaandam (NED)	194

200 schoolslag

1. van Honk Chantal	80	08-021	3:16.90	25m	6-12-90	Heemskerk (NED)	319
2. Bos Marieke	06	08-021	3:40.07	25m	18-9-16	Zaandam (NED)	228
3. Koopman Anitra	89	08-021	3:58.28	25m	24-1-99	Assendelft (NED)	180
4. Kleijne Daisy	89	08-021	4:01.33	25m	24-1-99	Assendelft (NED)	173
5. de Haan Shira	00	08-021	4:02.70	25m	25-3-10	Heemskerk (NED)	170
6. van der Gracht Anouk	89	08-021	4:05.56	25m	24-1-99	Assendelft (NED)	164
7. Petit Kirsten	00	08-021	4:09.97	25m	25-3-10	Heemskerk (NED)	156
8. Visser Kelly	89	08-021	4:12.85	25m	24-1-99	Assendelft (NED)	150
9. Kesting Alexandra	00	08-021	4:21.59	25m	25-3-10	Heemskerk (NED)	136
10. Knight Kayleigh	00	08-021	4:39.48	25m	25-3-10	Heemskerk (NED)	111
11. Doodeman Sara	00	08-021	4:58.68	25m	25-3-10	Heemskerk (NED)	91

500 schoolslag**800 schoolslag****1000 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag**

4000 schoolslag**5000 schoolslag****25 vlinderslag**

1. Bakker Jesca	79	08-021	18.40	25m	31-12-89	Heemskerk (NED)	224
2. Buur Naomi	01	08-021	18.78	25m	17-11-11	Heemskerk (NED)	211
3. van der Kroft Nicole	84	08-021	19.40	25m	10-11-94	Heemskerk (NED)	191
4. Teufer Irene	96	08-021	19.81	25m	27-4-06	Heemskerk	180
5. Schelvis Femke	84	08-021	19.90	25m	10-11-94	Heemskerk (NED)	177
6. de Haan Shira	00	08-021	19.98	25m	3-1-10	Culemborg (NED)	175
7. Essers Sanne	91	08-021	20.94	25m	11-3-01	Zaandam (NED)	152
8. Copier Alyssa	04	08-021	21.15	25m	13-4-14	Zaandam (NED)	148
9. Hoogervorst Marlon	84	08-021	21.20	25m	15-12-94	Heemskerk (NED)	147
10. Petit Kirsten	00	08-021	21.31	25m	4-11-10	Heemskerk (NED)	144
11. de Vriend Sofie	01	08-021	21.64	25m	30-6-11	Heemskerk (NED)	138
12. van Rookhuizen Sieta	79	08-021	21.80	25m	31-12-89	Heemskerk (NED)	135
13. Zwarthoed Brenda	96	08-021	21.87	25m	27-4-06	Heemskerk	133
14. Meijer Linda	77	08-021	22.50	25m	17-12-87	Heemskerk (NED)	123
15. Visser Kelly	89	08-021	22.60	25m	7-2-99	Haarlem (NED)	121
16. Steenkamp Ciska	90	08-021	22.71	25m	4-5-00	Heemskerk (NED)	119
17. Koopman Anitra	89	08-021	22.80	25m	21-12-99	Heemskerk (NED)	118
18. Dijkstra Lisette	86	08-021	22.90	25m	8-2-96	Heemskerk (NED)	116
19. Kleijne Daisy	89	08-021	22.94	25m	25-3-99	Heemskerk (NED)	116
20. Dijkstra Janet	77	08-021	23.10	25m	17-12-87	Heemskerk (NED)	113
21. de Groot Daniëlle	93	08-021	23.22	25m	16-3-03	Heemskerk	111
22. Doodeman Sara	00	08-021	23.23	25m	4-11-10	Heemskerk (NED)	111
23. van Huisstede Nikita	01	08-021	23.47	25m	17-11-11	Heemskerk (NED)	108
24. Rodenburg Kyra	96	08-021	23.51	25m	27-4-06	Heemskerk	107
25. Koper Fiona	01	08-021	23.79	25m	30-6-11	Heemskerk (NED)	104

50 vlinderslag

1. Teufer Irene	96	08-021	38.84	25m	14-12-06	Heemskerk (NED)	247
2. Mallon Danique	94	08-021	40.41	25m	12-12-04	Zaandam (NED)	219
3. Crok Linda	94	08-021	40.99	25m	23-12-04	Heemskerk (NED)	210
4. Bakker Jesca	79	08-021	41.10	25m	17-12-89	Heemstede (NED)	208
5. van Honk Chantal	80	08-021	41.50	25m	31-12-90		202
6. Stel Serena	98	08-021	43.57	25m	23-11-08	Zaandam (NED)	175
7. Scholten Britt	04	08-021	43.80	25m	30-10-14	Heemskerk (NED)	172
8. Rodenburg Kyra	96	08-021	43.87	25m	15-6-06	Heemskerk (NED)	171
9. Schelvis Femke	84	08-021	44.10	25m	15-12-94	Heemskerk (NED)	168
10. Zwarthoed Brenda	96	08-021	44.67	25m	30-11-06	Heemskerk	162
11. Hoekstra Eline	03	08-021	44.90	25m	8-6-13	Zaandam (NED)	160
12. Essers Sanne	91	08-021	45.19	25m	16-12-01	Zaandam	157
13. van der Kroft Nicole	84	08-021	45.80	25m	24-11-94	Heemskerk (NED)	150
14. Renkema Iris	04	08-021	46.02	25m	14-6-14	Zaandam (NED)	148
15. Hoek Daniëlle	88	08-021	46.54	25m	20-12-98	Alkmaar (NED)	143
16. de Groot Daniëlle	93	08-021	46.63	25m	14-12-03	Zaandam (NED)	142
17. Windmuller Wendy	69	08-021	47.00	25m	4-11-79	Zaandam (NED)	139
18. de Haan Shira	00	08-021	47.66	25m	24-1-10	Zaandam (NED)	133
19. Hoogervorst Marlon	84	08-021	47.70	25m	24-11-94	Heemskerk (NED)	133
20. Dijkstra Lisette	86	08-021	47.90	25m	21-4-96	Alkmaar (NED)	131
21. de Vriend Sofie	01	08-021	47.98	25m	20-11-11	Zaandam (NED)	131
22. van Rookhuizen Sieta	79	08-021	48.10	25m	1-11-89		130
23. Meijer Linda	77	08-021	48.50	25m	15-3-87	Heemskerk (NED)	127
24. Visser Kelly	89	08-021	48.90	25m	14-11-99	Zaandam (NED)	123
25. van Leeuwen Andrea	71	08-021	49.20	25m	18-10-81	Heemskerk (NED)	121

100 vlinderslag

1. Teufer Irene	96	08-021	1:32.89	25m	30-11-06	Heemskerk	208
2. Crok Linda	94	08-021	1:37.76	25m	25-11-04	Heemskerk (NED)	178
3. Mallon Danique	94	08-021	1:41.96	25m	25-11-04	Heemskerk (NED)	157
4. van Honk Chantal	80	08-021	1:44.70	25m	23-9-90		145
5. van der Kroft Nicole	84	08-021	1:49.00	25m	13-11-94	Hoor (NED)	128
6. Moolevliet Petra	82	08-021	1:50.10	25m	27-9-92		125
6. Schelvis Femke	84	08-021	1:50.10	25m	13-11-94	Hoor (NED)	125
8. Scholten Britt	04	08-021	1:52.98	25m	14-12-14	Zaandam (NED)	115
9. Bos Marieke	06	08-021	1:53.27	25m	27-11-16	Zaandam (NED)	114
10. Essers Sanne	91	08-021	1:54.02	25m	20-12-01	Heemskerk	112
11. Renkema Iris	04	08-021	1:54.25	25m	14-12-14	Zaandam (NED)	111
12. de Groot Daniëlle	93	08-021	1:55.42	25m	27-11-03	Heemskerk (NED)	108
13. Hoekstra Eline	03	08-021	1:55.53	25m	15-12-13	Zaandam (NED)	108
14. van Ballegooie Simone	84	08-021	1:55.90	25m	13-11-94	Hoor (NED)	107
15. Petit Kirsten	00	08-021	1:56.20	25m	12-12-10	Zaandam (NED)	106
16. de Vriend Sofie	01	08-021	1:57.01	25m	11-12-11	Zaandam (NED)	104
17. de Haan Shira	00	08-021	1:58.31	25m	18-2-10	Heemskerk (NED)	100
18. Blaauw Yente	03	08-021	1:59.94	25m	15-12-13	Zaandam (NED)	96
19. de Wildt Maud	05	08-021	2:00.33	25m	13-12-15	Zaandam (NED)	95
20. Steenkamp Ciska	90	08-021	2:01.17	25m	24-4-00	Haarlem (NED)	93
21. de Boer Irene	84	08-021	2:02.40	25m	13-11-94	Hoor (NED)	90
22. Buur Naomi	01	08-021	2:02.59	25m	18-12-11	Zaandam (NED)	90
23. Hoogervorst Marlon	84	08-021	2:04.30	25m	13-11-94	Hoor (NED)	86
24. Rodenburg Kyra	96	08-021	2:05.15	25m	15-6-06	Heemskerk (NED)	85
25. Ivens Suzanne	99	08-021	2:18.18	25m	13-12-09	Zaandam (NED)	63

200 vlinderslag**100 wisselslag**

1. Stel Serena	98	08-021	1:25.61	25m	5-10-08	Heemskerk (NED)	302
2. Crok Linda	94	08-021	1:26.96	25m	28-11-04	Heemskerk (NED)	288
3. Teufer Irene	96	08-021	1:27.11	25m	14-12-06	Heemskerk (NED)	286
4. van Honk Chantal	80	08-021	1:28.90	25m	2-12-90		269
5. Bakker Jesca	79	08-021	1:30.30	25m	5-11-89	Heemskerk (NED)	257
6. Scholten Britt	04	08-021	1:31.59	25m	11-5-14	Purmerend (NED)	246
7. Mallon Danique	94	08-021	1:31.75	25m	19-12-04	Heemskerk (NED)	245
8. Dijkstra Lisette	86	08-021	1:32.00	25m	12-12-96	Heemskerk (NED)	243
9. Schelvis Roos	86	08-021	1:32.50	25m	12-12-96	Heemskerk (NED)	239
10. Hoekstra Eline	03	08-021	1:32.71	25m	10-11-13	Zaandam (NED)	237
11. Renkema Iris	04	08-021	1:32.95	25m	23-11-14	Zaandam (NED)	236
12. van der Kroft Nicole	84	08-021	1:33.20	25m	20-11-94	Wormerveer (NED)	234
13. Blaauw Yente	03	08-021	1:34.16	25m	10-11-13	Zaandam (NED)	227
14. Zwarthoed Brenda	96	08-021	1:34.89	25m	26-11-06	Heemskerk (NED)	221
15. Essers Sanne	91	08-021	1:35.14	25m	18-11-01	Heemskerk	220
16. Buur Naomi	01	08-021	1:35.90	25m	20-11-11	Zaandam (NED)	214
17. Bos Marieke	06	08-021	1:36.03	25m	20-11-16	Zaandam (NED)	214
18. Visser Kelly	89	08-021	1:36.06	25m	21-11-99	Heemskerk (NED)	213
19. Koper Fiona	01	08-021	1:36.80	25m	13-11-11	Zaandam (NED)	209
20. Hoek Daniëlle	88	08-021	1:37.63	25m	26-11-98	Heemskerk (NED)	203
21. Rodenburg Kyra	96	08-021	1:37.71	25m	26-11-06	Heemskerk (NED)	203
22. de Haan Shira	00	08-021	1:37.85	25m	14-11-10	Castricum (NED)	202
23. Schuyt Simone	75	08-021	1:37.90	25m	6-10-85	Wormerveer (NED)	202
24. Bruin Marianne	78	08-021	1:38.20	25m	31-12-88		200
25. van Rijn Eline	07	08-021	1:38.71	25m	11-5-17	Heemskerk (NED)	197

200 wisselslag

1. Teufer Irene	96	08-021	3:08.02	25m	8-10-06	Zaandam (NED)	281
2. Stel Serena	98	08-021	3:08.12	25m	12-10-08	Zaandam (NED)	280
3. van Honk Chantal	80	08-021	3:11.50	25m	28-10-90		266
4. Crok Linda	94	08-021	3:13.62	25m	10-10-04	Zaandam (NED)	257
5. Scholten Britt	04	08-021	3:20.50	25m	15-6-14	Zaandam (NED)	232
6. Hoekstra Eline	03	08-021	3:20.59	25m	20-10-13	Zaandam (NED)	231
7. Dijkstra Lisette	86	08-021	3:25.80	25m	3-11-96	Zaandam (NED)	214
8. Schelvis Femke	84	08-021	3:27.60	25m	16-10-94	Schagen (NED)	209
9. Renkema Iris	04	08-021	3:28.46	25m	15-6-14	Zaandam (NED)	206
10. Schelvis Roos	86	08-021	3:28.50	25m	3-11-96	Zaandam (NED)	206
11. Essers Sanne	91	08-021	3:29.56	25m	30-9-01	Zaandam (NED)	203
12. van Rijn Eline	07	08-021	3:30.41	25m	11-6-17	Zaandam (NED)	200
13. Bos Marieke	06	08-021	3:32.27	25m	12-6-16	Zaandam (NED)	195
14. Schuyt Simone	75	08-021	3:33.00	25m	22-9-85		193
15. Buur Naomi	01	08-021	3:35.19	25m	4-12-11	Zaandam (NED)	187
16. van der Kroft Nicole	84	08-021	3:36.20	25m	16-10-94	Schagen (NED)	185
17. de Haan Shira	00	08-021	3:37.49	25m	19-12-10	Zaandam (NED)	181
18. Visser Kelly	89	08-021	3:37.74	25m	3-10-99	Zaandam (NED)	181
19. Zwarthoed Brenda	96	08-021	3:38.25	25m	8-10-06	Zaandam (NED)	179
20. Blaauw Yente	03	08-021	3:38.87	25m	9-6-13	Zaandam (NED)	178
21. Steenkamp Ciska	90	08-021	3:39.20	25m	30-3-00	Heemskerk (NED)	177
22. de Boer Isabel	06	08-021	3:40.34	25m	12-6-16	Zaandam (NED)	174
23. Koopman Anitra	89	08-021	3:42.89	25m	3-10-99	Zaandam (NED)	168
24. de Wildt Maud	05	08-021	3:44.41	25m	14-6-15	Zaandam (NED)	165
25. Hoek Daniëlle	88	08-021	3:44.57	25m	4-10-98	Haarlem (NED)	165

300 wisselslag**400 wisselslag**