

11 jaar, Dames

1-1-1900-31-7-2018

**25 vrije slag**

1. Petit Kirsten	00	08-021	15.17	25m	30-6-11	Heemskerk (NED)	343
2. Schelvis Femke	84	08-021	15.50	25m	27-4-95	Heemskerk (NED)	321
3. Zwarthoed Brenda	96	08-021	15.91	25m	19-4-07	Heemskerk (NED)	297
4. Schelvis Roos	86	08-021	16.00	25m	13-3-97	Heemskerk (NED)	292
5. van Honk Chantal	80	08-021	16.10	25m	16-5-91	Heemskerk (NED)	287
6. Teufer Irene	96	08-021	16.12	25m	19-4-07	Heemskerk (NED)	285
7. Visser Kelly	89	08-021	16.18	25m	4-5-00	Heemskerk (NED)	282
8. Dijkstra Lisette	86	08-021	16.60	25m	13-3-97	Heemskerk (NED)	261
8. Buur Naomi	01	08-021	16.60	25m	26-4-12	Heemskerk (NED)	261
10. Koopman Anitra	89	08-021	16.69	25m	4-5-00	Heemskerk (NED)	257
11. van der Kroft Nicole	84	08-021	16.90	25m	27-4-95	Heemskerk (NED)	248
12. van Ballegooie Simone	84	08-021	17.00	25m	27-4-95	Heemskerk (NED)	243
13. Bruin Marianne	78	08-021	17.10	25m	31-12-89	Heemskerk (NED)	239
14. de Vriend Sofie	01	08-021	17.16	25m	26-4-12	Heemskerk (NED)	237
15. Koper Fiona	01	08-021	17.19	25m	26-4-12	Heemskerk (NED)	235
16. Steenkamp Ciska	90	08-021	17.25	25m	29-3-01	Heemskerk (NED)	233
16. Kesting Alexandra	00	08-021	17.25	25m	14-4-11	Heemskerk (NED)	233
18. de Boer Irene	84	08-021	17.40	25m	27-4-95	Heemskerk (NED)	227
19. de Haan Shira	00	08-021	17.65	25m	14-4-11	Heemskerk (NED)	217
20. Besse Meta	78	08-021	17.70	25m	31-12-89	Heemskerk (NED)	216
20. Hoogervorst Marlon	84	08-021	17.70	25m	16-2-95	Heemskerk (NED)	216
20. Hoek Daniëlle	88	08-021	17.70	25m	25-3-99	Heemskerk (NED)	216
23. Wissenburg Petra	65	08-021	17.90	25m	14-9-76	Heemskerk (NED)	208
23. Mulder Amy	80	08-021	17.90	25m	16-5-91	Heemskerk (NED)	208
25. Kleijne Daisy	89	08-021	18.16	25m	4-5-00	Heemskerk (NED)	199

**50 vrije slag**

1. Schelvis Femke	84	08-021	31.60	25m	14-12-95	Heemskerk (NED)	397
2. Stel Serena	98	08-021	32.61	25m	25-10-09	Nieuwegein (NED)	361
3. Schelvis Roos	86	08-021	32.90	25m	6-11-97	Heemskerk (NED)	352
3. Dijkstra Lisette	86	08-021	32.90	25m	6-11-97	Heemskerk (NED)	352
5. van Honk Chantal	80	08-021	33.20	25m	22-12-91	Alkmaar (NED)	342
6. Crok Linda	94	08-021	33.38	25m	16-1-05	Zaandam (NED)	337
7. Hoekstra Eline	03	08-021	33.61	25m	16-11-14	Zaandam (NED)	330
8. Renkema Iris	04	08-021	33.64	25m	4-10-15	Purmerend (NED)	329
9. Zwarthoed Brenda	96	08-021	33.78	25m	28-10-07	Zaandam (NED)	325
10. Teufer Irene	96	08-021	33.88	25m	30-9-07	Volendam (NED)	322
11. Bos Marieke	06	08-021	34.14	25m	5-11-17	Alkmaar (NED)	315
12. Petit Kirsten	00	08-021	34.18	25m	6-11-11	Zaandam (NED)	314
13. Koopman Anitra	89	08-021	34.37	25m	3-12-00	Zaandam (NED)	309
14. Bakker Jesca	79	08-021	34.90	25m	31-5-90	Heemskerk (NED)	295
14. de Boer Irene	84	08-021	34.90	25m	14-12-95	Heemskerk (NED)	295
16. van Ballegooie Simone	84	08-021	35.00	25m	14-12-95	Heemskerk (NED)	292
17. Blaauw Yente	03	08-021	35.20	25m	18-9-14	Heemskerk (NED)	287
18. de Groot Daniëlle	93	08-021	35.36	25m	21-11-04	Zaandam (NED)	283
19. Hogema Fabiën	93	08-021	35.45	25m	7-11-04	IJmuiden (NED)	281
20. Visser Kelly	89	08-021	35.47	25m	23-9-00	Amersfoort (NED)	281
21. Mallon Danique	94	08-021	35.53	25m	24-2-05	Heemskerk (NED)	279
22. van der Kroft Nicole	84	08-021	35.80	25m	14-12-95	Heemskerk (NED)	273
23. Buur Naomi	01	08-021	36.05	25m	11-11-12	Schagen (NED)	267
24. Scholten Britt	04	08-021	36.11	25m	4-10-15	Purmerend (NED)	266
25. de Vriend Sofie	01	08-021	36.12	25m	28-10-12	Amsterdam-Zuidoost (NED)	266

**100 vrije slag**

1. Schelvis Femke	84	08-021	1:08.10	25m	3-12-95	Alkmaar (NED)	420
2. Stel Serena	98	08-021	1:08.67	25m	29-11-09	Heemskerk (NED)	409
3. Teufer Irene	96	08-021	1:09.39	25m	2-12-07	Alkmaar (NED)	397
4. Schelvis Roos	86	08-021	1:10.80	25m	11-12-97	Heemskerk (NED)	373
5. Dijkstra Lisette	86	08-021	1:11.10	25m	11-12-97	Heemskerk (NED)	369
6. Zwarthoed Brenda	96	08-021	1:13.43	25m	15-12-07	Heemskerk (NED)	335
7. Renkema Iris	04	08-021	1:13.92	25m	8-11-15	Amsterdam (NED)	328
8. Crok Linda	94	08-021	1:14.44	25m	9-1-05	Zuidoost Beemster (NED)	321
9. van Honk Chantal	80	08-021	1:14.60	25m	15-12-91	Heemskerk (NED)	319
10. Hoekstra Eline	03	08-021	1:15.44	25m	2-11-14	Amsterdam (NED)	309
11. Visser Kelly	89	08-021	1:15.56	25m	30-11-00	Heemskerk (NED)	307
12. Koopman Anitra	89	08-021	1:15.91	25m	17-12-00	Zaandam (NED)	303
13. Schuyt Simone	75	08-021	1:16.20	25m	30-11-86	Heemskerk (NED)	299
14. Petit Kirsten	00	08-021	1:16.43	25m	27-11-11	Heemskerk (NED)	297
15. Bos Marieke	06	08-021	1:16.51	25m	18-11-17	Hoofddorp (NED)	296
16. Hogema Fabiën	93	08-021	1:16.52	25m	3-10-04	Heemskerk (NED)	296
17. Mallon Danique	94	08-021	1:17.04	25m	5-6-05	Zaandam (NED)	290
18. Blaauw Yente	03	08-021	1:17.24	25m	7-12-14	Heemskerk (NED)	288
19. Essers Sanne	91	08-021	1:17.36	25m	6-10-02	Zaandam	286
20. Bakker Jesca	79	08-021	1:17.90	25m	31-5-90	Heemskerk (NED)	280
21. de Graaf Annemiek	70	08-021	1:18.20	25m	29-11-81	Zaandam (NED)	277
22. de Vriend Sofie	01	08-021	1:18.37	25m	28-10-12	Amsterdam-Zuidoost (NED)	275
23. van Ballegooie Simone	84	08-021	1:19.10	25m	16-11-95	Heemskerk (NED)	268
23. van der Kroft Nicole	84	08-021	1:19.10	25m	26-11-95	Heemskerk (NED)	268
25. de Groot Daniëlle	93	08-021	1:19.53	25m	12-12-04	Zaandam (NED)	263

**200 vrije slag**

1. Stel Serena	98	08-021	2:27.90	25m	11-10-09	Zaandam (NED)	424
2. Teufer Irene	96	08-021	2:33.14	25m	2-12-07	Alkmaar (NED)	382
3. Schelvis Femke	84	08-021	2:34.30	25m	10-12-95	Wormerveer (NED)	373
4. Hoekstra Eline	03	08-021	2:40.61	25m	14-12-14	Zaandam (NED)	331
5. Zwarthoed Brenda	96	08-021	2:44.64	25m	25-10-07	Heemskerk (NED)	307
6. Bos Marieke	06	08-021	2:47.33	25m	19-11-17	Hoofddorp (NED)	293
7. Petit Kirsten	00	08-021	2:48.69	25m	30-10-11	Zaandam (NED)	286
8. Crok Linda	94	08-021	2:48.85	25m	28-4-05	Heemskerk (NED)	285
9. Blaauw Yente	03	08-021	2:48.94	25m	14-12-14	Zaandam (NED)	284
10. Visser Kelly	89	08-021	2:49.03	25m	25-5-00	Heemskerk (NED)	284
11. van Honk Chantal	80	08-021	2:49.20	25m	21-4-91	Heemstede (NED)	283
12. Renkema Iris	04	08-021	2:49.59	25m	13-12-15	Zaandam (NED)	281
13. Koopman Anitra	89	08-021	2:49.74	25m	5-11-00	Zaandam (NED)	280
14. Schuyt Simone	75	08-021	2:52.60	25m	30-11-86	Heemskerk (NED)	267
15. Hogema Fabiën	93	08-021	2:53.01	25m	17-10-04	Zaandam (NED)	265
16. Buur Naomi	01	08-021	2:53.14	25m	2-12-12	Amstelveen (NED)	264
17. Visser Shana	04	08-021	2:53.71	25m	13-12-15	Zaandam (NED)	262
18. Bakker Jesca	79	08-021	2:56.30	25m	1-3-90	Heemskerk (NED)	250
19. Essers Sanne	91	08-021	2:57.07	25m	22-12-02	Zaandam	247
20. Mallon Danique	94	08-021	2:58.06	25m	23-10-05	Zaandam (NED)	243
21. de Vriend Sofie	01	08-021	2:58.33	25m	2-12-12	Amstelveen (NED)	242
22. Steenkamp Ciska	90	08-021	3:00.79	25m	16-9-01	Zaandam (NED)	232
23. de Groot Daniëlle	93	08-021	3:01.20	25m	17-10-04	Zaandam (NED)	230
24. Scholten Britt	04	08-021	3:01.91	25m	13-12-15	Zaandam (NED)	228
25. van Rookhuizen Sieta	79	08-021	3:02.40	25m	9-12-90	Volendam (NED)	226

**250 vrije slag**

**300 vrije slag**

1. Stel Serena	98	08-021	3:51.59	25m	19-12-09	Amsterdam (NED)	415
2. Teufer Irene	96	08-021	4:09.63	25m	9-12-07	Zaandam (NED)	331
3. Visser Kelly	89	08-021	4:45.46	25m	23-1-00	Heemskerk (NED)	221
4. Koopman Anitra	89	08-021	4:46.05	25m	23-1-00	Heemskerk (NED)	220
5. Steenkamp Ciska	90	08-021	4:51.03	25m	4-11-01	Heemskerk	209
6. de Haan Shira	00	08-021	5:02.99	25m	29-5-11	Zaandam (NED)	185
7. Kleijne Daisy	89	08-021	5:10.04	25m	23-1-00	Heemskerk (NED)	173
8. Ivens Suzanne	99	08-021	5:15.62	25m	6-6-10	Zaandam (NED)	164
9. van der Gracht Anouk	89	08-021	5:19.43	25m	23-1-00	Heemskerk (NED)	158
10. Niesten Iris	92	08-021	5:28.11	25m	16-11-03	Heemskerk (NED)	146
11. Schelvis Liselot	92	08-021	5:40.19	25m	16-11-03	Heemskerk (NED)	131
12. Kesting Alexandra	00	08-021	5:41.26	25m	17-4-11	Zaandam (NED)	129

**400 vrije slag**

1. Stel Serena	98	08-021	5:11.39	25m	19-12-09	Amsterdam (NED)	427
2. Schelvis Femke	84	08-021	5:14.80	25m	10-12-95	Wormerveer (NED)	413
3. Teufer Irene	96	08-021	5:30.72	25m	9-12-07	Zaandam (NED)	356
4. Schelvis Roos	86	08-021	5:38.50	25m	14-12-97	Zaandam (NED)	332
5. Dijkstra Lisette	86	08-021	5:40.60	25m	14-12-97	Zaandam (NED)	326
6. Bos Marieke	06	08-021	5:44.96	25m	19-11-17	Hoofddorp (NED)	314
7. Hoekstra Eline	03	08-021	5:46.12	25m	21-12-14	Zaandam (NED)	311
8. Renkema Iris	04	08-021	5:57.56	25m	14-6-15	Zaandam (NED)	282
9. Essers Sanne	91	08-021	6:00.98	25m	1-12-02	Heemskerk	274
10. van Honk Chantal	80	08-021	6:11.40	25m	14-4-91	Haarlem (NED)	251
11. Hogema Fabiën	93	08-021	6:12.15	25m	14-11-04	Heemskerk (NED)	250
12. Buur Naomi	01	08-021	6:12.95	25m	21-10-12	Zaandam (NED)	248
13. Visser Kelly	89	08-021	6:18.04	25m	5-3-00	Zaandam (NED)	238
14. Koopman Anitra	89	08-021	6:21.47	25m	23-1-00	Heemskerk (NED)	232
15. Blaauw Yente	03	08-021	6:21.60	25m	15-6-14	Zaandam (NED)	232
16. Crok Linda	94	08-021	6:23.82	25m	20-3-05	Zaandam (NED)	228
17. Steenkamp Ciska	90	08-021	6:27.30	25m	4-11-01	Heemskerk	222
18. de Groot Daniëlle	93	08-021	6:29.54	25m	14-11-04	Heemskerk (NED)	218
19. Scholten Britt	04	08-021	6:31.55	25m	14-6-15	Zaandam (NED)	214
20. van der Kroft Nicole	84	08-021	6:33.50	25m	10-12-95	Wormerveer (NED)	211
21. Hoek Daniëlle	88	08-021	6:38.88	25m	28-2-99	Zaandam (NED)	203
22. de Haan Shira	00	08-021	6:39.90	25m	16-10-11	Zaandam (NED)	201
23. Mallon Danique	94	08-021	6:50.51	25m	20-3-05	Zaandam (NED)	186
24. Kleijne Daisy	89	08-021	6:54.23	25m	23-1-00	Heemskerk (NED)	181
25. van Huisstede Nikita	01	08-021	6:55.18	25m	3-6-12	Zaandam (NED)	180

**500 vrije slag**

1. Stel Serena	98	08-021	7:26.55	OW	2-8-09	Hoor (NED)
2. Bos Marieke	06	08-021	8:38.58	OW	15-7-17	Anna-Paulowna (NED)
3. Koopman Anitra	89	08-021	8:51.08	OW	23-7-00	Amsterdam (NED)
4. Buur Naomi	01	08-021	9:10.10	OW	1-9-12	Wilhelminadorp (NED)
5. Vink Marjolein	93	08-021	10:23.45	OW	21-8-04	Bussloo (NED)

**800 vrije slag**

1. Stel Serena	98	08-021	10:23.65	25m	20-12-09	Amsterdam (NED)	454
2. Crok Linda	94	08-021	12:38.46	25m	20-3-05	Zaandam (NED)	252
3. Teufer Irene	96	08-021	12:41.70	25m	28-1-07	Zaandam (NED)	249
4. Visser Kelly	89	08-021	12:49.34	25m	5-3-00	Zaandam (NED)	241
5. Renkema Iris	04	08-021	13:00.42	25m	8-2-15	Zaandam (NED)	231
6. Hoekstra Eline	03	08-021	13:19.73	25m	9-2-14	Zaandam (NED)	215
7. Koopman Anitra	89	08-021	13:25.30	25m	5-3-00	Zaandam (NED)	210
8. Mallon Danique	94	08-021	13:25.90	25m	20-3-05	Zaandam (NED)	210
9. Essers Sanne	91	08-021	13:29.22	25m	10-2-02	Zaandam	207
10. Steenkamp Ciska	90	08-021	13:56.79	25m	11-2-01	Zaandam (NED)	187
11. Kleijne Daisy	89	08-021	14:02.24	25m	5-3-00	Zaandam (NED)	184
12. Buur Naomi	01	08-021	14:31.92	25m	26-2-12	Zaandam (NED)	166
13. de Groot Daniëlle	93	08-021	14:33.16	25m	7-3-04	Zaandam	165
14. de Haan Shira	00	08-021	14:42.26	25m	13-2-11	Zaandam (NED)	160
15. van der Gracht Anouk	89	08-021	14:46.95	25m	5-3-00	Zaandam (NED)	157
16. Liefthing Sarina	93	08-021	15:27.70	25m	7-3-04	Zaandam	137

**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	17.80	25m	27-4-95	Heemskerk (NED)	314
2. Kleijne Daisy	89	08-021	18.50	25m	17-2-00	Heemskerk (NED)	279
3. Teufer Irene	96	08-021	18.79	25m	19-4-07	Heemskerk (NED)	267
4. van Honk Chantal	80	08-021	18.80	25m	16-5-91	Heemskerk (NED)	266
5. Koopman Anitra	89	08-021	18.83	25m	17-2-00	Heemskerk (NED)	265
6. van der Kroft Nicole	84	08-021	19.30	25m	27-4-95	Heemskerk (NED)	246
6. Schelvis Roos	86	08-021	19.30	25m	6-2-97	Heemskerk (NED)	246
8. Visser Kelly	89	08-021	19.54	25m	17-2-00	Heemskerk (NED)	237
9. Zwarthoed Brenda	96	08-021	19.60	25m	19-4-07	Heemskerk (NED)	235
10. van Ballegooie Simone	84	08-021	20.00	25m	16-3-95	Heemskerk (NED)	221
11. Steenkamp Ciska	90	08-021	20.19	25m	22-2-01	Heemskerk (NED)	215
12. de Boer Irene	84	08-021	20.30	25m	27-4-95	Heemskerk (NED)	211
12. Dijkstra Lisette	86	08-021	20.30	25m	13-2-97	Heemskerk (NED)	211
14. Hoek Daniëlle	88	08-021	20.85	25m	25-3-99	Heemskerk (NED)	195
15. Bruin Marianne	78	08-021	21.00	25m	12-1-89	Heemskerk (NED)	191
15. Besse Meta	78	08-021	21.00	25m	31-12-89	Heemskerk (NED)	191
17. Heus Pauline	78	08-021	21.20	25m	31-12-89	Heemskerk (NED)	185
17. Hoogervorst Marlon	84	08-021	21.20	25m	16-3-95	Heemskerk (NED)	185
19. Bakker Anna	97	08-021	22.95	25m	29-5-08	Heemskerk (NED)	146
20. ten Cate Joyce	80	08-021	23.00	25m	16-5-91	Heemskerk (NED)	145
21. de Boer Angela	80	08-021	23.20	25m	16-5-91	Heemskerk (NED)	141
22. Moolevliet Petra	82	08-021	23.30	25m	16-6-93		140
23. Zonneveld Monica	80	08-021	23.40	25m	16-5-91	Heemskerk (NED)	138
23. Stins Mariska	84	08-021	23.40	25m	16-3-95	Heemskerk (NED)	138
25. Cappelle Carlijn	82	08-021	23.80	25m	16-6-93		131

**50 rugslag**

1. Schelvis Femke	84	08-021	36.10	25m	9-11-95	Heemskerk (NED)	360
2. Teufer Irene	96	08-021	37.32	25m	13-12-07	Heemskerk (NED)	326
3. Dijkstra Lisette	86	08-021	37.40	25m	9-10-97	Heemskerk (NED)	324
4. Hoekstra Eline	03	08-021	38.04	25m	26-10-14	Zaandam (NED)	308
5. Koopman Anitra	89	08-021	38.43	25m	3-12-00	Zaandam (NED)	299
6. Schelvis Roos	86	08-021	38.50	25m	9-10-97	Heemskerk (NED)	297
7. Stel Serena	98	08-021	38.75	25m	25-10-09	Nieuwegein (NED)	291
8. van der Kroft Nicole	84	08-021	39.30	25m	9-11-95	Heemskerk (NED)	279
9. Buur Naomi	01	08-021	40.47	25m	2-12-12	Amstelveen (NED)	256
10. Zwarthoed Brenda	96	08-021	40.57	25m	13-12-07	Heemskerk (NED)	254
11. Petit Kirsten	00	08-021	40.59	25m	3-3-11	Heemskerk (NED)	253
11. de Vriend Sofie	01	08-021	40.59	25m	26-5-12	Purmerend (NED)	253
13. Koper Fiona	01	08-021	40.60	50m	24-11-12	Beverwijk (NED)	296
14. Scholten Britt	04	08-021	40.61	25m	6-9-15	Zaandam (NED)	253
15. Mallon Danique	94	08-021	40.62	25m	27-10-05	Heemskerk (NED)	253
16. Blaauw Yente	03	08-021	40.66	25m	30-11-14	Zaandam (NED)	252
17. Renkema Iris	04	08-021	40.78	25m	14-6-15	Zaandam (NED)	250
18. Essers Sanne	91	08-021	40.87	25m	31-10-02	Heemskerk	248
19. Visser Kelly	89	08-021	41.03	25m	3-12-00	Zaandam (NED)	245
20. Crok Linda	94	08-021	41.08	25m	26-5-05	Heemskerk (NED)	244
21. van Ballegooie Simone	84	08-021	41.10	25m	16-9-95	Hoogeland (NED)	244
22. Steenkamp Ciska	90	08-021	41.56	25m	7-10-01	Zaandam (NED)	236
23. van Honk Chantal	80	08-021	41.70	25m	10-1-91	Heemskerk (NED)	234
24. de Haan Shira	00	08-021	41.87	25m	2-10-11	Heemskerk (NED)	231
25. Bakker Jesca	79	08-021	42.00	25m	31-5-90	Heemskerk (NED)	229

**100 rugslag**

1. Schelvis Femke	84	08-021	1:17.20	25m	17-12-95	Volendam (NED)	366
2. Schelvis Roos	86	08-021	1:18.20	25m	14-12-97	Zaandam (NED)	352
3. Stel Serena	98	08-021	1:18.84	25m	22-11-09	Purmerend (NED)	343
4. Teufer Irene	96	08-021	1:21.82	25m	25-11-07	Amsterdam (NED)	307
5. Hoekstra Eline	03	08-021	1:23.60	25m	2-11-14	Amsterdam (NED)	288
6. Dijkstra Lisette	86	08-021	1:24.00	25m	28-9-97	Zaandam (NED)	284
7. Crok Linda	94	08-021	1:24.28	25m	27-11-05	Heemskerk (NED)	281
8. Renkema Iris	04	08-021	1:24.82	25m	14-6-15	Zaandam (NED)	276
9. Essers Sanne	91	08-021	1:25.66	25m	17-11-02	Heemskerk	268
10. Koopman Anitra	89	08-021	1:25.72	25m	17-12-00	Zaandam (NED)	267
11. de Vriend Sofie	01	08-021	1:26.36	25m	3-6-12	Zaandam (NED)	261
12. Zwarthoed Brenda	96	08-021	1:26.52	25m	25-11-07	Amsterdam (NED)	260
13. Koper Fiona	01	08-021	1:26.62	25m	3-6-12	Zaandam (NED)	259
14. Scholten Britt	04	08-021	1:26.72	25m	14-6-15	Zaandam (NED)	258
15. Visser Kelly	89	08-021	1:26.79	25m	17-12-00	Zaandam (NED)	257
16. Bakker Jesca	79	08-021	1:27.60	25m	31-5-90	Heemskerk (NED)	250
17. Buur Naomi	01	08-021	1:27.62	25m	13-12-12	Heemskerk (NED)	250
18. Windmuller Wendy	69	08-021	1:28.40	25m	16-11-80	Haarlem (NED)	243
19. de Boer Irene	84	08-021	1:28.50	25m	17-12-95	Volendam (NED)	243
20. Blaauw Yente	03	08-021	1:28.60	25m	30-10-14	Heemskerk (NED)	242
21. de Graaf Annemiek	70	08-021	1:28.90	25m	29-11-81	Zaandam (NED)	239
22. van Ballegooye Simone	84	08-021	1:29.00	25m	17-12-95	Volendam (NED)	238
23. van Honk Chantal	80	08-021	1:29.40	25m	7-4-91	Assendelft (NED)	235
24. Petit Kirsten	00	08-021	1:29.72	25m	13-2-11	Purmerend (NED)	233
25. van der Kroft Nicole	84	08-021	1:29.90	25m	29-10-95	Castricum (NED)	231

**200 rugslag**

1. Stel Serena	98	08-021	2:46.41	25m	13-12-09	Zaandam (NED)	375
2. Teufer Irene	96	08-021	2:57.19	25m	16-12-07	Zaandam (NED)	310
3. Hoekstra Eline	03	08-021	2:57.83	25m	5-10-14	Zaandam (NED)	307
4. de Vriend Sofie	01	08-021	2:59.87	25m	9-12-12	Zaandam (NED)	297
5. Blaauw Yente	03	08-021	3:05.28	25m	5-10-14	Zaandam (NED)	271
6. Zwarthoed Brenda	96	08-021	3:07.62	25m	16-12-07	Zaandam (NED)	261
7. Koper Fiona	01	08-021	3:07.86	25m	9-12-12	Zaandam (NED)	260
8. Petit Kirsten	00	08-021	3:08.16	25m	11-12-11	Zaandam (NED)	259
9. Bakker Jesca	79	08-021	3:08.20	25m	3-5-90	Heemskerk (NED)	259
10. Buur Naomi	01	08-021	3:16.88	25m	9-12-12	Zaandam (NED)	226
11. Visser Shana	04	08-021	3:22.37	25m	11-10-15	Zaandam (NED)	208
12. van Assema Eline	05	08-021	3:22.44	25m	11-12-16	Alkmaar (NED)	208
13. de Haan Shira	00	08-021	3:23.59	25m	11-12-11	Zaandam (NED)	204
14. Visser Robin	05	08-021	3:24.09	25m	11-12-16	Alkmaar (NED)	203
15. Angenent Nienke	01	08-021	3:25.22	25m	9-12-12	Zaandam (NED)	200
16. de Graaf Annemiek	70	08-021	3:26.10	25m	28-11-81	Heemskerk (NED)	197
17. van Huisstede Nikita	01	08-021	3:27.90	25m	9-12-12	Zaandam (NED)	192
18. Wentink Yara	04	08-021	3:37.74	25m	11-10-15	Zaandam (NED)	167
19. van Giezen Wendy	70	08-021	3:38.20	25m	28-11-81	Heemskerk (NED)	166
20. Bruin Marianne	78	08-021	3:38.80	25m	2-11-89	Heemskerk (NED)	165
21. Sobh Shaime	03	08-021	3:38.88	25m	5-10-14	Zaandam (NED)	164
22. Knight Kayleigh	00	08-021	3:41.59	25m	11-12-11	Zaandam (NED)	158
23. Ivens Suzanne	99	08-021	3:42.35	25m	12-12-10	Zaandam (NED)	157
24. van Rijn Sydney	03	08-021	3:45.84	25m	5-10-14	Zaandam (NED)	150
25. Hofland Yasmin	01	08-021	3:50.51	25m	9-12-12	Zaandam (NED)	141

**500 rugslag**

**25 schoolslag**

1.	van Honk Chantal	80	08-021	17.80	25m	16-5-91	Heemskerk (NED)	426
2.	van der Kroft Nicole	84	08-021	20.40	25m	16-3-95	Heemskerk (NED)	283
3.	Teufer Irene	96	08-021	20.57	25m	19-4-07	Heemskerk (NED)	276
4.	Schelvis Roos	86	08-021	21.10	25m	13-3-97	Heemskerk (NED)	256
5.	Koopman Anitra	89	08-021	21.13	25m	17-2-00	Heemskerk (NED)	255
6.	Hoogervorst Marlon	84	08-021	21.40	25m	16-3-95	Heemskerk (NED)	245
7.	Schelvis Femke	84	08-021	21.60	25m	27-4-95	Heemskerk (NED)	238
8.	Bruin Marianne	78	08-021	21.70	25m	31-12-89	Heemskerk (NED)	235
9.	Dijkstra Lisette	86	08-021	22.00	25m	13-3-97	Heemskerk (NED)	225
10.	Steenkamp Ciska	90	08-021	22.08	25m	22-2-01	Heemskerk (NED)	223
11.	Wissenburg Petra	65	08-021	22.10	25m	14-9-76	Heemskerk (NED)	222
11.	de Boer Irene	84	08-021	22.10	25m	16-3-95	Heemskerk (NED)	222
13.	Hoek Daniëlle	88	08-021	22.19	25m	25-3-99	Heemskerk (NED)	220
14.	Moolevliet Petra	82	08-021	22.40	25m	13-10-93		214
15.	Limmen Corina	65	08-021	22.50	25m	30-3-76	Heemskerk (NED)	211
16.	de Boer Angela	80	08-021	22.60	25m	16-5-91	Heemskerk (NED)	208
17.	Zonneveld Monica	80	08-021	22.90	25m	16-5-91	Heemskerk (NED)	200
18.	van Ballegooie Simone	84	08-021	23.00	25m	16-3-95	Heemskerk (NED)	197
19.	van der Gracht Anouk	89	08-021	23.10	25m	17-2-00	Heemskerk (NED)	195
20.	van Galen Angela	65	08-021	23.30	25m	14-9-76	Heemskerk (NED)	190
21.	Visser Kelly	89	08-021	23.39	25m	17-2-00	Heemskerk (NED)	188
22.	Tahti Sandra	65	08-021	23.40	25m	14-9-76	Heemskerk (NED)	187
23.	Heus Pauline	78	08-021	23.60	25m	31-12-89	Heemskerk (NED)	183
24.	Zwarthoed Brenda	96	08-021	23.68	25m	19-4-07	Heemskerk (NED)	181
25.	van Rijn Ilona	65	08-021	23.70	25m	14-9-76	Heemskerk (NED)	180

**50 schoolslag**

1.	van Honk Chantal	80	08-021	40.20	25m	13-6-91	Heemskerk (NED)	367
2.	Teufer Irene	96	08-021	41.02	25m	25-11-07	Amsterdam (NED)	346
3.	Renkema Iris	04	08-021	43.05	25m	6-9-15	Zaandam (NED)	299
4.	van der Kroft Nicole	84	08-021	43.90	25m	12-10-95	Heemskerk (NED)	282
5.	Crok Linda	94	08-021	44.02	25m	6-11-05	Zaandam (NED)	280
6.	van Rookhuizen Sieta	79	08-021	44.10	25m	8-11-90	Heemskerk (NED)	278
7.	Schelvis Femke	84	08-021	44.30	25m	12-10-95	Heemskerk (NED)	274
8.	Hoekstra Eline	03	08-021	44.34	25m	26-10-14	Zaandam (NED)	274
9.	Hogema Fabiën	93	08-021	44.43	25m	7-11-04	IJmuiden (NED)	272
10.	Stel Serena	98	08-021	44.44	25m	15-11-09	Haarlem (NED)	272
11.	Schelvis Roos	86	08-021	44.80	25m	11-9-97	Heemskerk (NED)	265
12.	Dijkstra Lisette	86	08-021	45.00	25m	11-9-97	Heemskerk (NED)	262
13.	Koopman Anitra	89	08-021	45.22	25m	14-12-00	Heemskerk (NED)	258
14.	Zeeman Judith	70	08-021	45.70	25m	3-5-81	Zaandam (NED)	250
15.	de Haan Shira	00	08-021	46.09	25m	2-10-11	Heemskerk (NED)	243
16.	Bos Marieke	06	08-021	46.13	25m	5-11-17	Alkmaar (NED)	243
17.	Dijkstra Janet	77	08-021	46.30	25m	15-12-88	Heemskerk (NED)	240
18.	van der Gracht Anouk	89	08-021	46.41	25m	19-11-00	Zaandam (NED)	238
19.	de Groot Daniëlle	93	08-021	46.45	25m	25-11-04	Heemskerk (NED)	238
20.	Bakker Jesca	79	08-021	46.70	25m	3-5-90	Heemskerk (NED)	234
21.	van Huisstede Nikita	01	08-021	46.72	25m	2-12-12	Amstelveen (NED)	234
22.	Beentjes Daphne	91	08-021	46.75	25m	17-11-02	Heemskerk	233
23.	de Boer Irene	84	08-021	47.00	25m	12-10-95	Heemskerk (NED)	230
24.	Mallon Danique	94	08-021	47.08	25m	27-11-05	Heemskerk (NED)	228
25.	Palmboom Nicole	91	08-021	47.09	25m	28-11-02	Heemskerk	228

**100 schoolslag**

1.	van Honk Chantal	80	08-021	1:23.70	25m	15-12-91	Heemskerk (NED)	413
2.	Teufer Irene	96	08-021	1:27.09	25m	15-12-07	Heemskerk (NED)	367
3.	van Rookhuizen Sieta	79	08-021	1:33.20	25m	16-12-90	Heemskerk (NED)	299
3.	Schelvis Roos	86	08-021	1:33.20	25m	23-11-97	Zaandam (NED)	299
5.	Dijkstra Lisette	86	08-021	1:33.50	25m	9-10-97	Heemskerk (NED)	296
6.	Stel Serena	98	08-021	1:33.70	25m	19-11-09	Heemskerk (NED)	294
7.	van der Kroft Nicole	84	08-021	1:34.50	25m	26-11-95	Heemskerk (NED)	287
8.	Schelvis Femke	84	08-021	1:34.60	25m	10-12-95	Wormerveer (NED)	286
9.	Hoekstra Eline	03	08-021	1:34.66	25m	26-10-14	Zaandam (NED)	285
10.	de Boer Irene	84	08-021	1:35.20	25m	17-12-95	Volendam (NED)	281
10.	Crok Linda	94	08-021	1:35.20	25m	4-6-05	Zaandam (NED)	281
12.	de Graaf Annemiek	70	08-021	1:36.40	25m	17-5-81	Castricum (NED)	270
13.	Bakker Jesca	79	08-021	1:37.10	25m	1-3-90	Heemskerk (NED)	264
14.	Willemse Renee	75	08-021	1:37.50	25m	31-12-86		261
14.	Renkema Iris	04	08-021	1:37.50	25m	29-11-15	Heemskerk (NED)	261
16.	Plokker Sylvia	68	08-021	1:37.80	25m	4-11-79	Zaandam (NED)	259
17.	van Giezen Wendy	70	08-021	1:37.90	25m	29-11-81	Zaandam (NED)	258
18.	Zeeman Judith	70	08-021	1:38.70	25m	1-11-81	Bergen (NED)	252
18.	Moolevliet Petra	82	08-021	1:38.70	25m	12-12-93	Heemskerk (NED)	252
20.	de Haan Shira	00	08-021	1:38.81	25m	2-10-11	Heemskerk (NED)	251
21.	van Huisstede Nikita	01	08-021	1:39.02	25m	25-11-12	Heemskerk (NED)	249
22.	Bos Marieke	06	08-021	1:39.04	25m	15-10-17	Alkmaar (NED)	249
23.	Hogema Fabiën	93	08-021	1:39.95	25m	10-10-04	Zaandam (NED)	242
24.	Koopman Anitra	89	08-021	1:40.25	25m	1-10-00	Zaandam (NED)	240
25.	de Wildt Maud	05	08-021	1:40.59	25m	13-10-16	Heemskerk (NED)	238

**200 schoolslag**

1.	Teufer Irene	96	08-021	3:07.74	25m	27-10-07	Barneveld (NED)	368
2.	van Honk Chantal	80	08-021	3:08.00	25m	14-3-91	Heemskerk (NED)	366
3.	Bakker Jesca	79	08-021	3:22.60	25m	11-3-90	Heemskerk (NED)	293
4.	Hoekstra Eline	03	08-021	3:26.24	25m	21-9-14	Purmerend (NED)	277
5.	van Rookhuizen Sieta	79	08-021	3:28.60	25m	6-12-90	Heemskerk (NED)	268
6.	Stel Serena	98	08-021	3:29.15	25m	11-10-09	Zaandam (NED)	266
7.	de Haan Shira	00	08-021	3:31.01	25m	18-12-11	Zaandam (NED)	259
8.	Bos Marieke	06	08-021	3:31.34	25m	29-10-17	Den Helder (NED)	258
9.	de Wildt Maud	05	08-021	3:37.55	25m	29-12-16	Leeuwarden (NED)	236
10.	Renkema Iris	04	08-021	3:41.08	25m	11-10-15	Zaandam (NED)	225
11.	de Graaf Annemiek	70	08-021	3:42.60	25m	7-11-81	Heemskerk (NED)	220
12.	Zeeman Judith	70	08-021	3:43.00	25m	7-11-81	Heemskerk (NED)	219
13.	van Huisstede Nikita	01	08-021	3:43.07	25m	7-10-12	Zaandam (NED)	219
14.	Blaauw Yente	03	08-021	3:44.05	25m	5-10-14	Zaandam (NED)	216
15.	Buur Naomi	01	08-021	3:46.50	25m	7-10-12	Zaandam (NED)	209
16.	van der Geest Saskia	73	08-021	3:49.30	25m	2-9-84	Heemskerk (NED)	202
17.	de Boer Maia	03	08-021	3:50.17	25m	28-9-14	Zaandam (NED)	199
18.	de Boer Angela	80	08-021	3:50.30	25m	22-9-91	Zaandam (NED)	199
19.	Visser Shana	04	08-021	3:51.37	25m	11-10-15	Zaandam (NED)	196
20.	Kleijne Daisy	89	08-021	3:52.15	25m	20-2-00	Assendelft (NED)	194
21.	van der Gracht Anouk	89	08-021	3:52.44	25m	20-2-00	Assendelft (NED)	194
22.	Koper Fiona	01	08-021	3:52.63	25m	7-10-12	Zaandam (NED)	193
23.	Visser Kelly	89	08-021	3:53.53	25m	20-2-00	Assendelft (NED)	191
24.	Zwarthoed Brenda	96	08-021	3:54.02	25m	13-12-07	Heemskerk (NED)	190
25.	Visser Robin	05	08-021	3:56.13	25m	18-9-16	Zaandam (NED)	185

**500 schoolslag**

1.	Buur Naomi	01	08-021	11:36.17	OW	2-9-12	Vlissingen (NED)	
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**800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Teufer Irene	96	08-021	16.45	25m	19-4-07	Heemskerk (NED)	314
2. Schelvis Femke	84	08-021	17.30	25m	27-4-95	Heemskerk (NED)	270
3. Petit Kirsten	00	08-021	18.22	25m	30-6-11	Heemskerk (NED)	231
4. Visser Kelly	89	08-021	18.33	25m	4-5-00	Heemskerk (NED)	227
5. van der Kroft Nicole	84	08-021	18.50	25m	27-4-95	Heemskerk (NED)	221
6. van Honk Chantal	80	08-021	18.70	25m	16-5-91	Heemskerk (NED)	214
7. Bruin Marianne	78	08-021	19.10	25m	31-12-89	Heemskerk (NED)	201
7. Dijkstra Lisette	86	08-021	19.10	25m	13-2-97	Heemskerk (NED)	201
9. Zwarthoed Brenda	96	08-021	19.22	25m	19-4-07	Heemskerk (NED)	197
10. de Haan Shira	00	08-021	19.62	25m	30-6-11	Heemskerk (NED)	185
11. Schelvis Roos	86	08-021	19.70	25m	20-3-97	Heemskerk (NED)	183
12. Moolevliet Petra	82	08-021	19.90	25m	18-11-93	Heemskerk	177
13. Koopman Anitra	89	08-021	20.14	25m	4-5-00	Heemskerk (NED)	171
14. Hoek Daniëlle	88	08-021	20.50	25m	25-2-99	Heemskerk (NED)	162
15. Kleijne Daisy	89	08-021	20.99	25m	4-5-00	Heemskerk (NED)	151
16. van Ballegooie Simone	84	08-021	21.00	25m	16-2-95	Heemskerk (NED)	151
17. Hoogervorst Marlon	84	08-021	21.50	25m	16-2-95	Heemskerk (NED)	140
18. Stins Mariska	84	08-021	21.60	25m	16-3-95	Heemskerk (NED)	139
19. Besse Meta	78	08-021	22.00	25m	31-12-89	Heemskerk (NED)	131
19. de Boer Irene	84	08-021	22.00	25m	16-2-95	Heemskerk (NED)	131
21. van der Gracht Anouk	89	08-021	22.57	25m	4-5-00	Heemskerk (NED)	121
22. van Rijn Sydney	03	08-021	22.62	25m	13-4-14	Zaandam (NED)	121
23. Elghandor Kiyaan	03	08-021	22.85	25m	13-4-14	Zaandam (NED)	117
24. Steenkamp Ciska	90	08-021	22.98	25m	29-3-01	Heemskerk (NED)	115
25. Knight Kayleigh	00	08-021	23.11	25m	30-6-11	Heemskerk (NED)	113

**50 vlinderslag**

1. Teufer Irene	96	08-021	34.41	25m	28-10-07	Zaandam (NED)	355
2. Schelvis Femke	84	08-021	37.10	25m	26-11-95	Heemskerk (NED)	283
3. Mallon Danique	94	08-021	37.81	25m	5-6-05	Zaandam (NED)	268
4. Crok Linda	94	08-021	38.98	25m	6-11-05	Zaandam (NED)	244
5. Buur Naomi	01	08-021	39.04	25m	13-12-12	Heemskerk (NED)	243
6. Petit Kirsten	00	08-021	39.09	25m	17-11-11	Heemskerk (NED)	242
7. Stel Serena	98	08-021	39.26	25m	15-3-09	Haarlem (NED)	239
8. Dijkstra Lisette	86	08-021	39.30	25m	11-12-97	Heemskerk (NED)	238
9. Schelvis Roos	86	08-021	39.60	25m	11-12-97	Heemskerk (NED)	233
10. Hoekstra Eline	03	08-021	39.68	25m	7-9-14	Zaandam (NED)	231
11. van der Kroft Nicole	84	08-021	40.70	25m	26-11-95	Heemskerk (NED)	214
12. Windmuller Wendy	69	08-021	40.80	25m	12-10-80	Wormerveer (NED)	213
13. de Vriend Sofie	01	08-021	40.81	25m	1-4-12	Zaandam (NED)	213
14. Renkema Iris	04	08-021	40.82	25m	13-6-15	Zaandam (NED)	213
14. Bos Marieke	06	08-021	40.82	25m	10-12-17	Zaandam (NED)	213
16. Visser Kelly	89	08-021	40.93	25m	30-11-00	Heemskerk (NED)	211
17. Zwarthoed Brenda	96	08-021	41.04	25m	28-10-07	Zaandam (NED)	209
18. van Honk Chantal	80	08-021	41.50	25m	13-6-91	Heemskerk (NED)	202
19. Essers Sanne	91	08-021	41.57	25m	10-11-02	Zaandam (NED)	201
20. Bakker Jesca	79	08-021	41.70	25m	21-1-90	Zaandam (NED)	199
21. Scholten Britt	04	08-021	41.78	25m	6-9-15	Zaandam (NED)	198
22. Plokker Sylvia	68	08-021	42.50	25m	7-10-79	Heemskerk (NED)	188
23. Hogema Fabiën	93	08-021	42.85	25m	21-11-04	Zaandam (NED)	184
24. de Groot Daniëlle	93	08-021	42.96	25m	21-11-04	Zaandam (NED)	182
25. de Haan Shira	00	08-021	43.10	25m	17-11-11	Heemskerk (NED)	180

**100 vlinderslag**

1. Teufer Irene	96	08-021	1:18.72	25m	21-10-07	Zaandam (NED)	341
2. Mallon Danique	94	08-021	1:26.53	25m	9-10-05	Zaandam (NED)	257
3. Bakker Jesca	79	08-021	1:28.50	25m	22-4-90	Heemstede (NED)	240
4. Schelvis Femke	84	08-021	1:28.70	25m	16-11-95	Heemskerk (NED)	239
5. Crok Linda	94	08-021	1:32.31	25m	9-10-05	Zaandam (NED)	212
6. Stel Serena	98	08-021	1:33.07	25m	4-10-09	Amsterdam-oost (NED)	206
7. Dijkstra Lisette	86	08-021	1:34.40	25m	23-11-97	Zaandam (NED)	198
8. van Honk Chantal	80	08-021	1:35.10	25m	4-4-91	Heemskerk (NED)	193
9. Windmuller Wendy	69	08-021	1:35.80	25m	19-10-80	Heemskerk (NED)	189
10. Schelvis Roos	86	08-021	1:36.90	25m	23-11-97	Zaandam (NED)	183
11. van der Kroft Nicole	84	08-021	1:37.60	25m	16-11-95	Heemskerk (NED)	179
12. de Vriend Sofie	01	08-021	1:37.77	25m	2-6-12	Zaandam (NED)	178
13. Zwarthoed Brenda	96	08-021	1:37.99	25m	18-11-07	Alkmaar (NED)	177
14. Petit Kirsten	00	08-021	1:38.04	25m	18-12-11	Zaandam (NED)	177
15. Visser Kelly	89	08-021	1:38.35	25m	24-4-00	Haarlem (NED)	175
16. Plokker Sylvia	68	08-021	1:39.10	25m	15-9-79	Heemskerk (NED)	171
17. Hoekstra Eline	03	08-021	1:41.59	25m	6-4-14	Zaandam (NED)	159
18. van Ballegooie Simone	84	08-021	1:42.50	50m	28-5-95	Beverwijk (NED)	162
19. Bruin Marianne	78	08-021	1:42.90	25m	7-12-89	Heemskerk (NED)	153
20. Renkema Iris	04	08-021	1:43.83	25m	13-6-15	Zaandam (NED)	149
21. de Groot Daniëlle	93	08-021	1:44.01	25m	25-11-04	Heemskerk (NED)	148
22. de Haan Shira	00	08-021	1:45.06	25m	30-10-11	Zaandam (NED)	143
23. Hogema Fabiën	93	08-021	1:45.11	25m	10-10-04	Zaandam (NED)	143
24. Essers Sanne	91	08-021	1:45.60	25m	28-11-02	Heemskerk	141
25. van Rookhuizen Sieta	79	08-021	1:45.90	25m	25-11-90	Heemskerk (NED)	140

**200 vlinderslag**

1. Teufer Irene	96	08-021	2:54.51	25m	16-12-07	Zaandam (NED)	331
2. Hoekstra Eline	03	08-021	3:39.54	25m	14-12-14	Zaandam (NED)	166
3. Petit Kirsten	00	08-021	3:44.69	25m	11-12-11	Zaandam (NED)	155
4. Renkema Iris	04	08-021	3:50.96	25m	13-12-15	Zaandam (NED)	143
5. Blaauw Yente	03	08-021	3:51.27	25m	14-12-14	Zaandam (NED)	142
6. de Haan Shira	00	08-021	3:52.53	25m	11-12-11	Zaandam (NED)	140
7. de Wildt Maud	05	08-021	3:53.68	25m	27-11-16	Zaandam (NED)	138
8. Buur Naomi	01	08-021	4:08.22	25m	9-12-12	Zaandam (NED)	115
9. Scholten Britt	04	08-021	4:11.68	25m	13-12-15	Zaandam (NED)	110
10. Ivens Suzanne	99	08-021	4:25.21	25m	12-12-10	Zaandam (NED)	94

**100 wisselslag**

1. Schelvis Femke	84	08-021	1:19.40	25m	3-12-95	Alkmaar (NED)	378
2. Teufer Irene	96	08-021	1:19.78	25m	25-10-07	Heemskerk (NED)	373
3. Stel Serena	98	08-021	1:20.73	25m	8-11-09	Zaandam (NED)	360
4. Crok Linda	94	08-021	1:23.11	25m	13-11-05	Zaandam (NED)	330
5. Schelvis Roos	86	08-021	1:23.90	25m	30-11-97	Alkmaar (NED)	321
6. Dijkstra Lisette	86	08-021	1:24.30	25m	30-11-97	Alkmaar (NED)	316
7. Hoekstra Eline	03	08-021	1:24.62	25m	16-11-14	Zaandam (NED)	312
8. van Honk Chantal	80	08-021	1:24.70	25m	22-9-91	Zaandam (NED)	312
9. van der Kroft Nicole	84	08-021	1:25.70	25m	14-12-95	Heemskerk (NED)	301
10. Mallon Danique	94	08-021	1:26.06	25m	27-11-05	Heemskerk (NED)	297
11. Renkema Iris	04	08-021	1:26.44	25m	4-10-15	Purmerend (NED)	293
12. Koopman Anitra	89	08-021	1:26.90	25m	26-11-00	Alkmaar (NED)	288
13. Petit Kirsten	00	08-021	1:27.56	25m	27-11-11	Heemskerk (NED)	282
14. Schuyt Simone	75	08-021	1:28.70	25m	20-12-86	Hilversum (NED)	271
15. Hogema Fabiën	93	08-021	1:29.01	25m	30-9-04	Heemskerk (NED)	268
16. Visser Kelly	89	08-021	1:29.70	25m	26-10-00	Heemskerk (NED)	262
16. Bos Marieke	06	08-021	1:29.70	25m	10-12-17	Zaandam (NED)	262
18. van Ballegooie Simone	84	08-021	1:30.00	25m	14-12-95	Heemskerk (NED)	260
19. Zwarthoed Brenda	96	08-021	1:30.04	25m	28-10-07	Zaandam (NED)	259
20. Blaauw Yente	03	08-021	1:30.13	25m	16-11-14	Zaandam (NED)	258
21. de Groot Daniëlle	93	08-021	1:30.27	25m	19-12-04	Heemskerk (NED)	257
22. Buur Naomi	01	08-021	1:30.35	25m	16-12-12	Zaandam (NED)	257
23. Scholten Britt	04	08-021	1:30.45	25m	23-4-15	Heemskerk (NED)	256
24. de Haan Shira	00	08-021	1:30.78	25m	18-12-11	Zaandam (NED)	253
24. de Vriend Sofie	01	08-021	1:30.78	25m	11-11-12	Schagen (NED)	253

**200 wisselslag**

1. Teufer Irene	96	08-021	2:53.74	25m	17-11-07	Barneveld (NED)	356
2. Stel Serena	98	08-021	2:56.56	25m	13-6-09	Zaandam (NED)	339
3. Schelvis Femke	84	08-021	3:00.60	25m	17-9-95	Schagen (NED)	317
4. Dijkstra Lisette	86	08-021	3:02.10	25m	16-11-97	Zaandam (NED)	309
5. Schelvis Roos	86	08-021	3:03.90	25m	16-11-97	Zaandam (NED)	300
6. Crok Linda	94	08-021	3:03.92	25m	27-2-05	Zaandam (NED)	300
7. van Honk Chantal	80	08-021	3:06.00	25m	24-3-91	Zaandam (NED)	290
8. Hoekstra Eline	03	08-021	3:06.93	25m	6-4-14	Zaandam (NED)	286
9. Renkema Iris	04	08-021	3:07.34	25m	13-6-15	Zaandam (NED)	284
10. Mallon Danique	94	08-021	3:09.81	25m	18-12-05	Alkmaar (NED)	273
11. Koopman Anitra	89	08-021	3:12.22	25m	17-12-00	Zaandam (NED)	263
12. Visser Kelly	89	08-021	3:13.64	25m	17-12-00	Zaandam (NED)	257
13. Petit Kirsten	00	08-021	3:15.13	25m	20-3-11	Zaandam (NED)	251
14. Scholten Britt	04	08-021	3:15.44	25m	19-4-15	Zaandam (NED)	250
15. van der Kroft Nicole	84	08-021	3:16.50	25m	17-9-95	Schagen (NED)	246
16. Bos Marieke	06	08-021	3:17.70	25m	15-10-17	Alkmaar (NED)	241
17. de Haan Shira	00	08-021	3:19.76	25m	16-10-11	Zaandam (NED)	234

200 wisselslag (sinds 18)

18. Windmuller Wendy	69	08-021	3:20.00	25m	16-11-80	Haarlem (NED)	233
19. de Wildt Maud	05	08-021	3:20.05	25m	30-12-16	Leeuwarden (NED)	233
20. Essers Sanne	91	08-021	3:20.17	25m	3-2-02	Zaandam (NED)	233
21. Buur Naomi	01	08-021	3:20.95	25m	21-10-12	Zaandam (NED)	230
22. de Groot Daniëlle	93	08-021	3:21.03	25m	12-12-04	Zaandam (NED)	230
23. Plokker Sylvia	68	08-021	3:21.10	25m	4-11-79	Zaandam (NED)	229
24. de Vriend Sofie	01	08-021	3:22.51	25m	18-3-12	Zaandam (NED)	225
25. van der Gracht Anouk	89	08-021	3:22.64	25m	17-12-00	Zaandam (NED)	224

300 wisselslag400 wisselslag

1. de Wildt Maud	05	08-021	7:19.60	25m	11-12-16	Alkmaar (NED)	208
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