

25 vrije slag

1. Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)	488
2. van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)	441
3. Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)	431
4. Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)	418
5. van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)	413
6. Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk	407
7. Palmboom Nicole	91	08-021	14.41	25m	29-5-08	Heemskerk (NED)	400
8. Kramer Miranda	80	08-021	14.50	25m	13-3-97	Heemskerk (NED)	392
9. de Boer Irene	84	08-021	14.70	25m	29-3-01	Heemskerk (NED)	377
10. Essers Sanne	91	08-021	14.71	25m	29-5-08	Heemskerk (NED)	376
11. Mallon Danique	94	08-021	14.83	25m	30-6-11	Heemskerk (NED)	367
12. Stins Mariska	84	08-021	14.84	25m	29-3-01	Heemskerk (NED)	366
13. Crok Annemarie	89	08-021	14.85	25m	27-4-06	Heemskerk	365
14. van der Gracht Anouk	89	08-021	14.97	25m	27-4-06	Heemskerk	357
15. Heus Pauline	78	08-021	15.40	25m	27-4-95	Heemskerk (NED)	327
16. Butter Anouk	82	08-021	16.39	25m	25-3-99	Heemskerk (NED)	272
17. Oudendijk Bianca	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)	271
17. van Velsen Patricia	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)	271
19. Molenaar Eline	82	08-021	16.51	25m	25-3-99	Heemskerk (NED)	266
20. ten Cate Joyce	80	08-021	16.70	25m	13-3-97	Heemskerk (NED)	257
20. Zonneveld Chantal	84	08-021	16.70	25m	22-2-01	Heemskerk (NED)	257
22. Beentjes Nicolet	80	08-021	19.40	25m	13-3-97	Heemskerk (NED)	164

50 vrije slag

1. Kingma Danae	00	08-021	27.47	50m	9-4-17	Eindhoven (NED)	644
2. Drubers Mirjam	67	08-021	28.20	25m	31-12-84		559
3. Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)	537
4. Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)	515
5. Meijer Sylvia	81	08-021	29.10	25m	18-1-98	Zuidoost Beemster (NED)	509
6. Schelvis Femke	84	08-021	29.60	25m	27-9-01	Heemskerk	483
7. Hoek Daniëlle	88	08-021	29.78	25m	6-11-05	Zaandam (NED)	475
8. Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)	474
9. Kleijne Daisy	89	08-021	29.83	25m	5-3-06	Purmerend (NED)	472
10. van der Kroft Nicole	84	08-021	29.90	25m	27-9-01	Heemskerk	469
11. Vink Lidewij	90	08-021	29.97	25m	8-4-07	Haarlem (NED)	466
12. Groen Anne	95	08-021	29.98	50m	19-5-12	Beverwijk (NED)	495
13. van Ballegooie Simone	84	08-021	30.50	25m	26-4-01	Heemskerk (NED)	442
14. de Haan Shira	00	08-021	30.61	25m	12-3-17	Purmerend (NED)	437
15. Verbree Bets	63	08-021	30.80	25m	2-3-80	Heemskerk (NED)	429
16. Kramer Miranda	80	08-021	30.90	25m	16-11-97	Zaandam (NED)	425
17. Stam Vanessa	80	08-021	31.00	25m	6-11-97	Heemskerk (NED)	421
18. Schelvis Roos	86	08-021	31.03	25m	30-1-03	Heemskerk	420
19. Mallon Danique	94	08-021	31.04	25m	16-1-11	Zaandam (NED)	419
20. Limmen Karin	76	08-021	31.10	25m	14-4-93		417
21. Crok Annemarie	89	08-021	31.15	25m	23-4-06	Zaandam (NED)	415
22. Stins Mariska	84	08-021	31.38	25m	25-10-01	Heemskerk	406
23. van Rookhuizen Sieta	79	08-021	31.60	25m	14-4-96	Zaandam (NED)	397
24. Meijer Linda	77	08-021	31.70	25m	17-9-94	Hoogland (NED)	394
25. de Graaf Annemiek	70	08-021	31.80	25m	21-5-87	Heemskerk (NED)	390

100 vrije slag

1. Kingma Danae	00	08-021	58.86	25m	12-3-17	Purmerend (NED)	650
2. Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)	567
3. Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)	556
4. Schelvis Femke	84	08-021	1:02.91	25m	9-12-01	Heemskerk	533
5. Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)	525
6. Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)	511
7. van der Kroft Nicole	84	08-021	1:03.91	25m	9-12-01	Heemskerk	508
8. Groen Anne	95	08-021	1:04.96	25m	1-4-12	Zaandam (NED)	484
9. Kleijne Daisy	89	08-021	1:05.14	25m	17-4-06	Haarlem (NED)	480
10. Hoek Daniëlle	88	08-021	1:05.60	25m	28-12-05	Maastricht (NED)	470
11. Vink Lidewij	90	08-021	1:05.62	25m	18-11-07	Alkmaar (NED)	469
12. Hulshof Saskia	73	08-021	1:06.30	25m	3-5-90	Heemskerk (NED)	455
13. Stam Vanessa	80	08-021	1:06.70	25m	30-3-97	Haarlem (NED)	447
14. de Haan Shira	00	08-021	1:06.80	25m	11-5-17	Heemskerk (NED)	445
15. Schelvis Roos	86	08-021	1:06.92	25m	5-1-03	Aalsmeer (NED)	442
16. Crok Annemarie	89	08-021	1:06.96	25m	17-4-06	Haarlem (NED)	442
17. Verbree Bets	63	08-021	1:07.10	25m	6-9-80	Z.O. Beemster (NED)	439
18. Mallon Danique	94	08-021	1:07.52	25m	16-1-11	Zaandam (NED)	431
19. Essers Sanne	91	08-021	1:07.56	25m	9-3-08	Heemskerk (NED)	430
20. Meijer Linda	77	08-021	1:07.80	25m	5-2-94		425
21. Kramer Miranda	80	08-021	1:08.50	25m	26-10-97	Heemskerk (NED)	412
22. Petit Kirsten	00	08-021	1:08.74	25m	12-3-17	Purmerend (NED)	408
23. Stins Mariska	84	08-021	1:08.89	25m	22-2-01	Heemskerk (NED)	405
24. de Boer Irene	84	08-021	1:09.12	25m	29-3-01	Heemskerk (NED)	401
25. Niesten Iris	92	08-021	1:09.15	25m	15-3-09	Haarlem (NED)	401

200 vrije slag

1. Kingma Danae	00	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	574
2. Schelvis Femke	84	08-021	2:17.19	25m	25-1-01	Heemskerk (NED)	532
3. Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)	525
4. Drubers Mirjam	67	08-021	2:18.20	25m	7-10-84	Volendam (NED)	520
5. Hoek Daniëlle	88	08-021	2:20.84	25m	27-11-05	Heemskerk (NED)	491
6. Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Hoorndijk (NED)	475
7. Groen Anne	95	08-021	2:22.72	25m	2-12-12	Amstelveen (NED)	472
8. Meijer Sylvia	81	08-021	2:24.70	25m	9-4-98	Heemskerk (NED)	453
9. Vink Lidewij	90	08-021	2:24.79	25m	18-3-07	Heemskerk (NED)	452
10. Kleijne Daisy	89	08-021	2:25.19	25m	12-2-06	Zaandam (NED)	448
11. Hulshof Saskia	73	08-021	2:25.80	25m	28-2-90		443
12. Schelvis Roos	86	08-021	2:27.51	25m	27-2-03	Heemskerk	428
13. van der Kroft Nicole	84	08-021	2:27.92	25m	27-9-01	Heemskerk	424
14. Crok Annemarie	89	08-021	2:27.94	25m	12-2-06	Zaandam (NED)	424
15. Verbree Bets	63	08-021	2:28.10	25m	16-3-80	Zandvoort (NED)	422
15. Stam Vanessa	80	08-021	2:28.10	25m	23-1-97	Heemskerk	422
17. Mallon Danique	94	08-021	2:29.10	25m	27-1-11	Heemskerk (NED)	414
18. de Boer Irene	84	08-021	2:29.14	25m	11-3-01	Zaandam (NED)	414
19. de Haan Shira	00	08-021	2:29.21	25m	16-3-17	Heemskerk (NED)	413
20. Kramer Miranda	80	08-021	2:30.60	25m	23-1-97	Heemskerk	402
21. Stins Mariska	84	08-021	2:30.95	25m	27-9-01	Heemskerk	399
22. Meijer Linda	77	08-021	2:32.20	25m	15-1-94		389
23. Essers Sanne	91	08-021	2:33.83	50m	30-3-08	Alkmaar (NED)	396
24. Koopman Anitra	89	08-021	2:34.13	25m	19-3-06	Heemskerk (NED)	375
25. van der Gracht Anouk	89	08-021	2:34.34	25m	28-9-06	Heemskerk (NED)	373

250 vrije slag

300 vrije slag

1. Crok Linda	94	08-021	3:38.23	25m	25-4-11	Haarlem (NED)	496
2. Vink Lidewij	90	08-021	3:52.99	25m	14-10-07	Zaandam (NED)	408
3. Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)	363
4. van der Gracht Anouk	89	08-021	4:03.64	25m	18-5-06	Heemskerk (NED)	357
5. de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)	342

400 vrije slag

1. Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)	526
2. Vink Lidewij	90	08-021	4:58.33	25m	9-4-07	Haarlem (NED)	485
3. Schelvis Femke	84	08-021	5:08.19	25m	31-5-01	Heemskerk (NED)	440
4. de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)	418
5. Kleijne Daisy	89	08-021	5:13.87	25m	1-4-06	Zaandam (NED)	417
6. Hoek Daniëlle	88	08-021	5:14.06	25m	23-10-05	Zaandam (NED)	416
7. Stam Vanessa	80	08-021	5:15.20	25m	23-2-97	Zaandam (NED)	411
8. Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)	411
9. Limmen Karin	76	08-021	5:16.50	25m	24-4-93		406
10. Meijer Sylvia	81	08-021	5:20.40	25m	19-3-98	Heemskerk (NED)	392
11. de Boer Irene	84	08-021	5:21.69	25m	31-5-01	Heemskerk (NED)	387
12. Verbree Bets	63	08-021	5:23.00	25m	13-4-80	Zaandam (NED)	382
13. Essers Sanne	91	08-021	5:27.54	25m	5-10-08	Heemskerk (NED)	367
14. van der Gracht Anouk	89	08-021	5:27.82	25m	18-5-06	Heemskerk (NED)	366
15. de Ruijter Linda	87	08-021	5:31.42	25m	29-4-04	Heemskerk (NED)	354
16. Stins Mariska	84	08-021	5:31.58	25m	4-11-01	Heemskerk	353
17. van Rookhuizen Sieta	79	08-021	5:34.10	25m	4-4-96	Heemskerk (NED)	345
18. van der Kroft Nicole	84	08-021	5:35.02	25m	31-5-01	Heemskerk (NED)	343
19. de Graaf Annemiek	70	08-021	5:36.10	25m	22-3-87	Heerhugowaard (NED)	339
20. Zonneveld Chantal	84	08-021	5:40.92	25m	31-5-01	Heemskerk (NED)	325
21. Tholen Kirsten	66	08-021	5:51.00	25m	27-2-83	Assendelft (NED)	298
22. Heus Pauline	78	08-021	5:59.00	25m	18-5-95	Heemskerk (NED)	278
23. Oudendijk Bianca	79	08-021	6:03.80	25m	4-4-96	Heemskerk (NED)	267
24. ten Cate Ilona	85	08-021	6:05.57	25m	30-5-02	Heemskerk	264
25. van Velsen Patricia	79	08-021	6:17.20	25m	4-4-96	Heemskerk (NED)	240

500 vrije slag**800 vrije slag**

1. Crok Linda	94	08-021	10:11.36	25m	16-10-11	Zaandam (NED)	481
2. Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)	429
3. Hoek Daniëlle	88	08-021	10:36.26	25m	23-10-05	Zaandam (NED)	427
4. Schelvis Femke	84	08-021	10:38.63	25m	16-9-01	Zaandam (NED)	422
5. Vink Lidewij	90	08-021	10:41.57	25m	14-10-07	Zaandam (NED)	417
6. Stam Vanessa	80	08-021	11:12.20	25m	16-2-97	Volendam (NED)	362
7. Hulshof Saskia	73	08-021	11:15.20	25m	22-4-90	Heemstede (NED)	357
8. Kramer Miranda	80	08-021	11:16.00	25m	23-2-97	Zaandam (NED)	356
9. van der Gracht Anouk	89	08-021	11:18.02	25m	22-10-06	Zaandam (NED)	353
10. Stins Mariska	84	08-021	11:27.66	25m	16-9-01	Zaandam (NED)	338
11. van der Kroft Nicole	84	08-021	11:41.28	25m	16-9-01	Zaandam (NED)	319

1000 vrije slag

1. de Haan Shira	00	08-021	16:59.66	OW	26-8-17	Eindhoven (NED)
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1250 vrije slag

1500 vrije slag

1. Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)	505
2. Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)	441
3. Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)	375
4. van der Gracht Anouk	89	08-021	21:37.64	25m	3-12-06	Zaandam (NED)	364
5. de Boer Irene	84	08-021	21:38.10	25m	21-1-01	Heemskerk (NED)	364
6. Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)	360

2000 vrije slag

1. Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)	480
2. Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)	441
3. Schelvis Roos	86	08-021	28:11.96	25m	16-2-03	Zaandam	389
4. Stins Mariska	84	08-021	29:45.17	25m	11-2-01	Zaandam (NED)	331
5. Kramer Miranda	80	08-021	31:00.10	OW	29-6-97	Breukelen (NED)	
6. Oudendijk Bianca	79	08-021	50:45.90	OW	6-7-96	Oss (NED)	

2500 vrije slag

1. Vink Lidewij	90	08-021	43:27.35	OW	22-7-07	Langedijk (NED)	
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3000 vrije slag

1. Vink Lidewij	90	08-021	48:43.54	OW	21-7-07	Anna-Paulowna (NED)	
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4000 vrije slag**5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Kramer Miranda	80	08-021	16.50	25m	13-2-97	Heemskerk (NED)	394
2. Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk	389
3. Palmboom Nicole	91	08-021	16.58	25m	29-5-08	Heemskerk (NED)	388
4. Schelvis Femke	84	08-021	16.86	25m	22-2-01	Heemskerk (NED)	369
5. Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)	367
6. Stam Vanessa	80	08-021	17.30	25m	13-2-97	Heemskerk (NED)	342
7. Crok Annemarie	89	08-021	17.44	25m	27-4-06	Heemskerk	333
8. Stins Mariska	84	08-021	17.46	25m	22-2-01	Heemskerk (NED)	332
9. Zonneveld Chantal	84	08-021	17.48	25m	22-2-01	Heemskerk (NED)	331
10. Limmen Karin	76	08-021	17.50	25m	16-6-93		330
11. de Boer Irene	84	08-021	17.51	25m	22-2-01	Heemskerk (NED)	329
12. van der Gracht Anouk	89	08-021	17.72	25m	27-4-06	Heemskerk	318
13. van der Kroft Nicole	84	08-021	17.79	25m	22-2-01	Heemskerk (NED)	314
14. van Rookhuizen Sieta	79	08-021	17.80	25m	8-2-96	Heemskerk (NED)	314
15. Heus Pauline	78	08-021	18.00	25m	16-3-95	Heemskerk (NED)	303
16. Oudendijk Bianca	79	08-021	18.30	25m	8-2-96	Heemskerk (NED)	289

25 rugslag (sinds 17)

17. Essers Sanne	91	08-021	18.41	25m	29-5-08	Heemskerk (NED)	283
18. ten Cate Joyce	80	08-021	18.80	25m	13-2-97	Heemskerk (NED)	266
19. Butter Anouk	82	08-021	19.02	25m	25-3-99	Heemskerk (NED)	257
20. van Velsen Patricia	79	08-021	19.10	25m	7-2-96		254
21. Molenaar Eline	82	08-021	19.98	25m	25-3-99	Heemskerk (NED)	222
22. Essers Patricia	84	08-021	20.50	25m	22-2-01	Heemskerk (NED)	205
23. Beentjes Nicolet	80	08-021	20.70	25m	13-2-97	Heemskerk (NED)	199
24. Huneker Jolanda	79	08-021	23.30	25m	8-2-96	Heemskerk (NED)	140

50 rugslag

1. Kingma Danae	00	08-021	31.85	25m	1-10-17	Purmerend (NED)	525
2. Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)	497
3. Schelvis Femke	84	08-021	33.93	25m	25-1-01	Heemskerk (NED)	434
4. Hulshof Saskia	73	08-021	34.30	25m	22-4-90	Heemstede (NED)	420
5. Palmboom Nicole	91	08-021	34.58	25m	10-2-08	Purmerend (NED)	410
6. Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk	406
6. Kramer Miranda	80	08-021	34.70	25m	9-10-97	Heemskerk (NED)	406
8. Crok Linda	94	08-021	34.78	25m	3-3-11	Heemskerk (NED)	403
9. Groen Anne	95	08-021	34.86	25m	9-2-12	Heemskerk (NED)	400
10. Meijer Sylvia	81	08-021	35.00	25m	22-3-98	Assendelft (NED)	395
11. van der Kroft Nicole	84	08-021	35.60	25m	29-11-01	Heemskerk	376
12. de Haan Shira	00	08-021	36.04	25m	2-2-17	Heemskerk (NED)	362
13. Hoek Daniëlle	88	08-021	36.06	25m	5-6-05	Alkmaar (NED)	362
14. Mallon Danique	94	08-021	36.18	25m	3-3-11	Heemskerk (NED)	358
15. Stam Vanessa	80	08-021	36.40	25m	9-10-97	Heemskerk (NED)	351
16. Crok Annemarie	89	08-021	36.70	25m	7-5-06	Zaandam	343
17. Petit Kirsten	00	08-021	36.77	25m	2-2-17	Heemskerk (NED)	341
18. Vink Lidewij	90	08-021	36.81	25m	13-12-07	Heemskerk (NED)	340
18. Niesten Iris	92	08-021	36.81	25m	1-3-09	Heemstede (NED)	340
20. Schelvis Roos	86	08-021	36.92	25m	5-1-03	Aalsmeer (NED)	337
21. Stins Mariska	84	08-021	36.95	25m	25-1-01	Heemskerk (NED)	336
22. Koopman Anitra	89	08-021	37.09	25m	5-11-06	Zaandam (NED)	332
23. Verbree Bets	63	08-021	37.10	25m	22-11-80	Heemskerk (NED)	332
24. Zonneveld Chantal	84	08-021	37.11	25m	29-11-01	Heemskerk	332
25. van der Gracht Anouk	89	08-021	37.30	25m	19-10-06	Heemskerk	327

100 rugslag

1. Kingma Danae	00	08-021	1:07.40	25m	1-10-17	Purmerend (NED)	550
2. Schelvis Femke	84	08-021	1:11.40	25m	26-4-01	Heemskerk (NED)	462
3. Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)	458
4. Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)	447
5. Hulshof Saskia	73	08-021	1:13.80	25m	22-3-90	Heemskerk (NED)	419
5. Meijer Sylvia	81	08-021	1:13.80	25m	12-4-98	Haarlem (NED)	419
7. Groen Anne	95	08-021	1:14.64	25m	11-3-12	Zaandam (NED)	405
8. Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)	404
9. van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)	396
10. Schelvis Roos	86	08-021	1:15.34	25m	5-1-03	Aalsmeer (NED)	393
11. Meijer Linda	77	08-021	1:15.80	25m	6-2-94	Wormerveer (NED)	386
12. de Haan Shira	00	08-021	1:16.55	25m	5-6-17	Purmerend (NED)	375
13. Mallon Danique	94	08-021	1:16.68	25m	9-1-11	Alkmaar (NED)	373
14. de Graaf Annemiek	70	08-021	1:16.70	25m	22-3-87	Heerhugowaard (NED)	373
15. Vink Lidewij	90	08-021	1:16.71	25m	30-9-07	Volendam (NED)	373
16. Zonneveld Chantal	84	08-021	1:17.76	25m	26-4-01	Heemskerk (NED)	358
16. Palmboom Nicole	91	08-021	1:17.76	25m	25-9-08	Heemskerk (NED)	358
18. Stam Vanessa	80	08-021	1:17.80	25m	29-5-97	Heemskerk	357
19. de Boer Irene	84	08-021	1:17.95	25m	11-3-01	Zaandam (NED)	355
19. Stins Mariska	84	08-021	1:17.95	25m	15-4-01	Haarlem (NED)	355

100 rugslag (sinds 21)

19. Hoek Daniëlle	88	08-021	1:17.95	25m	31-3-05	Heemskerk (NED)	355
22. Crok Annemarie	89	08-021	1:18.17	25m	26-3-06	Purmerend (NED)	352
23. Petit Kirsten	00	08-021	1:18.41	25m	1-10-17	Purmerend (NED)	349
24. Verbree Bets	63	08-021	1:18.50	25m	12-10-80	Wormerveer (NED)	348
25. Koopman Anitra	89	08-021	1:19.00	25m	19-3-06	Heemskerk (NED)	341

200 rugslag

1. Kingma Danae	00	08-021	2:30.65	25m	12-3-17	Purmerend (NED)	505
2. Crok Linda	94	08-021	2:40.05	25m	16-1-11	Zaandam (NED)	421
3. Groen Anne	95	08-021	2:40.59	25m	16-12-12	Zaandam (NED)	417
4. Kleijne Daisy	89	08-021	2:40.93	25m	26-1-06	Heemskerk (NED)	414
5. Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)	413
6. Schelvis Femke	84	08-021	2:41.19	25m	18-11-01	Heemskerk	412
7. Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)	404
8. Schelvis Roos	86	08-021	2:44.28	25m	16-3-03	Heemskerk	390
9. Kramer Miranda	80	08-021	2:45.80	25m	11-9-97	Heemskerk (NED)	379
10. van der Kroft Nicole	84	08-021	2:45.88	25m	18-11-01	Heemskerk	378
11. Hulshof Saskia	73	08-021	2:45.90	25m	3-5-90	Heemskerk (NED)	378
12. Petit Kirsten	00	08-021	2:48.03	25m	12-3-17	Purmerend (NED)	364
13. Essers Sanne	91	08-021	2:48.06	25m	9-3-08	Heemskerk (NED)	364
14. Crok Annemarie	89	08-021	2:48.19	25m	26-1-06	Heemskerk (NED)	363
15. Vink Lidewij	90	08-021	2:48.22	25m	25-1-07	Heemskerk (NED)	363
16. Drubers Mirjam	67	08-021	2:48.60	25m	7-10-84	Volendam (NED)	360
17. Mallon Danique	94	08-021	2:48.64	25m	16-1-11	Zaandam (NED)	360
18. de Haan Shira	00	08-021	2:48.85	25m	4-6-17	Purmerend (NED)	359
19. Verbree Bets	63	08-021	2:49.30	25m	16-11-80	Haarlem (NED)	356
20. Hoek Daniëlle	88	08-021	2:49.37	25m	10-4-05	Zuidoost-Beemster (NED)	355
21. Niesten Iris	92	08-021	2:49.43	25m	15-3-09	Haarlem (NED)	355
22. Stins Mariska	84	08-021	2:49.44	25m	18-11-01	Heemskerk	355
23. Boekling Annette	85	08-021	2:50.40	25m	31-1-02	Heemskerk	349
24. van der Gracht Anouk	89	08-021	2:51.76	25m	26-11-06	Heemskerk (NED)	341
25. Meijer Linda	77	08-021	2:52.10	25m	20-10-94	Heemskerk (NED)	339

500 rugslag25 schoolslag

1. Kramer Miranda	80	08-021	17.70	25m	13-3-97	Heemskerk (NED)	433
2. Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)	419
3. Palmboom Nicole	91	08-021	18.13	25m	29-5-08	Heemskerk (NED)	403
4. van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk	385
5. van der Kroft Nicole	84	08-021	18.62	25m	22-2-01	Heemskerk (NED)	372
6. Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)	357
7. Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk	348
8. Essers Sanne	91	08-021	19.60	25m	29-5-08	Heemskerk (NED)	319
9. Oudendijk Bianca	79	08-021	19.90	25m	14-3-96	Heemskerk (NED)	305
10. Stins Mariska	84	08-021	20.05	25m	22-2-01	Heemskerk (NED)	298
11. Heus Pauline	78	08-021	20.10	25m	27-4-95	Heemskerk (NED)	296
11. Meijer Sylvia	81	08-021	20.10	25m	19-3-98	Heemskerk (NED)	296
13. Molenaar Eline	82	08-021	20.17	25m	25-3-99	Heemskerk (NED)	293
14. Butter Anouk	82	08-021	20.25	25m	25-3-99	Heemskerk (NED)	289
15. Beentjes Nicolet	80	08-021	20.70	25m	13-3-97	Heemskerk (NED)	271
16. de Boer Irene	84	08-021	20.77	25m	22-2-01	Heemskerk (NED)	268
17. Schelvis Femke	84	08-021	20.78	25m	22-2-01	Heemskerk (NED)	268
18. Kleijne Daisy	89	08-021	22.22	25m	27-4-06	Heemskerk	219
19. van Velsen Patricia	79	08-021	22.60	25m	14-3-96	Heemskerk (NED)	208
20. ten Cate Joyce	80	08-021	22.90	25m	13-3-97	Heemskerk (NED)	200

25 schoolslag (sinds 21)

21. Essers Patricia	84	08-021	23.56	25m	22-2-01	Heemskerk (NED)	183
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50 schoolslag

1. Kingma Danae	00	08-021	35.79	25m	7-1-17	Purmerend (NED)	521
2. Palmboom Nicole	91	08-021	37.87	25m	23-3-08	Haarlem (NED)	439
3. de Haan Shira	00	08-021	38.36	25m	16-4-17	Haarlem (NED)	423
4. Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)	402
5. Kramer Miranda	80	08-021	39.70	25m	11-9-97	Heemskerk (NED)	381
6. Crok Linda	94	08-021	40.35	25m	6-2-11	Purmerend (NED)	363
7. van der Kroft Nicole	84	08-021	41.23	25m	20-12-01	Heemskerk	340
8. van Rookhuizen Sieta	79	08-021	41.40	25m	17-3-96	Heemskerk (NED)	336
9. van der Gracht Anouk	89	08-021	41.46	25m	30-12-06	Maastricht (NED)	335
10. Hoek Daniëlle	88	08-021	41.52	25m	5-6-05	Alkmaar (NED)	333
11. Crok Annemarie	89	08-021	41.64	25m	23-4-06	Zaandam (NED)	330
12. Stins Mariska	84	08-021	41.73	25m	15-4-01	Haarlem (NED)	328
13. Mallon Danique	94	08-021	41.78	25m	27-1-11	Heemskerk (NED)	327
14. van der Geest Saskia	73	08-021	41.90	25m	3-5-90	Heemskerk (NED)	324
15. Niesten Iris	92	08-021	41.93	25m	12-4-09	Haarlem (NED)	324
16. Nijholt Carin	60	08-021	42.00	25m	27-11-77	IJmuiden (NED)	322
17. de Groot Gitta	60	08-021	42.50	25m	27-11-77	IJmuiden (NED)	311
17. Knight Kayleigh	00	08-021	42.50	25m	16-3-17	Heemskerk (NED)	311
19. Petit Kirsten	00	08-021	42.59	25m	16-3-17	Heemskerk (NED)	309
20. Hulshof Saskia	73	08-021	42.60	25m	3-5-90	Heemskerk (NED)	308
21. Groen Anne	95	08-021	42.63	25m	5-2-12	Zaandam (NED)	308
22. Heus Pauline	78	08-021	42.70	25m	8-10-95	Assendelft (NED)	306
23. Kleijne Daisy	89	08-021	42.91	25m	30-11-06	Heemskerk	302
24. Vink Lidewij	90	08-021	43.28	25m	30-12-07	Maastricht (NED)	294
25. Beentjes Nicolet	80	08-021	43.40	25m	5-10-97	Zaandam (NED)	292

100 schoolslag

1. Kingma Danae	00	08-021	1:21.10	25m	15-1-17	Alkmaar (NED)	454
2. Drubers Mirjam	67	08-021	1:21.90	25m	15-12-84	Hilversum (NED)	441
3. de Haan Shira	00	08-021	1:22.34	25m	8-1-17	Purmerend (NED)	434
4. Palmboom Nicole	91	08-021	1:24.29	25m	24-3-08	Haarlem (NED)	404
5. Stam Vanessa	80	08-021	1:25.90	25m	19-1-97	Zaandam (NED)	382
6. Kramer Miranda	80	08-021	1:26.10	25m	30-8-97	Assendelft (NED)	379
7. Crok Linda	94	08-021	1:26.75	25m	27-11-11	Heemskerk (NED)	371
8. van der Kroft Nicole	84	08-021	1:27.11	25m	29-3-01	Heemskerk (NED)	366
9. van Galen Angela	65	08-021	1:28.20	25m	14-3-82		353
10. Hulshof Saskia	73	08-021	1:28.80	25m	28-2-90		346
11. van Rookhuizen Sieta	79	08-021	1:29.00	25m	7-4-96	Haarlem (NED)	343
12. Niesten Iris	92	08-021	1:29.23	25m	29-11-09	Heemskerk (NED)	341
13. van der Geest Saskia	73	08-021	1:29.50	25m	25-11-90	Heemskerk (NED)	338
14. Kleijne Daisy	89	08-021	1:30.08	25m	16-2-06	Heemskerk (NED)	331
15. Groen Anne	95	08-021	1:30.61	25m	5-2-12	Zaandam (NED)	325
16. van der Gracht Anouk	89	08-021	1:30.77	25m	28-12-06	Maastricht (NED)	324
17. Crok Annemarie	89	08-021	1:30.96	25m	15-1-06	Zaandam (NED)	322
18. de Groot Gitta	60	08-021	1:31.00	25m	23-10-77	Zandvoort (NED)	321
18. van Giezen Sandra	63	08-021	1:31.00	25m	16-3-80	Zandvoort (NED)	321
20. Nijholt Carin	60	08-021	1:31.10	25m	23-10-77	Zandvoort (NED)	320
21. Stins Mariska	84	08-021	1:31.42	25m	7-10-01	Zaandam (NED)	317
22. Oudendijk Bianca	79	08-021	1:31.50	25m	7-4-96	Haarlem (NED)	316
23. Heus Pauline	78	08-021	1:31.70	25m	17-12-95	Volendam (NED)	314
24. Vink Lidewij	90	08-021	1:31.94	25m	25-11-07	Amsterdam (NED)	312
25. Hoek Daniëlle	88	08-021	1:32.25	25m	20-2-05	Aalsmeer (NED)	308

200 schoolslag

1. de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)	454
2. Kingma Danae	00	08-021	2:55.27	25m	1-10-17	Purmerend (NED)	452
3. Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)	419
4. van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)	401
5. Kramer Miranda	80	08-021	3:05.70	25m	9-10-97	Heemskerk (NED)	380
6. Crok Linda	94	08-021	3:07.61	25m	13-3-11	Heemskerk (NED)	369
7. Palmboom Nicole	91	08-021	3:08.02	25m	5-10-08	Heemskerk (NED)	366
8. Schelvis Roos	86	08-021	3:09.18	25m	19-1-03	Zaandam	359
9. van Galen Angela	65	08-021	3:10.60	25m	7-3-82		351
10. Crok Annemarie	89	08-021	3:11.04	25m	15-1-06	Zaandam (NED)	349
11. van der Geest Saskia	73	08-021	3:13.30	25m	22-3-90	Heemskerk (NED)	337
12. Niesten Iris	92	08-021	3:13.79	25m	31-5-09	Purmerend (NED)	334
13. Hulshof Saskia	73	08-021	3:14.50	25m	22-3-90	Heemskerk (NED)	331
14. Vink Lidewij	90	08-021	3:15.38	25m	30-9-07	Volendam (NED)	326
15. Heus Pauline	78	08-021	3:15.70	25m	23-4-95	Castricum (NED)	325
16. Groen Anne	95	08-021	3:15.79	25m	11-3-12	Zaandam (NED)	324
17. van Rookhuizen Sieta	79	08-021	3:15.80	25m	31-3-96	Castricum (NED)	324
18. van der Gracht Anouk	89	08-021	3:17.06	25m	1-10-06	Volendam (NED)	318
19. Stins Mariska	84	08-021	3:17.92	25m	29-11-01	Heemskerk	314
20. Besse Karen	75	08-021	3:18.90	25m	4-10-92	Assendelft (NED)	309
21. Hoek Daniëlle	88	08-021	3:18.93	25m	27-10-05	Heemskerk (NED)	309
22. de Ruijter Linda	87	08-021	3:19.32	25m	28-10-04	Heemskerk (NED)	307
23. Limmen Miriam	75	08-021	3:21.00	25m	4-10-92	Assendelft (NED)	300
24. Oudendijk Bianca	79	08-021	3:21.10	25m	4-2-96	Heerhugowaard (NED)	299
25. Kleijne Daisy	89	08-021	3:21.63	25m	19-10-06	Heemskerk	297

500 schoolslag

1. van der Gracht Anouk	89	08-021	9:24.99	OW	8-7-06	Oss (NED)
2. de Haan Shira	00	08-021	10:22.42	OW	26-8-17	Eindhoven (NED)

800 schoolslag**1000 schoolslag**

1. van der Gracht Anouk	89	08-021	19:10.26	OW	29-7-06	Hoor (NED)
2. Niesten Iris	92	08-021	21:11.80	OW	1-8-09	Hoor (NED)

1250 schoolslag**1500 schoolslag****2000 schoolslag**

1. Stam Vanessa	80	08-021	36:35.10	OW	15-6-97	Spaarnwoude (NED)
2. van der Gracht Anouk	89	08-021	37:31.31	OW	25-6-06	Breukelen (NED)
3. de Haan Shira	00	08-021	37:31.83	OW	29-7-17	Amstelveen (NED)
4. van Galen Angela	65	08-021	38:42.40	OW	30-6-82	Amstelveen (NED)
5. van Rookhuizen Sieta	79	08-021	39:37.20	OW	10-8-96	Amsterdam (NED)
6. Rasch Monique	66	08-021	42:12.50	OW	30-6-83	Amstelveen (NED)
7. Niesten Iris	92	08-021	42:22.52	OW	2-8-09	Hoor (NED)

2500 schoolslag

3000 schoolslag

1. van der Gracht Anouk	89	08-021	58:40.50	OW	22-7-06	Anna-Paulowna (NED)
2. Stam Vanessa	80	08-021	58:56.80	OW	21-7-97	Anna-Paulowna (NED)
3. de Haan Shira	00	08-021	59:23.60	OW	2-9-17	Wilhelminadorp (NED)

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

1. Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)	403
2. van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)	396
3. de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)	379
4. Palmboom Nicole	91	08-021	15.61	25m	29-5-08	Heemskerk (NED)	368
5. Mallon Danique	94	08-021	15.70	25m	30-6-11	Heemskerk (NED)	362
6. Essers Sanne	91	08-021	15.87	25m	29-5-08	Heemskerk (NED)	350
7. Kramer Miranda	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)	348
7. Stam Vanessa	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)	348
9. Stins Mariska	84	08-021	15.94	25m	29-3-01	Heemskerk (NED)	345
10. van Ballegooie Simone	84	08-021	15.96	25m	29-3-01	Heemskerk (NED)	344
11. Crok Linda	94	08-021	15.98	25m	30-6-11	Heemskerk (NED)	343
12. Crok Annemarie	89	08-021	16.02	25m	27-4-06	Heemskerk	340
13. Limmen Karin	76	08-021	16.70	25m	16-6-93		300
13. van Rookhuizen Sieta	79	08-021	16.70	25m	7-2-96		300
15. Butter Anouk	82	08-021	16.74	25m	25-3-99	Heemskerk (NED)	298
16. van der Gracht Anouk	89	08-021	16.83	25m	27-4-06	Heemskerk	293
17. Kleijne Daisy	89	08-021	16.96	25m	27-4-06	Heemskerk	287
18. Oudendijk Bianca	79	08-021	17.10	25m	8-2-96	Heemskerk (NED)	280
19. van Velsen Patricia	79	08-021	18.00	25m	8-2-96	Heemskerk (NED)	240
20. Heus Pauline	78	08-021	18.40	25m	16-3-95	Heemskerk (NED)	224
21. Molenaar Eline	82	08-021	19.32	25m	25-3-99	Heemskerk (NED)	194
22. ten Cate Joyce	80	08-021	20.90	25m	13-2-97	Heemskerk (NED)	153
23. Beentjes Nicolet	80	08-021	21.10	25m	13-2-97	Heemskerk (NED)	149
24. Huneke Jolanda	79	08-021	22.10	25m	8-2-96	Heemskerk (NED)	129

50 vlinderslag

1. Kingma Danae	00	08-021	30.41	25m	15-1-17	Alkmaar (NED)	515
2. Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	490
3. de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	486
4. Drubers Mirjam	67	08-021	33.00	25m	28-10-84	Egmond (NED)	403
5. van der Kroft Nicole	84	08-021	33.36	25m	7-1-01	Zuidoostbeemster (NED)	390
6. Vink Lidewij	90	08-021	33.71	25m	11-3-07	Purmerend (NED)	378
7. Verbree Bets	63	08-021	33.80	25m	8-11-80	Heemskerk (NED)	375
8. Crok Annemarie	89	08-021	33.86	25m	22-1-06	Purmerend (NED)	373
9. Crok Linda	94	08-021	34.09	25m	12-6-11	Purmerend (NED)	365
10. Hoek Daniëlle	88	08-021	34.13	25m	29-12-05	Maastricht (NED)	364
11. Stam Vanessa	80	08-021	34.30	25m	11-12-97	Heemskerk (NED)	359
12. Mallon Danique	94	08-021	34.53	25m	6-2-11	Purmerend (NED)	351
13. Kleijne Daisy	89	08-021	34.67	25m	5-3-06	Purmerend (NED)	347
14. Kramer Miranda	80	08-021	35.30	25m	23-1-97	Heemskerk	329
15. van der Gracht Anouk	89	08-021	35.33	25m	14-12-06	Heemskerk (NED)	328
16. Meijer Sylvia	81	08-021	35.60	25m	18-1-98	Zuidoost Beemster (NED)	321
17. Groen Anne	95	08-021	35.61	25m	13-12-12	Heemskerk (NED)	320
18. de Groot Gitta	60	08-021	35.80	25m	23-10-77	Zandvoort (NED)	315
19. Butter Anouk	82	08-021	35.95	25m	25-11-99	Heemskerk	311
20. Petit Kirsten	00	08-021	36.18	25m	4-6-17	Purmerend (NED)	305

50 vlinderslag (sinds 21)

21. Essers Sanne	91	08-021	36.53	50m	17-5-08	Beverwijk (NED)	323
22. Boekling Annette	85	08-021	36.65	25m	31-1-02	Heemskerk	294
23. Stins Mariska	84	08-021	36.68	50m	13-5-01	Beverwijk (NED)	319
24. van Duin Margret	60	08-021	37.00	25m	23-10-77	Zandvoort (NED)	286
25. Schelvis Roos	86	08-021	37.22	25m	12-6-03	Heemskerk	281

100 vlinderslag

1. Kingma Danae	00	08-021	1:09.75	25m	12-2-17	Purmerend (NED)	491
2. Drubers Mirjam	67	08-021	1:13.40	25m	23-9-84	Heemskerk (NED)	421
3. Vink Lidewij	90	08-021	1:14.28	25m	29-3-07	Heemskerk (NED)	407
4. Palmboom Nicole	91	08-021	1:14.43	25m	23-3-08	Haarlem (NED)	404
5. de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)	397
6. Schelvis Femke	84	08-021	1:15.58	25m	14-1-01	Heemskerk (NED)	386
7. Verbree Bets	63	08-021	1:16.60	25m	30-11-80	Heemskerk (NED)	371
8. van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)	367
9. Stam Vanessa	80	08-021	1:16.90	25m	14-12-97	Heemskerk (NED)	366
10. Mallon Danique	94	08-021	1:17.56	25m	13-3-11	Heemskerk (NED)	357
11. Crok Linda	94	08-021	1:17.75	25m	2-10-11	Heemskerk (NED)	354
12. Essers Sanne	91	08-021	1:17.96	25m	13-1-08	Heemskerk (NED)	352
13. de Boer Irene	84	08-021	1:18.99	25m	16-4-01	Haarlem (NED)	338
14. Crok Annemarie	89	08-021	1:19.04	25m	17-4-06	Haarlem (NED)	337
15. Hulshof Saskia	73	08-021	1:19.30	25m	1-4-90	Zaandam (NED)	334
16. Stins Mariska	84	08-021	1:19.70	25m	22-2-01	Heemskerk (NED)	329
17. Kleijne Daisy	89	08-021	1:19.75	25m	12-2-06	Zaandam (NED)	328
18. Hoek Daniëlle	88	08-021	1:20.74	25m	28-12-05	Maastricht (NED)	316
19. van der Gracht Anouk	89	08-021	1:21.97	25m	29-12-06	Maastricht (NED)	302
20. Meijer Sylvia	81	08-021	1:22.50	25m	13-4-98	Haarlem (NED)	297
21. Kramer Miranda	80	08-021	1:22.70	25m	14-12-97	Heemskerk (NED)	294
22. van Ballegooie Simone	84	08-021	1:23.91	25m	16-4-01	Haarlem (NED)	282
23. Meijer Linda	77	08-021	1:24.20	25m	16-10-94	Heemskerk (NED)	279
24. Windmuller Wendy	69	08-021	1:24.40	25m	30-11-86	Heemskerk (NED)	277
25. Boekling Annette	85	08-021	1:24.82	25m	28-2-02	Heemskerk	273

200 vlinderslag

1. Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)	382
2. Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)	349
3. Mallon Danique	94	08-021	2:56.37	25m	13-6-11	Purmerend (NED)	321
4. de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)	307
5. Schelvis Femke	84	08-021	2:59.93	25m	20-12-01	Heemskerk	302
6. Stins Mariska	84	08-021	3:02.02	25m	26-4-01	Heemskerk (NED)	292
7. van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)	287
8. Kleijne Daisy	89	08-021	3:09.42	25m	30-11-06	Heemskerk	259
9. Crok Annemarie	89	08-021	3:09.88	25m	30-11-06	Heemskerk	257
10. Hoek Daniëlle	88	08-021	3:11.29	25m	24-11-05	Heemskerk (NED)	251
11. van der Gracht Anouk	89	08-021	3:16.87	25m	30-11-06	Heemskerk	230
12. Schelvis Roos	86	08-021	3:17.95	25m	27-11-03	Heemskerk (NED)	227
13. de Ruijter Linda	87	08-021	3:19.34	25m	25-11-04	Heemskerk (NED)	222
14. Oudendijk Bianca	79	08-021	3:21.60	25m	4-2-96	Heerhugowaard (NED)	215
15. Meijer Sylvia	81	08-021	3:23.30	25m	29-3-98	Heemstede (NED)	209
16. van Galen Angela	65	08-021	3:32.40	25m	18-4-82		183

100 wisselslag

1. Kingma Danae	00	08-021	1:09.11	25m	11-5-17	Heemskerk (NED)	574
2. Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)	488
3. Crok Linda	94	08-021	1:13.98	25m	14-4-11	Heemskerk (NED)	468
4. van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk	462
5. de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)	448
6. Schelvis Femke	84	08-021	1:15.87	25m	27-9-01	Heemskerk	434
7. Kleijne Daisy	89	08-021	1:16.50	25m	26-3-06	Purmerend (NED)	423
8. Vink Lidewij	90	08-021	1:16.58	25m	19-4-07	Heemskerk (NED)	422
9. Kramer Miranda	80	08-021	1:16.80	25m	5-10-97	Zaandam (NED)	418
10. Groen Anne	95	08-021	1:16.86	25m	12-2-12	Heemstede (NED)	417
11. Hoek Daniëlle	88	08-021	1:17.68	25m	30-12-05	Maastricht (NED)	404
12. Stam Vanessa	80	08-021	1:17.70	25m	5-10-97	Zaandam (NED)	404
13. Crok Annemarie	89	08-021	1:17.76	25m	23-4-06	Zaandam (NED)	403
14. Mallon Danique	94	08-021	1:17.88	25m	9-1-11	Alkmaar (NED)	401
15. Stins Mariska	84	08-021	1:18.50	25m	27-9-01	Heemskerk	391
16. Verbree Bets	63	08-021	1:18.60	25m	31-5-80	Heemskerk (NED)	390
17. Niesten Iris	92	08-021	1:18.63	25m	19-11-09	Heemskerk (NED)	390
18. van der Gracht Anouk	89	08-021	1:18.72	25m	30-12-06	Maastricht (NED)	388
19. Meijer Sylvia	81	08-021	1:19.21	25m	15-11-98	Zaandam (NED)	381
20. Schelvis Roos	86	08-021	1:19.53	25m	12-1-03	Zuidoostbeemster (NED)	376
21. Petit Kirsten	00	08-021	1:19.75	25m	11-5-17	Heemskerk (NED)	373
22. Limmen Karin	76	08-021	1:20.80	25m	11-12-93		359
23. Koopman Anitra	89	08-021	1:22.17	25m	5-11-06	Zaandam (NED)	341
24. van Ballegooie Simone	84	08-021	1:23.06	25m	27-9-01	Heemskerk	330
25. Zonneveld Chantal	84	08-021	1:23.87	25m	27-9-01	Heemskerk	321

200 wisselslag

1. Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)	546
2. Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)	471
3. Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)	464
4. Schelvis Femke	84	08-021	2:42.22	25m	14-1-01	Heemskerk (NED)	438
5. de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)	432
6. Drubers Mirjam	67	08-021	2:43.40	25m	2-9-84	Heemskerk (NED)	428
7. Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)	426
8. Stam Vanessa	80	08-021	2:44.10	25m	6-11-97	Heemskerk (NED)	423
9. van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)	421
10. Hulshof Saskia	73	08-021	2:45.40	25m	11-2-90	Heemskerk (NED)	413
11. Hoek Daniëlle	88	08-021	2:45.72	25m	16-1-05	Zaandam (NED)	410
12. Kramer Miranda	80	08-021	2:46.00	25m	6-11-97	Heemskerk (NED)	408
13. Besse Karen	75	08-021	2:46.40	25m	12-1-92	Assendelft (NED)	405
14. Vink Lidewij	90	08-021	2:46.93	25m	14-10-07	Zaandam (NED)	402
15. Crok Annemarie	89	08-021	2:46.98	25m	9-4-06	Purmerend (NED)	401
16. Schelvis Roos	86	08-021	2:47.60	25m	30-1-03	Heemskerk	397
17. Groen Anne	95	08-021	2:48.39	25m	26-4-12	Heemskerk (NED)	391
18. Stins Mariska	84	08-021	2:49.43	25m	7-10-01	Zaandam (NED)	384
19. van der Gracht Anouk	89	08-021	2:49.55	25m	14-12-06	Heemskerk (NED)	383
20. Verbree Bets	63	08-021	2:50.80	25m	27-4-80	Assendelft (NED)	375
21. Meijer Sylvia	81	08-021	2:51.60	25m	26-4-98	Alkmaar (NED)	370
22. Petit Kirsten	00	08-021	2:52.65	25m	12-2-17	Purmerend (NED)	363
23. de Graaf Annemiek	70	08-021	2:53.20	25m	21-5-87	Heemskerk (NED)	359
24. Essers Sanne	91	08-021	2:54.22	25m	13-1-08	Heemskerk (NED)	353
25. Niesten Iris	92	08-021	2:54.91	25m	22-1-09	Heemskerk (NED)	349

300 wisselslag

1. Hoek Daniëlle	88	08-021	4:24.44	25m	13-11-05	Zaandam (NED)
2. Stins Mariska	84	08-021	4:28.22	25m	20-1-01	Amsterdam (NED)

300 wisselslag (sinds 3)

3. van der Gracht Anouk	89	08-021	4:30.13	25m	3-12-06	Zaandam (NED)
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400 wisselslag

1. de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)	409
2. van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)	396
3. Kleijne Daisy	89	08-021	5:55.59	25m	1-4-06	Zaandam (NED)	394
4. Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)	390
5. Stins Mariska	84	08-021	5:58.47	25m	25-2-01	Heemskerk (NED)	385
6. Vink Lidewij	90	08-021	6:04.82	25m	11-2-07	Zaandam (NED)	365
7. Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)	364
8. Kramer Miranda	80	08-021	6:08.40	25m	12-1-97	Heemskerk (NED)	354
9. Essers Sanne	91	08-021	6:10.33	25m	24-2-08	Zaandam (NED)	349
10. Crok Annemarie	89	08-021	6:16.65	25m	15-6-06	Heemskerk (NED)	332
11. van Rookhuizen Sieta	79	08-021	6:23.30	25m	17-3-96	Heemskerk (NED)	315
12. van der Gracht Anouk	89	08-021	6:30.63	25m	29-1-06	Zaandam (NED)	297
13. de Ruijter Linda	87	08-021	6:31.38	25m	29-2-04	Wormerveer	296
14. van Galen Angela	65	08-021	6:35.50	25m	28-2-82		286